



2014 Dickinson  
College Farm CSA

# dickinsoncollegefarm

## 2014csa

### *important dates*

**April 10th: Applications with Auto-Payment Deduction Due**

**April 10th: Applications with a Cookbook Order Due**

**May 1st: All General Applications and Checks Due**

**Week of May 13th: Weekly Share Members Start**

**Week of May 13th or May 20th: Bi-Weekly Share Members Start**



## collegefarm bythenumbers



**50 acres**

**6 miles from campus**

**12 acres of vegetable production ground**

*Average of 17 vegetable items offered each week at our Campus Supported Agriculture pick up locations*

### **Want to skip ahead to the application?**

We are going green this year!

**2014 CSA Application: <http://goo.gl/dvLkne>**

If you prefer to submit a hard copy of the application, please send us a message at [farm@dickinson.edu](mailto:farm@dickinson.edu) and we will email you the PDF version.

*Your spot will not be reserved until farm staff receive your check. Please make checks out to "Dickinson College Farm". You may send your check via interoffice mail (College Farm/Kaufman) or via snail mail (College Farm / PO Box 1773 / Carlisle, PA 17013).*

*15-18 part-time student farm employees during the academic year*

*120 tons of food waste saved from the landfill and converted into nutrient-rich compost per year*

*18 acres of animal pasture*



# meetthefarmstaff



**Jenn Halpin**  
**Director and Manger**

Jenn is the Director and Farm Manager of the Dickinson College Farm. After graduating from Providence College, she joined the Peace Corps where she developed her interest in sustainable agriculture while living in West Africa and working

with farmers. As the farm manager, Jenn provides students with hands-on training in sustainable food production and supports faculty and students with on-going research, class-based collaborations and internships.

Jenn serves as the President of the Board of Directors for Pennsylvania Association for Sustainable Agriculture (PASA). She is an active member in our regional local food movement and founding member of Farmers on the Square, a vibrant producer-only farmers' market in Carlisle.



**Cheryl Lusk**  
**Administrative Assistant**

*Cheryl worked for the College Farm several years ago and took a break to start her family. Several years and 2 children later, she is excited to be back and thrilled to be a part of such a dynamic team. Originally from Colorado, Cheryl loves the mountains and spending time outdoors. Her husband Andy, their son Elliott and their daughter Ashley are the loves of her life and keep her on her toes. She is looking forward to meeting and/or getting reacquainted with the members of the CSA!*



**Matt Steiman**  
**Assistant Manager**

Matt has been farming organic vegetables since 1993, working on farms in Colorado, California and Minnesota

before settling in the Cumberland Valley. For five seasons, Matt managed Fulton Farm at Wilson College where he learned the ropes

of running an educational CSA program, and also developed initial experience with renewable energy systems. Matt and Jenn then ran their own farm on rented ground for two seasons before signing on as the full-time farmers at Dickinson College in 2007. In addition to regular farm duties at the Dickinson Farm, Matt supervises equipment maintenance, irrigation, sheep and cattle, and also works extensively with solar energy projects and biodiesel fuel applications for the College



**Kevin Harper-McCombs**  
**Packing House Coordinator**

As Packing House Coordinator, Kevin's main job is to take the vegetables and fruit as they come in

from harvest and oversee their cleaning and packing for distribution to CSA members, the Dining Hall, the Farmers' Market and Project SHARE! Kevin ensures that our produce gets where it needs to go with efficiency, training students in food safety standards.

## Student Farmers and Graduate Apprentices

The farm employs 15-18 students part-time during the academic school year and 4 students full-time during the summer. The farm also hires 4 full-time apprentices, who complete six-month full time positions with the farm after graduation. The apprentices live in our yurts!



# csaoverview

questions? email [farm@dickinson.edu](mailto:farm@dickinson.edu)

**W**elcome to the Dickinson College Farm CSA!

Generally speaking, CSA stands for Community Supported Agriculture and is an innovative way to connect local farms and local eaters. According to the USDA, as of a 2007 survey, there were over 13,000 CSA programs in North America, of which 12,549 are in the United States. Members of CSA programs agree to cover a portion the planned costs of the farm operations and in exchange they receive shares of the farm's

*Dickinson College Farm's produce is certified organic by USDA-accredited certifying agency Pennsylvania Certified Organic.*

bounty. Members also shoulder part of the risks of farming, such as adverse weather or pests. The DC Farm's Campus Supported Agriculture (CSA) program aims to connect our campus community with fresh and organically grown produce from the College Farm and helps to connect its members to the wider local food system.



