

CSA Start Date: _____
My pick up day is: _____

VonThun's 2021 CSA Crop Share Handbook

*You're a VonThun Farms CSA member ... THANK YOU!
We sure are excited & thankful that you have chosen US to be YOUR farmers!!*



Community Supported Agriculture

Contact Info ...

CSA@VONTHUNFARMS ... The email address to contact the farm regarding CSA shares & membership. Email is checked multiple times daily.

CINDY CELL ... 732-986-6816 Call or text. Please contact Cindy rather than contacting the farm market. Market staff is not up to date on CSA happenings.

SOUTH BRUNSWICK FARM MARKET ... 732-329-8656 For CSA day pick up emergencies only. Please try to contact Cindy first.

WASHINGTON FARM MARKET ... 908-689-3761 For CSA day pick up emergencies only. Please try to contact Cindy first.

Welcome to our farm family! We are looking forward to being your local food provider this summer! We are passionate about growing delicious produce for the people we care about. AND we also love teaching you how to eat it! Our hope is that you will not only love eating our vegetables, but you'll become more connected to our local "farm-ily" community.

This is our CSA Handbook. We created it as a kind of "user manual" to help you understand how our CSA runs and outline our shared commitments. We sure hope you'll take the time to read through it and email us with any questions.

As per our member agreement ...

As per the member agreement everyone initialed upon CSA sign up, please keep the following in mind throughout the season:

- All CSA members purchasing a SHARE, no matter what the size, have chosen to SHARE both the bounty & the loss of the CSA season.
- There is no guarantee on the exact amount or type of produce that a member will receive in their CSA Crop Share throughout the CSA season.
- All CSA deposits are non-refundable & additional payments are non-refundable beyond the third week of the program.
- The South Brunswick based CSA program is 20 weeks long. The Washington based program is 14 weeks long.



- Egg share members receive one dozen brown eggs each week.
- Jam & Jar share members receive a different one of our private label jar products each week.
- Fruit shares are received just 6 times throughout the CSA season. Those weeks are TBA, as they are based upon the availability of local Jersey fruit.
- Beef shares are received once a month for four months, June through September.
- Members are responsible for making any pick up day changes via Farmigo a minimum of 24 hours in advance.
- All items listed as being in weekly shares are subject to change due to availability.
- Unfortunately, we are not able to change or substitute any crops at any time based on member request.
- We will strive to have a Swap Table available each week at the farm so members can swap one crop they're not fond of for one they are. Members may swap one crop for another. Please, ONE swap only!

This Handbook ...

We recommend you print this hand-book & refer back to it throughout the season as needed.

There is a spot on the cover (top, right corner) to log in your pick up day & the date the program starts. That'll make it easier to calculate what week we're in when we get to the middle of the program & you lose track! Pick up at a host site? Log in the details here ...

Pick up location: _____

Host Coordinator: _____ Contact Info: _____

As part of our CSA family ...

Community Supported Agriculture (CSA) is a relationship between VonThun's Farm and you as our customer. Rather than purchasing produce from our farm market, you'll purchase a "share" & become a "member" of our CSA Program, receiving a portion of our farm's harvest for a specified number of weeks.

We view our CSA program as not only a way of securing fresh, healthy, local food, but also an experience and a means of your learning a little more about where your food comes from. Your food is guaranteed to be FRESH, healthy, and local. In most cases, it will be picked by our staff the same day you receive it. But, with that promise of fresh you may also receive some dirt, an occasional insect, blemishes, and/or imperfections. We do not, in any way, want to promise picture perfect crops. Although that is our goal, reality is, fresh and homegrown are not always picture perfect.

Although our start & end dates will depend upon the weather, we hope to start the program in early June when our crops are becoming bountifully ready for harvest.

