

Eating Local-
healthy farms, healthy communities, healthy you

Environmental Strategies (NR 318)- Project 1

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What is CSA?

Community Supported Agriculture (CSA) is a concept that began in Japan and immigrated to the United States in the late 1980's. This strategy was born to address the growing concern with quality of food and the rising demise of local small-scale farmers. CSA is a relationship between a local farmer and members of the community who have pledged an annual fee. This fee covers farming expenses for the year in return for weekly produce throughout the growing season. Share price ranges from \$200 to \$600 and supports on average a family of four to five for four to eight months (Green 2002). Most CSA farms are organic and have deep-rooted philosophies of land stewardship. The benefits of this strategy are numerous as the gap between producer and consumer is completely replaced with a new sense of awareness and community. Ways to move agriculture toward sustainability within the next decade include direct marketing, consumer education, and better incentives for farmers. This project focuses the larger goal of sustainable agriculture on the small-scale level of farms in the Finger Lakes region in Central New York. Strategies to localize the food shed of communities and support local environmentally conscience farmers financially include initiatives to distribute local goods within the community. CSA farms represent one method of distribution to households. Recently the idea of community-supported agriculture has expanded to include local restaurants and markets. These strategies have great social, ecological, and economic potential, but progress has been slow, as they require a complete shift in consumer mentality and a heavy commitment on behalf of the farmer.

Logistics & Local Presence

Each CSA farm is different in the methods of organization, production, and distribution. Most CSAs are formed around a single experienced farmer; however a community, agency, organization or group of shareholders can also organize a CSA and recruit a diverse group of farmers to supply. Some CSAs are affiliated with large city projects, food banks, or church missions. A main group of shareholders or core group can also manage the logistics of the farm in order to allow the farmer time to focus on production. The shared tasks include member recruitment, product distribution, and administrative duties all crucial to the survival of a small farm. Currently New York State has the greatest number of CSA farms in the country though the per capita amount is low compared to small rural states like Vermont and Maine (Green 2002). West Haven Farm in Ithaca, NY is one of many successful examples of CSA in the Finger Lakes region. West Haven is a 10 acre certified organic CSA farm offering 24 weeks of produce for the price of \$310 for a single share (expected to feed a family of four). West Haven accepts food stamps and offers payment plan opportunities, scholarships and labor options. From late-May to mid-November members can expect a wide range of 10-25 seasonal fresh organic fruits and vegetables (West Haven Farm at EcoVillage Ithaca, NY). For a list of other CSA participating farms in the Finger Lakes region, please see Appendix A: CSA Farm List.

Ecological Implications

Community shared agriculture has many ecological benefits over large scale industrial agriculture. The nature of small family owned and community supported farms is one which allows greater time and care to land stewardship, because a family farm is more than a business and community support lessens the burden of marketing. The farmers' connection with the land and community consciousness can encourage the farmers' active part in preserving the environment and people's appreciation for the environment.

Relationships between farmers and customers generally promote low or no chemical growing. Knowing one's customers can give the farmer a feeling of moral obligation to provide safe food. Likewise, consumers become more aware of how their food is produced and develop consumer loyalty that reflects their environmental decisions more closely than supermarket purchases do. A few fundamental sustainable strategies that CSA farms use to minimize, or eliminate reliance on chemicals are crop rotation and use of green manures, manures and composts.

Growing crops with different root types from season to season, or at least every eight years improves the soil structure and encourages micro-organisms. It also interrupts weed and insect reproductive cycles, mitigating the need for pesticides and herbicides. Crop rotation can be a more sustainable and effective than chemicals in the long run, because pests often build resistance to chemicals, requiring stronger and stronger toxins over time. Reducing chemical use is beneficial to surrounding ecosystems that are often polluted from agricultural runoff. Alternating crops at least every eight years is practiced and advocated by CSA farm owners in order to balance the nutrient drain on soil (Rowley, 1994; Coleman, 1989).

