

## Help us find new members!

If you know of anyone that could benefit from our CSA program, please let us know. If you give us as much of their contact information as you can, then we will add them to our mailing list, and send a brochure.

Name \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Address \_\_\_\_\_

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Name \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Address \_\_\_\_\_

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Name \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Address \_\_\_\_\_

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## Expected Harvest

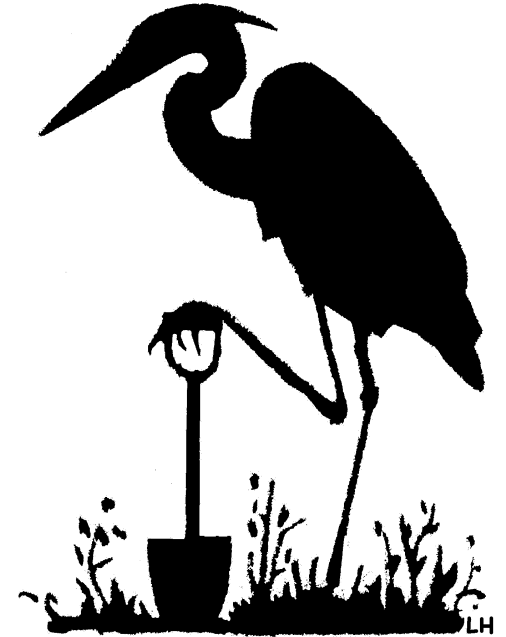
Unlike the grocery store our varieties are chosen from some of the tastiest around. We are always on the look-out for new ones at conferences—as well as talking with other growers to find the best seed possible. If you have a suggestion we would be glad to hear it.

Another difference from the grocer is our season. We stretch things when we can, but generally we grow food in season. Here is a seasonal availability chart of some of our delicious foods.

|                  | May | June | July | Aug | Sept | Oct |
|------------------|-----|------|------|-----|------|-----|
| Beans            |     |      | *    | *   | *    | *   |
| Beets            |     | *    | *    | *   | *    | *   |
| Blueberries      |     |      | *    | *   | *    |     |
| Broccoli         |     | *    | *    | *   | *    | *   |
| Brussels Sprouts |     |      |      |     |      | *   |
| Cabbage          |     |      | *    | *   | *    | *   |
| Cauliflower      |     | *    | *    | *   | *    | *   |
| Corn             |     |      | *    | *   | *    | *   |
| Cucumber         |     |      | *    | *   | *    |     |
| Eggplant         |     |      | *    | *   | *    | *   |
| Greens           | *   | *    | *    | *   | *    | *   |
| Kale             |     |      | *    | *   | *    | *   |
| Leeks            |     |      |      | *   | *    | *   |
| Lettuce          | *   | *    | *    | *   | *    | *   |
| Melons           |     |      |      | *   | *    |     |
| Onions           |     |      | *    | *   | *    | *   |
| Peppers          |     |      | *    | *   | *    | *   |
| Potatoes         |     | *    | *    | *   | *    | *   |
| Shallots         |     |      |      | *   | *    | *   |
| Spinach          | *   | *    |      |     |      | *   |
| Summer Squash    |     | *    | *    | *   | *    |     |
| Swiss Chard      |     | *    | *    | *   | *    | *   |
| Tomatoes         | *   | *    | *    | *   | *    | *   |
| Turnips          | *   | *    | *    | *   | *    | *   |
| Winter Squash    |     |      |      |     | *    | *   |

# Heron Pond Farm CSA

*Community Supported Agriculture*



***From our Fields to You!***

***2010 Shares Now Available***

299 Main Avenue  
South Hampton, NH 03827

603-394-0129

[www.heronpondfarm.com](http://www.heronpondfarm.com)

[andre@heronpondfarm.com](mailto:andre@heronpondfarm.com)

## Heron Pond Farm

From a two-acre plot of land rented from David Batchelder in 1998, Heron Pond Farm has been growing and changing at a steady pace.

Through the very generous help of James and Jocelyn VanBokkelen a more spacious and permanent site was found the following year in South Hampton, New Hampshire. Then in 2000 the farm came into its current form when Walter and Blanche Syvinski retired from Valley Acres Farm and turned operations over to Greg and Andre. It takes a village to raise a child, so it should come as no surprise that it has taken a mix of these folks to make Heron Pond Farm what it is today. The VanBokkelen's commitment to open space has kept the land available, while the Syvinski's have been valued mentors in New England small farm practices. We are sad to report that Walter Syvinski died in March of 2008. We miss him greatly.

Heron Pond Farm uses a mix of sustainable farming practices to produce over 250 varieties of fruits, veggies, herbs and flowers. If you're interested to hear more, stop by and we'll be glad to talk your ear off.

## What is CSA?

CSA (Community Supported Agriculture) is a farmer-consumer partnership. Members make a commitment up-front for an entire growing season by buying a "share." In return, farmers provide members with a fresh supply of fruit and veggies from each week's harvest.

CSA members share the rewards—and the risks that can come with bad weather and pests. We also invite members to become involved with the farm. Come visit the gardens, and let us get to know you!

## Why CSA?

- We aim to give our share holders a 20% return on their investment. Your \$500 should yield \$600 in produce during a normal year.
- Meet the farmers and know where your food comes from.
- Your vegetables and fruit will have been picked just hours before you serve them to your family.
- Learn more about growing food and eating seasonally.
- Spend locally to keep money in the community.
- Get to know other CSA members from nearby communities.

## How does our CSA work?

- Members reserve a share by completing the attached form or registering on-line and making a deposit. Then balances are due April 20.
- Members receive enough produce to feed 2 to 4 people during 20 weeks, June to mid-October.
- You come to Heron Pond Farm, which is open seven days a week, to receive your share on the day you choose when filling out the membership form. (Or choose our Wednesday Portsmouth or Monday Dover pick-up.)
- A winter share is available from mid-October through March and possibly beyond.
- 10% member discount on non-share items at the farm stand and at our farmer's market booth.

## What is new for 2010?

- Dover pick-up for Mondays is based on a 30-member minimum (or the Dover pick-up will be rolled into the Portsmouth pick-up)
- On-line registration available with or without credit card payment
- Eastman's Fish available through their CSF at our pick-up locations
- Grains and dry beans
- Even more greens and U-pick items



## 2010 CSA Registration Form

### Heron Pond Farm

299 Main Avenue  
South Hampton, NH 03827

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

### Please Select your share and payment type

- Half share \$150 deposit
- Half share paid in full \$300
- Single share \$250 deposit
- Single share paid in full \$500
- Double share deposit \$500
- Double share paid in full \$1,000

### Please select your pick-up location

- Farm stand, pick a day
- Portsmouth (Wednesday pick up \$30 fee)
- Dover (Monday pick up \$30 fee)

Dover will have a 30-share minimum or else folks will need to pick up in Portsmouth. See web site for details.

- Sign me up for the **Seacoast Eat Local** newsletter for updates on the local food community