**We grow over 50 different crop varieties on our farm and CSA members can expect to receive a rich assortment of crops each week!**

continue to advance the agricultural practices on the farm, exploring innovative methods for building soil health and crop quality. Our goal is to continue to cultivate an agricultural environment that supports biodiversity, promotes sustainable land management practices, and grows healthy food for our farm community!

In addition to fresh produce each week, the farm CSA pick up will have additional items for sale. This includes local cheeses, eggs, whole chickens and other delectable treats. For CSA members who do not pick up at the farm we will have Dickinson College Farm eggs and, via pre-order, whole chickens available when in season at our on-campus pick up location.

**C**SA programs have been supplying families with fresh produce since the concept began in Japan back in the 1960s. Farmers adopt this model to market their crops, build local economies and help shape communities around nourishing food.

**T**his year the Dickinson Farm is gearing up for a great growing season! During the CSA season, members will receive freshly harvested in-season Certified Organic vegetables, fruits, and herbs that have been grown without the use of synthetic chemicals. We

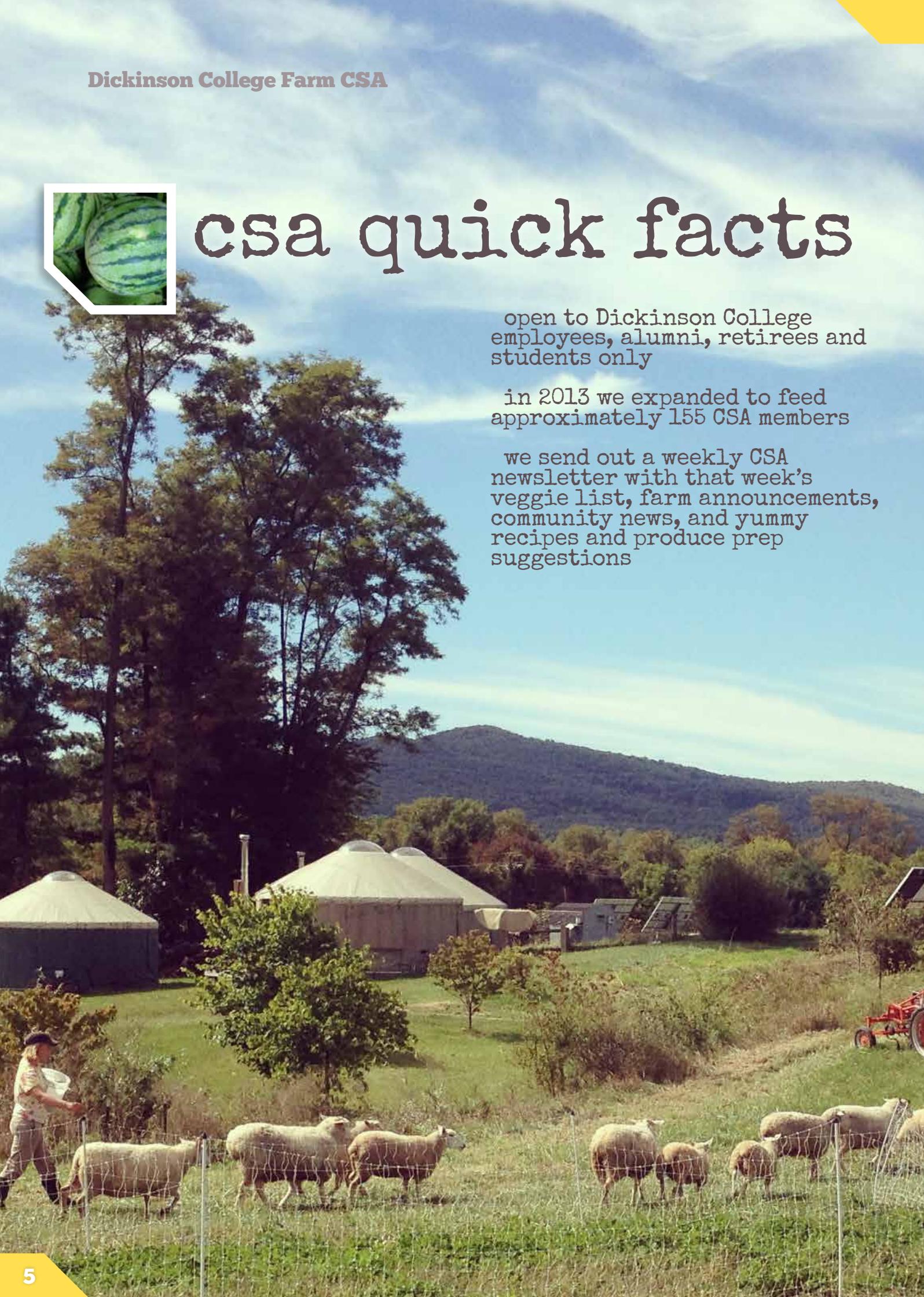


# csa quick facts

open to Dickinson College employees, alumni, retirees and students only

in 2013 we expanded to feed approximately 155 CSA members

we send out a weekly CSA newsletter with that week's veggie list, farm announcements, community news, and yummy recipes and produce prep suggestions





# freechoicecsa

exciting updates about the 2014 CSA season!

## Uncharted Territory

2014 marks a transition into uncharted territory for the DCF CSA. This new path is very exciting to the Dickinson College Farm staff and we hope that our members will find great benefit in the new approach that we will take. Inspired by the Roxbury Farm CSA, developed by Jean-Paul Courtens and Jody Bolluyt, the DCF aims to create a CSA experience that caters to the fluctuating needs and appetites of our members.

“Free Choice”, otherwise described as “Take What You Need For the Week”, will be the theme of the 2014 CSA season, encouraging members to pick freely from the list of available items, determining their own quantities and variety.

## Changing veggie preferences? No problem!

Throughout the season, we recognize that your vegetable preferences will vary. Perhaps you are expecting guests for the weekend or have family members away for a given week? Maybe you are just craving fresh greens or tomatoes for simple summer salads? We respect that you know what is best for your

household needs week to week and that no one likes to see food go to waste. The “Free Choice” CSA model seems like a great solution to explore together!