Green manures (crops that are tilled before reaching maturity or going to seed) can reduce need for chemical fertilizers, and herbicides. Conveniently, even weeds can be used as green manure. Non-weed green manures inhibit weed growth, by filling in potential weed habitat. Green manures add organic matter and act as a nutrient sink, by absorbing excess nitrogen, because nutrients are taken up into the biomass rather than leaching down to soil layers inaccessible to future crop plants as they would if the field was barren between crop seasons. These "in-between" crops also improve soil structure because deep growing roots break up the soil, allowing better infiltration and drawing nutrients up from the subsoil. Green manures are used in a number of ways, either, incorporated into crop rotation, as living mulches or as winter or late season crops. Some CSA farms also grow hearty ground covers, like clover in main pathways between rows to maximize nutrient retention and minimize soil erosion. (Rowley, 1994)

The extra help that CSA farms often receive from shareholders makes nutrient recycling more feasible, saving resources and money. Autumn leaves, old straw and inedible biomass from crops are composted to form nutritious topsoil. Animal manures are also recycled as natural fertilizers on many CSA farms.

Just as the community can have positive influences on a farm's environmental stewardship, CSA farms can have a positive influence on families' environmental practices. A common problem for new CSA farm shareholders is that they are not used to eating as many vegetables as their share provides. However, most quickly acquire new tastes and healthier eating habits, substituting a portion of the meats, carbohydrates and processed foods in their diets with fresh produce. This lessens the ecological footprint of their diet, as usable nutrients and energy per acre of grain are lost with each step up the up the food chain. There is also a reward of improved health. CSA farms often have spin-off effects, such as community supported composting. CSA members, many of which are from non-farming backgrounds learn skills they can use in starting their own gardens or compost piles. Some communities even have composting programs where unwanted compost is picked up from houses to be used on farms.

CSA farms also have ecological benefits that reach beyond the farms and communities. The direct exchange between farmers and consumers minimizes or eliminates packaging and encourages the use of recycling. It also greatly reduces the transportation distance and therefore, fuel and emissions associated with long distance transport of most food purchased in supermarkets. Community supported and shared agriculture encourages ecologically friendly practices with environmental benefits on the farm, in surrounding ecosystems and beyond.

Economic Implications

Many smaller farms commonly struggle in response to the financial realities of market gardening. CSAs offer a complimentary strategy that provides various economic benefits to producers, consumers and communities (Groh, 1997). More broadly, CSAs offer an opportunity to address environmental and social costs typically externalized by industrial agriculture in the global arena.

Benefit to Producer

An essential aspect to the success of a farm is its ability to earn an adequate cash flow to cover costs of production, labor and investments for maintenance (Henderson, 1999). CSAs advanced share payment scheme allows farmers to allocate money towards pre and early growing season expenses; a critical obstacle facing many small farms in fiscally constraining times. Advanced payment also allows producers to identify their market, and plan crops accordingly to minimize waste and avoid costs of excess production (NY Farms, 1998).

Farmers are given the flexibility to annually adjust membership fees to cover their costs; and the relationship with members to comfortably discuss and justify any increases (Treichler, 1998). Farmers frequently find members voluntarily raising and contributing additional funds to cover the costs of converting/ incorporating desirable sustainable farming techniques, i.e. drip irrigation, raised beds, and vegetative buffer zones to name a few (H. Mouillesseaux-Kunzman, personal communication, February 21, 2003).

Farmers are increasingly relying on the evolving trust established with their members to replace costly organic certification fees. Other major economic benefits worth noting come as a direct result from eliminating the middleman, storage, packaging, and transportation fees (H. Mouillesseaux-Kunzman, personal communication, February 21, 2003).

Benefit to Consumer

Undeniably, CSA offers consumers the opportunity to pay for quality, freshness and taste of their produce (NY Farms, 1998). On average, CSA members receive produce at 20% less than store prices (Green, 2002). To demonstrate cost effectiveness of a CSA membership in the Finger Lakes Region, a cost analysis was done using information from West Haven Farm, Wegmans Super Market, and GreenStar Cooperative Market (see Appendix B: Price & Region & Appendix C: CSA Cost Analysis).