The South Brunswick (Middlesex County) based CSA Program is a 20 week program. You have either chosen between picking up at the farm between 2 & 7pm or at one of our local host delivery locations:

- East Brunswick (in the development by EBHS) ... pick up is 4-8pm
- East Brunswick, CareOne (by the fairgrounds) ... pick up is 4-6pm
- Edison (off Plainfield Ave)) ... pick up is 5-7pm
- Highland Park (near Donaldson Park) ... pick up is 4-7pm
- Metuchen (across from the HS) ... pick up is 4-7pm
- Milltown (off Main Street, minutes from Bronson's) ... pick up is 4-7pm
- Spotswood (at Pixie Preschool on Main Street) ... pick up is 4-6pm

If you'd like to swap pick up days as a part of our South Brunswick program, you must make that change in Farmigo 24 hours in advance. If you'd like to arrange for an after-hours pick up, please email Cindy to make that arrangement.

The Washington (Warren County) based CSA Program is a 14 week program. You are either picking up at the farm between 3 & 6pm or at our Phillipsburg host site near Southgate Apts.

If you'd like to arrange for an after-hours pick up as part of our Washington program, please email Cindy to make that arrangement.

When picking up at the farm please drive slowly in the driveway ... our farm cats cross the driveway frequently. We want to make sure they stay safe! Please be careful while at the farm. Be aware of other cars, especially while backing up ... accidents happen more frequently than we would like to admit. Be aware of farm tractors & trucks to, especially with small children. We're a working farm & it's common to have our machinery moving about the yard throughout the day. Oh, and when visiting, please, no wandering around the farm ... again, for safety reasons!

Pick up hours at host sites differ & many can be flexible if need be. Most host sites are private residences, so your respect and cooperation when picking up is appreciated. If picking up at a host site, you are encouraged to get your host's contact information so you can contact and interact with him/her if need be throughout the season.

Although the CSA Program is comprised mainly of homegrown produce, we do occasionally include greenhouse plants, pick-your-own vouchers, and agri-tainment activity passes in the shares.

Folks picking up at the farm in South Brunswick will pick up under the green tents. Tent location may vary throughout the season, but our plan is to start with the tents near the greenhouse. Under the tent you will sign for your CSA share & receive your eggs &/or jams/jars if you signed up for those shares. Fruit shares will be picked up there too on the 6 fruit weeks, which are still to be determined. The swap table will



be in that same general area. We are **NOT** planning a drive through CSA pick up this year.

Folks picking up at the farm in Washington will pick up their shares & sign for it inside the farm market. The swap table will be there as well.

Unfortunately we cannot accommodate special requests to change crops from your veggie share. We will strive to have a Swap Table at the farm each week during share pick up where you may swap one crop for another. We ask that you swap only one crop, not multiple crops, so others can do the same.

If you find that a crop is missing from your share, please email us immediately. Although we understand mistakes can be made, our packing staff double and triple check each outgoing share, so missing crops are uncommon. Please keep in mind that there are times that we may run short on one crop & substitute it with another. There is no sure way to know exactly how much produce we will pick in any given field... the best we can do is guesstimate & hope we are correct, so substitutions do happen from time to time.

You can “vacation hold” or reschedule your CSA share up to 3 times throughout the season. (Directions are further back in this guide). All share rescheduling must be done by you via your online Farmigo account a minimum of 24 hours prior to the scheduled share pick up. If you are away you may also arrange for friends or family to pick up your share or you can have the share donated to our local food bank. If you have someone picking up a share for you, please make sure they know the name the share is under & that they know exactly what to pick up so they pick up the correct share. All host site shares are labeled with CSA member names.

You are responsible for picking up your CSA share each week. Unless prior notification is given and alternate arrangements are made with Cindy, all CSA shares not picked up on your regularly scheduled pick up day will be donated to a local food bank and you will forfeit that week’s share.

CSA Communication ...

The best way to communicate with us is by emailing Cindy at CSA@VonThunFarms.com Communication via email assures that your information is received, saved, and available to review if necessary. Please **DO NOT** call the farm unless it pertains to a pick up day emergency. Email will be replied to within 24 hour, sooner on CSA days! Our market staff is not familiar with our CSA and they won’t be able to answer questions or take messages. **If you are not already getting CSA emails, let us know!**

When sending an email, please be sure the subject line reflects the email content ... this is important! As an example why: If you need to have your CSA share left out for you to pick up late on a Wednesday & you just hit reply to an email with the subject line ‘CSA starts Wednesday’ Cindy may overlook your email until she is in front of the computer Thursday morning. **BUT**, if your email says ‘Leave my share out tonight, I’ll be late’ your email will get top priority & acted upon as soon as it’s seen.