## Does this change the average number of people that a share can feed?

The 2014 CSA share options remain identical to years past. When selecting the CSA share that is right for you, please note that a bi-weekly share can supply an avid cook or group of **two-three members that eat quite a few meals at home**. If you cook the majority of your meals, eat a lot of veggies and your group has **three to six members**, then we would suggest a weekly share.

## Will this change your harvest plan?

Matt and Jenn have worked hard over the winter months to plot out a CSA crop plan that will ensure this model works. We appreciate your support for this new

idea and hope that you will have a wee bit of patience at the start of the CSA season when we may need to list items and quantities allotted per share as we wait for the growing season to warm up.

Both CSA pick up locations will be patterned in the same way. Leftover vegetables from the campus pick up location on campus will be transferred to Project SHARE crates and transported to the food bank’s walk in cooler. Leftovers from Tuesday’s CSA pick up location will be shared with staff or used for value added projects (pickled goodies, hot sauce, dressings, etc.).

We are excited to navigate this new approach with you and, as always appreciate any feedback that you have to share! Here’s to a great season ahead!

**“Free Choice”, otherwise described as “Take What You Need for the Week”, will be the theme of the 2014 CSA season.**





# csa member perks

*pick-your-own crops  
at no added charge*



Back by popular demand, the DCF will prep ground conveniently located to the barn for members to pick additional crops for their kitchen or food preservation needs. Crops you can look forward to seeing in the P-Y-O plot include sauce tomatoes, cherry tomatoes, sugar snap peas, culinary herbs, cut flowers and early season strawberries. We enjoy seeing our CSA members with baskets in hand picking through the P-Y-O patch! Come one, come all!

*10% off at our  
market stand*



All CSA members receive 10% off at the College Farm stand at the Farmers on the Square market.

*our farm is your farm*



The farm is a wonderful spot for an afternoon stroll or picnic. We encourage our CSA members to feel at home on the farm.

# CSA member perks

2014 Dickinson College Farm CSA

continued...

## Wild for Salmon Buying Club



DCF CSA Members have the opportunity to buy wild-caught Alaskan salmon at discounted prices through our DC Farm CSA buying club with Wild for Salmon.

"Wild For Salmon is a local business that makes fresh/frozen wild Alaskan sockeye salmon available to you at a common good price. Because we are the fishermen and we are local, we are able to provide you with the highest quality, flash/frozen, Alaskan sockeye available. Wild For Salmon is owned and operated by Steve and Jenn Kurian of Bloomsburg, PA."

bulk laundry and  
dish detergent at  
the farm



Bring your empty containers and fill 'em up with all-natural Sun & Earth laundry and dish detergent at the farm.

first to know  
about bulk buying  
opportunities



CSA members are always the first to learn about bulk sauce tomatoes and other bulk veggies for sale! If we have limited quantities, CSA members get first dibs.