In a 24 week period (the duration of this farms growing season), to get the same amount of produce, CSA members would have had to spend an additional \$137.12 for Wegmans conventional produce, \$276.80 for Wegmans organic produce, and \$205.04 for GreenStar's organic produce. Although only an estimate, these savings amounted to approximately 40% - a substantial economic incentive for consumers.

Benefit to Community

Communities extensively based on agriculture thrive when their farms succeed. Historically, the Finger Lakes Region regards its farms as an essential element to a vibrant and robust economy. Farms inherently "give back" to their communities by contributing more in taxes than they cost in services (NY Farms, 1998). CSAs offer an extension to cycle additional local dollars within the community, establishing a healthy relationship between the agricultural, commercial, and residential sectors. The resulting mutual relationships and personal investment in agriculture ideally serves to virtually eliminate agriculture litigation and political disputes (T. Dresser, personal communication, February 16, 2003).

Inclusive Perspective

Unfortunately, environmental and social costs resulting from industrial agriculture are mounting, but our understanding of related potential harms remains rudimentary (Union of Concerned Scientists, 2001).

A genuine attempt at full cost accounting for industrial agriculture should consider the multiple environmental costs, including (but not restricted to): CO2 emissions largely from intensive transportation and refrigeration/energy requirements; damage to fisheries from oxygen-depleting microorganisms fed by fertilizer runoff; surface and groundwater pollution; loss of soil productivity from poor land management and disrupted nutrient cycling; and excessive release of phosphorous, nitrogen and methane (UCS, 2001). In addition to the daunting task of quantifying environmental costs, it is imperative that social costs are also considered. Known and unknown health impacts are lurking as a result from: endocrine disruptors; rapidly depleting access to a safe and adequate supply of water; poor air quality; and increasing consumption of carcinogens (UCS, 2001, Cornell 1996).

According to the Union of Concerned Scientists, 25 billion dollars were spent worldwide on pesticides- 8.3 billion dollars spent in the US alone (UCS, 2001). Excessive use of pesticides has become mainstream and farmers continue to incur the costs of chemical dependence (T. Dresser, personal communication, February 16, 2003).

Costs related to pesticides remain fairly straightforward in comparison to the attempt to quantify greenhouse gasses resulting from both farming practices, refrigeration and transporting food. "Hidden costs," although hidden from our economic models, cannot be ignored indefinitely. Although discrepancies exist in full cost accounting, ME3 calculated the externalized cost of nitrous oxide to be between \$20-\$114/ton (Sustainable Minnesota, 2002). With the agricultural sector contributing 800 thousand metric tons annually, this equates to \$16 to \$91.2 million due to agriculture NOX every year (DOE, 2002).

CSA does not offer a single-handed solution to industrial agriculture's destruction. Rather, CSA is a strategy that fosters educated recognition of agriculture's relationship with the environment. With personal investment in the land, consumers are encouraged to acknowledge "hidden costs," and develop a holistic approach to their food system in order to foster a healthy relationship with the environment they rely on, farmers they work with, and the community they live in.

Social Implications

In an economy where over 3000 small farmers go out of business each year most Americans stand by and watch as the remaining farmers are left to struggle and survive one year at a time (Henderson 1999). In a business where corporate farms encroach the landscape and spray, till, and plant so intensively that the earth is left thin and barren, organic farmers struggle with stringent federal regulation and still refute the trends of corporate agriculture and respect the land that is their livelihood. CSA is a strategy for small local farmers to overcome hard times in a global and industrial market. The main idea of Community Supported farming involves a paradigm shift for consumers. This enlightenment involves a willingness to pay for healthy produce, healthy local economy, and the opportunity to personally know who grows our food.

