

## How Much Food in a Share?

The CSA concept enables us to grow the food in the most responsible way, honoring the earth and ourselves. The membership consists of about 300 households. A share over the past few years has averaged between 17-20lb per pickup, although this varies with the time of year. This tends to be enough for a family of 4 who wants to eat seasonal and regional food, emphasizes a vegetable-based diet, and enjoys preparing fresh foods.

For a single person, a couple, or a family that does not consume as many vegetables, a single share (half a family share) may be adequate.

Shares are further divided into summer (May through November) and winter (December through April) or full year shares.

The summer shares are freshly harvested every Tuesday and Friday. Family shareholders pick up once a week. Single shareholders pick up every other week. In addition to seasonal produce, shares usually include fresh herbs, flowers and extra pick-your-own seasonal bounties.

In 1992 an orchard of 256 fruit and nut trees were planted. Growing fruits biodynamically in the Northeast is extremely challenging. We are excited to be learning and developing this knowledge. Harvestable fruit will be part of the share when available.

Family winter shares may be picked up weekly or bi-weekly, and single shares are picked up bi-weekly. We rejoice in the diversity of the winter vegetables available. They include potatoes, onions, garlic, beets, carrots, sweet potatoes, turnips, celeriac, parsnips, rutabagas, sunchokes, winter radishes and winter squash. Vegetables like leeks, spinach, and kale are sometimes harvested far into December. We also provide our own homemade sauerkraut and freshly ground cornmeal. The winter share is rounded out with salad greens from the greenhouses.

Shareholders who live a distance organize themselves into small groups and alternate in picking up for the others. Currently, groups have

organized in Caldwell, Montclair, Teaneck, Morristown and the Willow School. Our distribution organizers are happy to assist with these arrangements. Please contact Smadar at (908)362-7486.

The gardeners plan for a steady and even supply of vegetables each week. Since there are so many variables in nature, we sometimes have to live with surplus and shortages. Shareholders can preserve, freeze or can the surplus, or leave it on the sharing table where other shareholders can take it. For some, dealing with an abundance of fresh, seasonal vegetables (some of which you may not be familiar with) can be a challenge. We are happy to provide recipes, newsletter articles, and other words of advice to those who need them.

The Core Group, which is made up of interested members and gardeners, is the main body that administers the CSG. It meets quarterly. Various volunteer committees perform a wide range of essential ongoing tasks. All members are welcome to participate.

For more information or to visit the farm, feel free to call the Gardenhouse at (908)362-7486. Our web address is [www.csgatgenesisfarm.com](http://www.csgatgenesisfarm.com).



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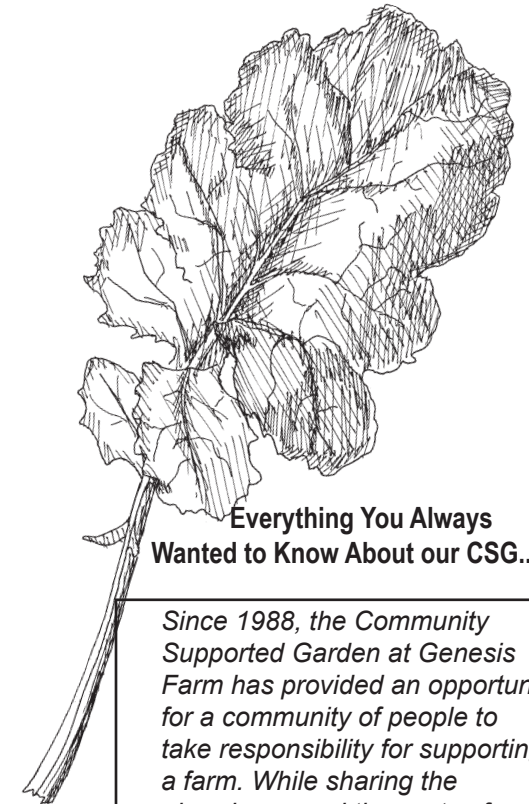


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## The Community Supported Garden at Genesis Farm

908-362-7486

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



**Everything You Always  
Wanted to Know About our CSG...**

*Since 1988, the Community Supported Garden at Genesis Farm has provided an opportunity for a community of people to take responsibility for supporting a farm. While sharing the abundance and the costs of cultivating our food in a healthy way, we are also increasing the fertility of the soil and enhancing the quality of our relationship to the land and to each other.*

## Why Community Supported Agriculture?

All of us are increasingly aware that the present state of farming in the United States and around the world is in serious difficulty. Agribusiness, with its chemical-intensive, industrialized methods of crop production is replacing agriculture, with its small human-scale and diversified character and its commitment to place and community.

