

Potomac Vegetable Farms

Ecoganically Grown

Formerly certified organic –
now farming with the same integrity but less paperwork
2005

Community Supported Agriculture
Fairfax and Loudoun Counties, VA

What is CSA?

Community Supported Agriculture (CSA) members participate in their own food supply by committing to share in the harvest of a local grower. By joining a CSA you express your support for locally grown food, for clean food, and for the farmers who grow it. A CSA creates a unique relationship between the consumers and the producers – a promise to serve each other no matter the weather. CSA does not replace patronizing a farmers market. It guarantees your access to the best of each week's harvest.

Members purchase shares in March, and each week of the summer and fall, we harvest and distribute the vegetable shares. We divide the year into summer and autumn seasons: the tomato season and the post-tomato season. We've made this arrangement to let the non-greens eaters off easy – October and November are all about leaves and root vegetables. So now, either you love them or you don't. For many members, it's a completely new experience to follow the growing season so closely. We write regular newsletters with food preparation tips, recipes, crop news, and other items of interest. We grow vegetables, flowers and herbs only – no fruit and no sweet corn.

We distribute the shares on Tuesdays and Thursdays. See the enclosed registration form for exact days and locations. The non-farm drop off sites are at dedicated CSA customers' homes. The bags arrive mid-afternoon and can be picked up anytime that day. Each location has a minimum of 15 shares. There is a \$2 per week delivery fee for anyone picking up at our non-farm locations.

Because of the inherent risks in farming, we cannot guarantee what the year 2005 will bring. In the past, we have experienced hail, drought, and flooding, but have always succeeded in growing an excellent variety of vegetables. You share this risk with us, but we will do everything we can to raise successful crops.

The Land and the Farmers

Potomac Vegetable Farms is a collection of 3 farmers on two farms. We've been farming since the 1960's and were certified organic from 1990–2003. Our original farm and roadside stand is located on Leesburg Pike in Vienna, managed by Hiu and Hana Newcomb. Our production farm is near Purcellville and is managed by Ellen Polishuk. We sell at many farmers markets in the DC area, and are entering our sixth year of offering CSA shares.

Our experiment last year with opting out of the certification process was successful. We will continue to farm using our own compost, cover crops, beneficial insects, and lots of hand labor. We will not use synthetic chemical fertilizers or pesticides of any kind. The farm is here for you to see, feel and taste to certify for yourself that we farm naturally. We feed the plants by feeding the soil – a complex ecosystem. We feel that this growing method produces the tastiest, healthiest foods, while improving the land and the quality of life in our neighborhood.

We harvest our produce at the height of ripeness, every day. We grow a wide variety of vegetables from the mundane to the exotic, exposing our customers to new foods and new ways of cooking and eating. We look forward to serving you.

Who should NOT join the CSA?

We've learned that people who fall into the following categories are not a good match for the CSA program:

- ** Anyone who is away on vacation many weeks (it's your responsibility to have someone pickup your share if you are gone).
- ** Anyone who thinks this is a good way to save lots of money. It isn't. We offer good value at a fair price.
- ** People who don't really like to cook or who don't eat at home often.
- ** People who don't like vegetables or who don't like trying new foods.

You can reach us by email at mhnewcomb@aol.com or by phone 703–759–2119, or visit us at www.potomacvegetablefarms.com.

If you are interested in being a pickup location, you receive a \$300 credit for your services. You need 15 shares to be eligible.

Basic Share Options

SHARE SIZES : HOW MUCH FOOD TO EXPECT

Mini Share: designed to feed single folks or couples who eat out often.

Regular Share: designed to feed 2 adults most of their weekly vegetable needs.

Robust Share: designed to feed a larger family, or strictly vegetarian couple, most of their weekly vegetable needs.

SHARE SEASONS: WHEN THE FOOD IS AVAILABLE

Summer Share: June 15 to September 28= 16 weeks of summer produce: luscious tomatoes, versatile squashes, swiss chard, garlic, peppers, celery and basil.

Autumn Share: October 5 to November 16 = 7 weeks of fall produce: butternut squash, sweet potatoes, celery root, kale, asian greens and salad greens.

Extra Options

to add to your basic share

Egg Share: ~~We offer fresh brown unfertilized eggs from happy birds. These are free moving chickens that live in a hen house (safe from foxes) and eat commercial (not organic) grain. You will receive a dozen eggs per week. We have a limited number of egg shares to offer, so act fast.~~

Fresh Flower Share: We grow a colorful assortment of annual flowers. You will receive a bouquet of flowers for approximately 12 weeks (from mid-July to frost).

Sample Bags

July

2-3 lbs yellow squash
1 huge walla walla
onion
1 fresh bulb garlic
1 bunch basil
2-3 cucumbers
1 bunch swiss chard
1-2 lbs new potatoes
1 bag salad mix

September

3 lbs tomatoes
1 pint cherry tomatoes
2 bell peppers
1-2 lbs green beans
1 bunch basil
1 bulb garlic
1 head celery

October

1 bunch kale/collard
1 bunch bok choi
1 celeriac
1 bag salad mix
1-2 lb carrot
2 lb potatoes
1 butternut squash

Registration Form 2005

Name: _____

Address: _____

Phone: _____

email: _____

Summer Shares (June 12–Sept 25)

Mini summer share \$200 _____

Regular summer share \$350 _____

Robust summer share \$525 _____

Autumn Shares (Oct 5–Nov 16)

Mini autumn share \$90 _____

Regular autumn share \$125 _____

Robust autumn share \$175 _____

EXTRAS

Summer egg share ~~\$50~~ _____

Autumn egg share ~~\$20~~ _____

Summer flower share \$50 _____

DELIVERY FEE

for anyone NOT picking up at the Vienna farm

Summer share \$32 _____

Autumn share \$14 _____

PAYMENT OPTIONS

_____ I am paying in full by March 15 to receive a \$30 early bird discount.

_____ I am paying half by March 15, the balance by May 1st.

GRAND TOTAL: _____

Please make your check payable to *PVF* and send to:

Potomac Vegetable Farms

9627 Leesburg Pike, Vienna, VA 22182

703-759-2119, mhnewcomb@aol.com

PICKUP LOCATIONS

I want to pick up my share on **Tuesdays:**

_____ ~~N. Kensington St., Arlington~~

_____ ~~W. Westmoreland, Falls Church~~

_____ ~~Sycamore Dr, Falls Church*~~

_____ ~~Fairmont St, Falls Church*~~

_____ ~~Doveville Lane, Fairfax*~~

_____ ~~PVF Vienna farm 9627 Leesburg Pike~~

I want to pick up my share on **Thursdays:**

_____ ~~PVF Vienna farm 9627 Leesburg Pike~~

_____ ~~Brookmont (Bethesda, MD)~~

*tentative locations, subject to adequate registration

Please make a copy of this form for your own records of your share options and pickup location.