A Direct Relationship

Beyond the hardships of farming, it is the evolving community relationship that inspires farmers to continue to use the highest standards and practices of land stewardship. The relationship between the member and the farmer is critical. One of the main worries of the farmer (besides a bountiful season) is keeping members satisfied. The labor-intensive demands on the farmers leave

very little time for marketing and recruitment. The farmer will actively work and communicate with members in hopes that they will continue to participate as well as spread the word to other community members. There are many methods that farmers use to communicate with members each varying with every CSA farm. A common strategy is weekly newsletter and recipes placed in with each weeks produce. The recipes are to help alleviate the pressure of having a large and constant amount of fresh produce in a single household. There are only so many meals that involve mass amount of produce and traditional meals can become rather mundane. Members will share fun new recipes with each other and with the farmer, which heightens the experience for everyone, especially the inductive cooker in the family. Newsletters are also very important, as CSA farmers feel obligated to tell their members current events on the farm. Again, each farm has a different level of discretion. Some farmers will disclose a complete budget to members while others look to anecdotes and upcoming events (Henderson 1999).

Relying on members & sharing the risk

With a direct farmer/consumer relationship there are clearly many benefits, however these benefits are only tangible if members are willing to share the risks of farming. By investing a membership fee to cover farm expenses, a consumer loses a certain amount of food security. Trust in a farmer's abilities will not stop the weather or other natural disasters. Losses from a bad season are very detrimental to a farmer, however in CSA the cost of a lost crop are dispersed. Dealing with the possibility of loss is a risk that members are aware of from the beginning and usually membership loss is not because of unhappy return on investment (Green 2002).

Constant evaluation is highly encouraged since a small farm is dynamic and keeping members happy crucial to survival as a CSA. For example, new methods of sustainable or organic farming may inspire the farmer or members. One of the most amazing aspects of this level of communication is when there is a need or demand for new technology on the farm. Conventional farmers would have to incur the cost themselves, and when the cost could not be afforded, another loan would have to be taken out ultimately ending in more payments down the road. If there is a real need for something on a CSA farm, members may rally and agree to incur the cost themselves by accepting a higher share price for next season or raising the money amongst themselves (Henderson 1999). As long as the overall goal and ideals of the farm are attained, members that can afford to show more support more often than not are happy to step up.

Social Diversity

Mentioning members that can afford to show more support bears mention to members that cannot afford to pay more for their share or incur further costs on the farm. Another social benefit of CSA is the wide range of members and the ability of the farmers to support all types of members. A common stereotype is the notion that organic and fresh produce is strictly food for upper class or wealthy consumers. This mindset is why many CSA projects are seeking creative ways to balance financial support for their farmers with including members who have little money to spend on food. One strategy is to donate surplus food each week to food banks or soup kitchens in the community (H. Mouillesseaux-Kunzman, personal communication, February 21, 2003). CSAs also seek ways to include people of diverse income levels and ethnic backgrounds among their members. A CSA may require all members to work a certain amount of hours on the farm as a way to keep share prices down. Those that can't work have the option of paying a higher share price. There may also be a sliding scale for payments so those willing and able may subsidize those who pay on the low end. Presenting scholarship funds, accepting food stamps and offering seasonal deals are also methods used to alleviate the financial burden that shouldn't have to deter a consumer from fresh local produce (Henderson 1999). Many CSA owners acknowledge the importance of finding the right

balance between giving support to families unaccustomed to eating a lot of fresh vegetables while treating them as regular CSA members so that they feel a direct relationship with the farm.

