



Leaf lettuce growing for the CSA with tomatoes in the background. Straw in the aisles favors the presence of spiders which are very effective in controlling a lot of insect pests.



A variety of produce that may be found in our summer CSA shares

### Crops for Summer CSA

- Blackberries
- Blueberries
- Raspberries
- Gooseberries, Cape Gooseberries
- Figs
- Cucumbers
- Eggplant
- Beets- red or golden
- Herbs
- Lettuces
- Kale
- Kohlrabi
- Melons - cantaloupe, honey dew, specialty
- Onions
- Peppers - green and colored
- Radishes
- Scallions
- Snap Beans - green, yellow or purple
- Summer Squashes
- Swiss Chard
- Tomatoes
- Watermelon
- Zucchini

### *Happy Valley Berry Farm* Summer CSA

At Happy Valley Berry Farm our mission is to grow high quality fruits, vegetables and herbs in a sustainable manner without the use of pesticides. Using compost and cover crops to help maintain the fertility of our soil and planting companion plants to provide sustenance for pollinators and beneficial insects is part of our strategy; however we are not certified organic and do not follow all the requirements for organic certification.

Community Supported Agriculture (CSA) is a subscription produce program where members purchase a "share" of the farm's harvest that is returned to members as herbs, vegetables and fruits each week.

Happy Valley Berry Farm is a six acre, pesticide free, vegetable and small fruit (strawberries, raspberries, blackberries, blueberries) farm situated in Stow Creek Township, Cumberland County, NJ. The farm has 15 high tunnels allowing us to make the environment more favorable for crop growth and less favorable for disease development. Most diseases require a film of water for the disease causing organism to germinate and grow. By growing in high tunnels, we eliminate rain and dew, thus depriving the disease causing organism of a favorable environment. We use netting to exclude insects and biological control to limit those that do get into the tunnels.

Our CSA follows the change in the seasons dividing the growing season into a spring CSA, a summer CSA, and a fall CSA,

so that individuals who may not be in the area during one or two seasons of the year can still take advantage of the farm's fresh produce when it fits their lifestyle.

**The summer CSA will begin June 15 and continue through September 14 2016 for a total of 14 weeks.** Deadline for signup for the Summer CSA is June 10, 2016

Three share sizes are offered: a **full share** for a family of 4 to 5; a **partial share** of smaller size portions appropriate for two people; a **single share** with smaller amounts for a single person's use. Generally speaking, there are approximately eight to ten different fruits and vegetables in the full share, six to eight in the partial shares and six or seven in the single share. The size of the share varies from full shares to single shares reflecting how much a family of 4 or 5 can consume compared to an individual. For example, where the full share might receive one pound of a vegetable, a partial share would receive 3/4 of a pound and a single share would receive a half pound.

Pickup is at the farm Wednesdays after 8: 30 a.m. or at the Bayshore Center in Bivalve after 12 p.m. or at Swarthmore Food Coop after 3:30 p.m. Other sites may be available. Contact the farm for this information.

Potluck dinners, recipe sharing, updates on what is going on at the farm, jam making, etc. are all a part of the community efforts of the farm.



Cucumbers in a high tunnel covered with netting to exclude insect pests. Biological control sachets containing thrips and mite predators are hung on each plant support for pest control.

CSA members know where and how their food is grown, support local agriculture, and get the freshest, finest quality produce available.

## SIGN UP HERE

*Happy Valley Berry Farm*

*Summer 2016 CSA*

187 Buckhorn Road

Bridgeton, NJ 08302

856-455-0553 (home)

856-685-3784 (cell)

skline13@verizon.net (e-mail)

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(print name)

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(address)

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(phone)

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(email)

<b>Full Membership fee for 14 weeks:</b>	<b>\$450.00</b>
<b>Partial Membership fee:</b>	<b>\$375.00</b>
<b>Single Membership fee</b>	<b>\$300.00</b>

Due by June 10, 2016

Make checks payable to:

**Happy Valley Berry Farm**

I understand I am purchasing goods not yet produced, that all produce will not always be available, and that I am responsible for picking up my produce on the appointed days. Any produce not picked up on Tuesday shall be forfeited.

I will use proper caution while on the farm to avoid dangerous equipment and will stay within prescribed boundaries to avoid damaging crops or structures.

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(sign here)

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(date)