With only 2% of Americans actually producing food for the other 98%, people are increasingly separated from the source of their food and from the understanding of the vital relationships that connect people, food, soils and health.

Community Supported Agriculture (CSA) is a creative response to this crisis. It offers an opportunity for a community of people to take greater responsibility for their social and community relationships by mutually supporting their own farm. It sees their food source as an essential part of their lives. In turn, the farm supports them and provides not only nutritious, chemical-free food, but an opportunity to grow in friendship, mutual support, and a commitment to restore the soils, air and water through their choices and decisions.



## How does the CSG at Genesis Farm Work?

The garden at Genesis Farm was established in 1988. The founding members were deeply concerned about safety issues around pesticide use. While their own lifestyles did not allow them to raise their own food, they responded positively to the initiative of a Community Supported Garden (CSG) at Genesis Farm and were willing to pre-buy their food in this creative new venture.

The majority of work is done by a small team of gardeners. The support of the gardeners, all of the operating costs, and the capital improvements are carried by the shareholder community. All of the abundance of the food is divided among the shareholders. Food left over after distribution hours is given to local food pantries. The farm is working toward removing itself from the inequities, injustices and ecological devastation of the present market system. It is a social, as well as an economic, alternative.

At present, the CSG uses approximately 51 acres of land through a 50-year lease with the Dominican Sisters of Caldwell, New Jersey, who have protected the land through farmland preservation. There are three greenhouses that extend the growing season and provide some fresh salad greens over the winter months. Over 15 acres are in cultivation with vegetables and berries. In addition there is a fruit orchard and hardy kiwi vines.

The construction of a centrally-located Gardenhouse, with root cellars and a distribution space has enabled the garden to provide food throughout the entire year. This building reflects the kind of commitment that results from such a community based project. Two-thirds of its funding was provided by shareholders, either as gifts or as low or no-interest loans. The remaining third was raised through the capital fund included in each year's share price and most of the labor was done as a community activity.



## How is the Food Produced?

The gardeners use biodynamic practices based on the spiritual insights of the Austrian scientist-philosopher, Rudolf Steiner (1861-1925). Biodynamics treats the soil as a living organism. It strives to build the soil and correct imbalances through the use of dynamic preparations prescribed by Steiner. They are used directly on the soil, on maturing plants, in the treatment of fungal diseases and insect infestations and in the making of compost. Sound farming practices are also employed using diverse cover crops, calculated crop rotations and careful tillage. Chemical pesticides are not used and we rarely need to implement organic pest control. The care and attention the gardeners bring to their work stimulates the health and energy of the community's food.

## It's About More than Just Vegetables!

Fresh, clean, healthy local food is the primary reason most people are drawn to Community Supported Agriculture. While this is a fine motivation in and of itself, there are also other important reasons why our CSG is a good choice.

Membership not only entitles you to a share in the produce, but also allows our farmers to focus on growing life-giving food for people they know rather than for an impersonal market. With the bottom line secured, growing decisions stem from what's good for the land rather than from the dictates of economics.

For those with the time and inclination, a workshare is a wonderful way to deepen your connection to our farm community. In exchange for 20 hours of harvest work on pick-up mornings, a workshare deducts \$100 from your share price. If you're interested, call Smadar at the Gardenhouse.

The CSG community is not simply pre-buying vegetables; it is also helping to support itself through the running of a farm. The direct link between members and farmers put the "culture" back into "agriculture." As a result, our community begins to reconnect to the earth and to each other.

We welcome all members, including children, to enjoy the beautiful surroundings of the farm.