The 30-week CSA option (30 pickups for Weekly Shares, 15 pickups for Bi-Weekly Shares) will replace our CSA X-treme option.

# csaoptions

what you can choose and what it means



1

## weekly or bi-weekly?

Weekly Shares (formerly known as "Regular" shares) pick up their produce every week; Bi-Weekly Shares (formerly called "Small" shares) pick up their produce every week. The shares have all of the same perks and range of veggies: the only difference is the frequency of the pickup.

A Bi-Weekly Share can supply an avid cook or group of 2-3 that eat at home often. If you cook a lot, love veggies and your group has 3-6 members, then we would suggest a Weekly Share.



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## end in October or December?

Weekly Shares are available for 24 or 30 weeks. Option 1 (24 weekly pickups) starts the week of May 13th and ends the week of October 21st. Option 2 (30 weekly pickups) starts the week of May 13th and ends the week of December 2nd.

Bi-Weekly Shares are available for 12 or 15 pickups. We stagger the start dates of Bi-Weekly Share members in order to keep our weekly harvest counts even. Option 1 (12 bi-weekly pickups) starts the week of May 13th or 20th and runs through the week of Oct. 15th or 22nd. Option 2 (15 bi-weekly pickups) starts the week of May 13th or 20th and runs through the week of October 26th or December 2nd.



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## pick up at the farm or on campus?

On-farm pick up takes place at Dickinson College Farm, 553 Park Drive, Boiling Springs, PA on **Tuesdays from 12pm-6:30pm.**

On-campus pickup takes place at the Facilities Management building at 5 North Orange Street (detailed directions and a map will be provided) in Carlisle on **Fridays from 12pm-6:30pm.** There is a **one-time campus delivery fee** of \$8 for Bi-Weekly Shares or \$15 for Weekly Shares.



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## prorated shares for summer travelers

Interested in joining the CSA later in the season? Email us at [farm@dickinson.edu](mailto:farm@dickinson.edu) to inquire about rates and options. Prorated shares are dependent on availability.

Our fee per pickup is higher for prorated CSA shares than it is for full-season CSA shares. This is because full-season members are taking on the farming risks spread over our entire growing season, while prorated members only shoulder part of this risk. Also, full-season members are participating during the lighter starting months of our CSA season (May-June).



# csaoptions

continued...

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## pay in full or split payments evenly over 6 months

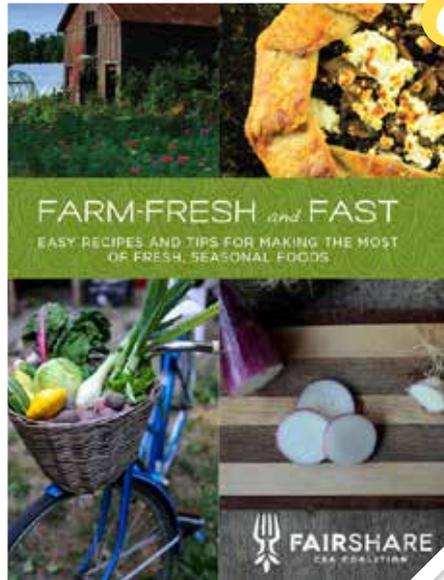
To make our CSA more convenient and pocketbook-friendly for Dickinson employees, Financial Operations and Human Resource Services have agreed to work with the farm to offer auto-payment deduction!

Members who choose auto-payment deduction will need to enclose a check for **1/6 of their CSA fee plus applicable campus delivery and cookbook fees with their application**. The remaining 5/6 of the total will be divided evenly between paychecks starting May 23rd and ending September 26th (for support staff) or starting May 30th and ending September 30th (for administrators/faculty).

**If you'd like to take part in auto-payment deduction, your application and check are due on April 10th.**

All applications received after April 10th must pay in full.

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## order a stellar CSA cookbook & guide at the bulk price

This year, members have the option of ordering the brand new FairShare CSA Coalition Cookbook: "Farm-Fresh and Fast" for \$15.00. Featuring brand new recipes, storage and usage charts, veggie explorations, "pantry staples", and beautiful photos and drawings.

A copy is available in Ali's office (Kaufman Room 135, down the long hallway on the Cherry Street side of the building) if you'd like to check it out before ordering. The farm will cover shipping costs! **If you'd like to order a cookbook, your application and check are due on April 10th.**

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## work shares

Would you like to work in exchange for your CSA share? Check out Page 13 of this info packet!