As a CSA member you’ve created an online account within the Farmigo software. Please retain all log-in information and passwords, as all changes to your pick up day, donating of CSA shares, and changes/additions of email addresses must be done via YOUR account. Please note that Farmigo will only allow two email addresses to be linked to your online account to receive CSA notifications.

VonThun Farms will send out a weekly CSA email including a list of items we hope to have packed in your CSA share, recipes, care & handling tips, how-to video links, and more. If you do not receive weekly emails, (we've sent out quite a few already) please let us know ... we have no way of knowing. We suggest you keep an electronic folder for CSA email so you can refer back to them as need be.

Our new software was chosen to help streamline CSA Program efficiency & minimize time spent on administrative paperwork. While we realize that remembering to use our new software will take time, we hope you'll understand the need for all change requests to be made via your CSA account.

Important Farmigo Links:

CSA sign up: <https://csa.farmigo.com/join/vonthunsfarm>

Log into your account: <https://csa.farmigo.com/account/vonthunsfarm>

Make a payment: <https://csa.farmigo.com/pay/vonthunsfarm>

Farmigo ... The new CSA software!

You'll love Farmigo ... it's easy to navigate & simple to use. Please remember that Farmigo is very user friendly & all CSA pick up change notifications must be made via Farmigo & are the responsibility of the CSA member.

TO ADD AN EMAIL ADDRESS TO YOUR ONLINE ACCOUNT...

Log into your online account (url is listed above) & use the 'Contact Info' tab at the top. Farmigo will allow only 2 contacts/email addresses to be listed. Since our emails go out via Farmigo, we are not able to add the additional email addresses.

TO DONATE A SHARE ON ANY GIVEN WEEK...

Won't be able to pick up your CSA share? You are more than welcome to have a friend or family pick it up for you. If you would rather donate it to our local food bank, simply make a vacation hold (as per below)

TO MAKE A VACATION HOLD...

If you won't be in town to pick up your weekly share, you may choose to make a vacation hold & you can reschedule your CSA share to another week. Members are allowed 3 Vacation Holds per season. Here's how...

1. In your account (csa.farmigo.com/account/vonthunsfarm), select the "Delivery Hold" tab (top left)
On a mobile device it is a minus sign.
2. Enter the hold dates as instructed. Enter the make up dates as instructed.
3. Save changes!

TO CHANGE A PICK UP DAY...

This is available only for folks picking up at the farm in South Brunswick ... you can change days permanently or make a one time change from Wednesday to Thursday or vice versa. Here's how:

1. In your account (csa.farmigo.com/account/vonthunsfarm), select the 'Summary' tab located on top at the far right.
2. Choose 'Permanent' (if you are permanently changing your pick up day) or 'Next Delivery' (if your change will be a one time change).
3. Click the new pick up site/day & save (Please note: picking up on Wednesday at the farm is one pick up site. Picking up on Thursday at the farm is a different pick up site.)

TO MAKE A ONE TIME PICK UP LOCATION CHANGE...

If you routinely pick up your share at a host site but need to pick up at the farm one week, you certainly can. Here's how:

1. In your account (csa.farmigo.com/account/vonthunsfarm), select the 'Summary' tab located on top at the far right.
4. Choose 'Next Delivery' (since your change will be a one time change).
2. Click the new pick up site/day & save (Please note: picking up on Wednesday at the farm is one pick up site. Picking up on Thursday at the farm is a different pick up site.)

Sharing the CSA risks & bounty ...

We promise to do our best to provide you with a bountiful share of produce each week. The amount of produce received, however, may vary from week to week depending on the time of year, extreme weather, deer, insects, or other production factors despite our best efforts.