# seasonalchart

see what we grow and when



<i>All harvest times are approximate. (x) = weather permitting</i>									
	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC	
<b>BERRIES &amp; TREE FRUIT</b>									
Strawberries	x	x							
<b>LEAFY GREEN CROPS</b>									
Bok Choy	x	x			x	x			
Broccoli					x	x	x	x	
Cabbage		x			x	x	x	x	
Cabbage, Napa (Chinese)					x	x	(x)	(x)	
Escarole					x	x	(x)	(x)	
Kale	x	x			x	x	x	x	
Salad Greens	x	x			x	x	x	x	
Herbs*	x	x	x	x	x	x	x	x	
Leeks			x			x	x		
Lettuce	x	x	x	x	x	x	x	x	
Spinach	x	x			x	x	x	x	
Swiss Chard	x	x			x	x	x	x	
<b>ALL OTHER VEGETABLES AND FRUITS</b>									
Beans, Green		x	x	x	x				
Beets		x	x	x	x	x	x	x	
Cantaloupe			x	x					
Carrots		x	x	x	x	x	x	x	
Cauliflower					x	x	x	x	
Celeriac					x	x	x	x	
Cucumbers		x	x	x	x				
Eggplant			x	x	x				
Garlic					x	x	x	x	
Kohlrabi	x	x			x	x			
Okra			x	x	x				
Onions, Bulb					x	x	x	x	
Onions, Green	x	x	x	x	x	x	x	x	
Parsnips & Rutabagas						x	x	x	
Peas	x	x			x				
Peppers, Green & Red Bell		x	x	x	x	x	x	(x)	
Peppers, Hot			x	x	x				
Potatoes				x	x	x	x	x	
Radishes	x				x	x	x	x	
Rhubarb	x								
Summer Squash		x	x	x	x				
Sweet Potatoes						x	x	x	
Tomatoes, Slicer		x	x	x	x	(x)			
Tomatoes, Cherry		x	x	x	x	(x)			
Turnips		x			x	x	x	x	
Watermelon			x	x					
Winter Squash						x	x	x	
Zucchini		x	x	x	x				

\*Herbs grown at Dickinson College Farm include: Basil, Chives, Cilantro, Dill, Marjoram, Mint, Oregano, Parsley, Sage, Thyme, Rosemary.

# pick-your own seasonal chart for csa members

All harvest times are approximate and dependent on weather.

	June	July	August	September	October
Basil	late June	x	x	x	
Culinary Herbs	late June	x	x	x	x (no basil)
Flowers	late June	x	x	x	
Sauce Tomatoes		late July	x	x	
Strawberries	x				
Sweet Peas	X			x	
Cherry Tomatoes		late July	x	x	

## directions to the farm



From Carlisle

Take High St. toward downtown Carlisle. Follow High St. until the road splits at Hess Gas Station. At the High St./York St. split, take a slight right onto York St. Follow York St. past Lowes. After crossing under Route 81, turn right onto Westminster Ave., following the signs for Boiling Springs. Turn left onto Forge Rd. Follow Forge Rd. for three miles into Boiling Springs. Just after the South Middleton Schools entrance, bear right on Walnut St. Go

straight at the four-way stop. As you follow this street out of town around a right-hand curve, Walnut St. becomes Park Dr. The College Farm is the second farm on your right after leaving the village of Boiling Springs. Look for the red corn crib and red Dickinson barn on the right.



# workshares

work in exchange for a CSA share of your choice!



**ALL ABOUT WORK SHARES:** The DCF offers limited work share options for CSA members. Similar to bartering, CSA members exchange labor for food! During the 2013 growing season, the DCF will offer some new work opportunities for interested CSA members. Share members earn one share per 2.5 hours of work on the farm. For a Bi-Weekly Share Option #1 (12 pickups), that comes to a total of 30 hours of work over the twenty-four week CSA season or Option #2 (15 pickups), 37.5 work hours over the thirty-week CSA season; for a Weekly Share Option #1 (24 pickups), that comes to a total of 60 hours of work over the twenty-four week CSA season or Option #2 (30 pickups), a total of 75 hours of work over the thirty-week CSA season. All work share hours must be completed at least 14 days prior to your last pickup. **Email [farm@dickinson.edu](mailto:farm@dickinson.edu) to inquire about available positions!**

## General Farm Work Helper

### more info

CSA members are invited to join the farm crew during work days and help with the task at hand! The farm work day starts at 7:30am and ends at 4:30pm. CSA members are welcome to arrive anytime during the farm work day to fulfill work share hours! Members choosing this option can expect to get a good work out with each visit to the farm! A big advantage to this Work Share option is the chance to work alongside some of the most friendly students and interns, ever!