Although our CSA marketing shows an anticipated dollar amount of each weekly produce share, the reality is, all produce shares are not created equal. CSA produce shares at the beginning & the end of the program will have a lower dollar value than those at the middle & peak of the program. That's because there are fewer crops available for harvest (and those crops typically have a lower dollar value) than those delicious summer staples we all love!

By joining our CSA, you are agreeing to share the risk of crop failure with us and other members. Occasionally we do have crop failure due to weather, insects, deer, etc. If need be, we will compensate for a failed crop by substituting an alternative crop that is ready for harvest.

Although our CSA shares do not always include what we had originally planned to include, we do incorporate risk management into our crop production to ensure we are able to supply our CSA members with a variety of crops throughout the entire season.

VonThun Farms grows an average of 30 different crops for the CSA program: Some crops are early/cool season crops (lettuce, broccoli, cabbage, etc). Some crops require longer, warmer growing seasons (sweet corn, tomatoes, peppers, etc). Yet other crops thrive with cooler, fall weather (broccoli, cauliflower, pumpkins, winter squash, etc). Each growing season is different, therefore altering the crops included in each weekly basket. CSA members eat seasonally ... not all of our homegrown crops are available all year like in the supermarket!

Weather is also a factor when determining what crops will be included in shares each week. Weather is out of our control; excessive rain, drought, cold/freezing temperatures, humidity, and excessive heat hold

a great amount of influence on the quality and yield of our crops. Occasionally unforeseen weather conditions will cause us to take a pause in the program and wait for crops to mature.

We promise to provide you, as a member, with the best of what's in season. Varieties and quantities may vary from month to month, but we strive to grow a wide variety of crops to include in our shares throughout the CSA growing season.

There are times that our farm market & tailgate markets will carry products such as berries, while the CSA shares will not have any. At certain times throughout the season, it is impossible to ship berries to host sites due to the heat of the day. There are also times we must pick berries every day to keep invasive pests or heat from damaging/over-ripening the crop. This may limit the amount of berries available when we would need to pick them for CSA. Occasionally, if our crop yields allow, we will provide Pick-Your-Own vouchers for you to visit the farm to pick fresh berries at your convenience. We feel that is a fair alternative ... our berries are the absolute best, and we want to be confident in knowing that they're the freshest they can be for you to enjoy!

Consider an UPGRADE ... it really does pay!

Signed up for a Personal veggie share? Consider an upgrade to a half (better value) or full (BEST value!) Think that'll be too much produce for you? Consider splitting a share with a friend or neighbor. Not interested? Hear us out & just take a look at the savings ...

Quite often when members join our CSA program, they struggle with deciding what size share to buy - and once the program gets underway they decide they would like to change to a larger size share. And the folks that learned to freeze some produce learned that a little extra Jersey Fresh produce frozen for use in the winter was a good thing.

When signing up for the CSA program, most folks don't look at the size options & cost in this way...

If you find a friend/neighbor/family member to share your CSA with, you will save on the cost of your CSA share. I'll explain, using our mid-season Washington pricing. If you're a So. Bruns. CSA member, you'll save even more!!

Personal share - \$310 (often considered a 1/4 share)
Half share - \$400
Full share - \$560

Look at the pricing and it's obvious...

If you now have a personal share (\$310) and upgrade to a half share by finding a partner to split it with, you and your partner will each pay \$200 ... **that's a savings of \$110 on almost the same amount of produce** AND the half share usually gets a little more of a variety each week.

If you now have a half share (\$400) and upgrade to a full share by finding a partner to split it with, you and your partner will each pay \$280 **that's less than the cost of a personal share!!** And **that's a savings of \$120 for the same amount of produce** you would receive from a half share AND the full shares do get a little more of a variety each week.

For those of you that are picking up your share at a host site, if you split your CSA share with someone, **you'll save on your delivery fee too!!**

Think about **if upgrading & sharing is for you**. No matter what size share you get or who you are sharing it with, it will come to you in one bag. You are responsible for sharing. Yes, there may be times that certain items cannot be shared whole (melons, cabbage, etc.), but with that cost savings, you can buy an extra melon or you can cut the melon, cabbage, etc, in half to split it.