### a typical week includes

- Mondays and Thursdays morning = Harvest Time
- Tuesdays = Final Harvest and Field Work
- Wednesdays = Final Market Prep and Field Work
- Fridays = Field Work and includes a great communal lunch to help punctuate the week.

## Herb Gardener

### 1 position available

### more info

This Work Share option is ideal for a CSA member who likes to weed plus make their own schedule. The primary role of the Herb Gardener is to dedicate 2-3 hours per week toward planting, weeding, mowing, pruning and beautifying the farm's herb garden. Once trained, this work can take place any day of the week, sunrise to sunset.

***"There is a certain rhythm and schedule to the work that we do but somehow each day evolves differently. Nothing ever runs exactly to plan which, to me, is a wonderful life meditation to practice. I am not in control of that which is greater than I." - Jenn***

## Research Plot Caretaker

### 1 position available

### more info

Two areas of the farm where a Working Member can be of great assistance are at the Forest Garden in the woodlot and Research Plot beside the greenhouses. Oversight of these areas includes weeding and mowing, requiring 2-3 hours of attention per week. Once trained, this work can take place any day of the week, sunrise to sunset.





## csafaq

additional questions? email [farm@dickinson.edu](mailto:farm@dickinson.edu)

### What if I will be out of town on a pick up day?

**RESCHEDULING POLICY:** Rescheduling of shares can be accommodated if scheduled with advanced notice and within the same week (Tuesday to Friday or Friday to Tuesday pickups.) This means that if you know you will miss a pickup on Tuesday, June 5th, we cannot reschedule that pickup for Friday, July 6th. It will be difficult for us to reschedule if received after the following times: 7:00pm Sunday (for Tuesday pickup) or 7:00pm Wednesday (for Friday pickup). Please be sure to contact Jenn with rescheduling requests by emailing her at [halpinj@dickinson.edu](mailto:halpinj@dickinson.edu).

### I totally forgot to pick up my CSA share or I forgot to email Jenn before the rescheduling deadline!

**MAKEUP POLICY:** Requests for Tuesday/Friday swaps or makeups received after the deadline (as outlined above) cannot be accommodated. We harvest shares on the day before each pickup day. If the farm does not receive word that you will miss a pickup (per the request above), then CSA shares left at the pickup location at the

end of the day are made available to our farm staff and are also included in weekly donations to Project SHARE. If you are in a pinch for veggies, please contact Jenn directly to see what options are available.

### Why is there a delivery charge for the campus pickup option?

While many will agree that having the CSA pick up on campus is more environmentally-friendly for those who live close to campus (for those who live close to the farm, picking up at the farm is more environmentally friendly!), it does create additional work for the farm staff. The fee for our campus pick up option reflects the added work that we do to organize, load, transport and off load your CSA share to our campus pick up location.



### What happens to CSA leftovers?

The farm employs 18-24 students, interns and staff throughout the season in addition to regular farm volunteers. Many of the CSA leftovers go home with our employees and are made into meals or shared with friends. The farm continues to donate crops to Project SHARE (over 2300 lbs in 2012!) and a portion of the CSA leftovers go to this cause.

### Is it possible to volunteer at the farm?

Yes! We welcome volunteers to join in the fun at the farm. Volunteers should be at least 15 years old and able to work alongside the farm crew Mondays through Fridays between the hours of 7:30am and 4:30pm. Parents with younger children are welcome to help out, too but we require full parental supervision while at the farm.



## **online**application

We are going green this year!

**2014 CSA Application:** <http://goo.gl/dvLkne>

If you prefer to submit a hard copy of the application, please send us a message at [farm@dickinson.edu](mailto:farm@dickinson.edu) and we will email you the PDF version.

*When you submit online, the College Farm will receive an e-copy of your application. Your spot will not be reserved until farm staff receive your check. Please make checks out to "Dickinson College Farm". You may send your check via interoffice mail (College Farm /Kaufman) or via snail mail (College Farm / PO Box 1773 / Carlisle, PA 17013).*

### **questions? concerns?**

Contact us at [farm@dickinson.edu](mailto:farm@dickinson.edu) or 717-245-1969

**Thank you for applying to join the 2014 DCF CSA!**