If you want to upgrade your veggie share, just email us and let us know!

Get involved ...

Be sure to sign up for our Friends & Neighbors Club! Formerly known as our Jersey Fresh Program, the Friends & Neighbors Club is a great way to save on farm market purchases, keep up to date on our crop availability, and participate in contest, special offers, & promotions. Sign up is quick & easy right in the farm market!

Request to join our VonThun's Homegrown Inspirations Facebook Group ... it's a private group just for our Jersey Fresh & homegrown deliciousness loving customers. Share recipes, ask questions, and interact with others. We'll post lots of recipes and cooking tips. Remember, the more interactive each CSA member is, the more interactive (and FUN) the group will be!

Post your recipes & CSA photos on our Facebook page. Tag us in your Facebook & Instagram posts. We LOVE to hear from our CSA members!!

This time, for the first time ever, we'll be hosting a virtual Pampered Chef Party. Our goal is to have CSA members find new kitchen gadgets & tools to help boost their CSA experience while raising some funds for the Warren County Habitat for Humanities & NJ Farmers Against Hunger Organizations. We hope you'll join the Pampered Chef party FB group, share with others, and consider looking at the many wonderfully useful items Pampered Chef offers. Salad spinners, paring knives, peelers, etc!!

Oh, and don't forget that once you have received a VonThun's cloth tote bag, all farm market purchases made with that bag will receive a 10% off discount. HINT: Keep your bag in the car. Always in the car!! And shop the farm market each CSA pick up day to save on items you don't receive in that week's share!

Save the dates ...

VIRTUAL PAMPERED CHEF PARTY: The party will start in early June, coinciding with the start of our CSA Program. We anticipate keeping the party open for 4-6 weeks (longer if there's an interest), thinking you may become interested in more & more Pampered Chef items as our CSA produce availability increases.

MEET THE FARMERS & CSA STAFF DAY: You're trusting us to grow your food ... why not get to know who we are & put some faces to our names?! Although the details are still forthcoming, we can share the dates ...

- Meeting at the farm in South Brunswick: Sunday, June 27
- Meeting at the farm in Washington: Sunday, July 11

Once again, we THANK YOU for choosing us at VonThun's to be YOUR farmers! We certainly appreciate your support and we promise to do our absolute best to provide you & your family with our fresh, healthy, homegrown crops and an amazing CSA experience!

Veggie Seasonality Calendar

When can I expect to receive certain crops in my CSA share?



VEGETABLE VARIETY	JUNE	JULY	AUG	SEPT	OCT
Basil		✓	✓		
Beets (red, golden)	✓	✓		✓	✓
Bok Choy	✓				✓
Broccoli	✓				✓
Cabbage (red, green)	✓	✓	✓	✓	✓
Cauliflower					✓
Cherry Tomatoes		✓	✓	✓	
Chives	✓	✓	✓	✓	
Collards			✓		
Cucumbers		✓	✓	✓	
Eggplant		✓	✓	✓	
Garlic Scapes	✓				
Garlic		✓			
Green Beans			✓	✓	
Hot Peppers		✓	✓	✓	
Kale	✓	✓	✓	✓	✓
Kohlrabi	✓	✓	✓	✓	✓
Leeks			✓	✓	✓
Lettuces	✓				
Onions	✓	✓	✓	✓	✓
Parsley	✓	✓	✓	✓	✓
Potatoes			✓	✓	✓
Radishes	✓	✓		✓	✓
Rutabaga					✓
Scallions	✓	✓		✓	
Snap Peas	✓				
Spinach	✓				
Sweet Corn		✓	✓	✓	✓
Swiss Chard		✓	✓	✓	
Sweet Potatoes					✓
Tomatillos			✓	✓	
Tomatoes (plum, beefsteak)			✓	✓	✓
Turnips	✓	✓		✓	✓
Winter Squash					✓
Zucchini/Summer Squash	✓	✓	✓	✓	