Educated Consumers

While there is a high demand for CSA there is also a high turnover rate within a community. The main reason for member drop out is believed to be distance. As members are required to pick up produce at the same time each week, the commitment may become more than its worth to some members. Also, a labor requirement at many farms is a turn off as people either become quickly disillusioned by the hardships of physical labor or the commute to the farm simply doesn't fit in with a busy schedule (H. Mouillesseaux-Kunzman, personal communication, February 21, 2003). This causes one to question if the sense of community that CSAs foster is truly authentic. It is hopeful to believe that the huge demand for CSA farms and the spread of the movement across the country and around the world means that it truly cultivates something special. The healthy, sustainable, and beneficial philosophy that organic and CSA farmers harbor transcends all social, economic, and ecological aspects of the farm. CSA farmers are providing incentives to the consumer to overcome the complacent mentality of consumers accustomed to convenience. Being a member of a CSA is an educational experience if the member truly makes an effort. Though one of the obstacles for farms is figuring out ways to make weekly pickup more convenient; and the overall experience worth the extra effort of a paying customer. Educational outreach is an integral market scheme for CSAs and is eligible for grant funding from the Sustainable Agriculture Research and Education (SARE) program (AFSIC 2002).

CSA members are supporting a regional food system, securing the agricultural integrity of their region, and participating in a community-building experience by getting to know their neighbors and who grows their food. CSA also helps bridge socio-economic gaps. Intelligence and knowing you like good, fresh food has nothing to do with money, status, or where you live. Members range from people who use food stamps to those who pay extra to have their vegetables delivered. Together they guarantee that local farmers survive and ensure the possibility that their children and grandchildren can eat from the same farm.

Finger Lakes Culinary Bounty: Marketing Locally Produced Food with Social Appeal

The Finger Lakes Culinary Bounty is a new regional food and agriculture development project with a goal of developing a regional identity through locally produced foods. (CFAP) This network of NY farmers (predominantly from the Finger Lakes area), the Cayuga County Ag Promotion Council, Cornell Cooperative Extension, the Community Ag Promotion Council and the Cayuga County of Tourism was founded on the idea that history, culture, tradition and many other intangibles set the finest foods above ordinary food and that a region's food is an essential part of its identity.

By purchasing and featuring local seasonal foods harvested at the best time and served fresh, participants support local agriculture and gain novelty appeal to conscientious consumers. This helps the local economy by ensuring local farm economy and drawing tourists and restaurant patrons. It also builds relationships between local farmers, merchants and citizens and strengthens community pride.

The group is working on networking to build the producers collective capacity to supply a diverse and reliable flow of food to restaurants and other participating purchasers such as natural

food cooperatives like Green Star and gift shops along the Finger Lakes wine trail. Competing with the dependability, standardization, quantity and convenience of major national food vendors is a challenge for local farmers. The FLCB organization aims to bridge the gap between large-scale vendors and small-scale producers through an alliance of local farmers and organization and communication among producers and buyers.

There are seventeen official member restaurants and many more participants that purchase FLCB food. Other restaurants are interested in supporting local farms and obtaining fresh, quality produce, but are still hesitant to sacrifice the convenience of ordering from just a few large vendors. Still others are weary of the quality and dependability of small operations.

Chick Evans; owner of the Tavern at Maxie's Restaurant and Chow Chang, owner of Sticks and Stones local vegetable farm have both had much success buying and selling produce locally. Evan's has built his restaurant's good reputation partially on cuisine made from low processed, locally grown foods. Chow has earned an excellent reputation and trust among local buyers for his consistent dependability and product quality, which he ensures through frequent buyer follow-ups. Through communication and modification these two businessmen have formed a mutually beneficial alliance that has contributed greatly to the success of each.

In the most recent meeting of the FLCB at Cornell Cooperative Extension, February 17, 2003, Evans explained the factors limiting restaurant participation; convenience, quality and quantity assurance, product diversity and delivery frequency. Taking up a contract with a local farmer adds to the paperwork of already busy restaurant owners. Also, buyers have occasionally experienced lower quality produce from some local suppliers and one vendor's half case may be another's whole case. He also pointed out that some markets are already saturated; there is more local supply of certain items than restaurants demand.

Evans offered suggestions for improvement in restaurant participation. In order for many restaurants to take this initiative he explains, they would have to be guaranteed reliable supplies of high quality produce in standardized quantities. Since storage space is limited in most restaurants, bi- or tri-weekly delivery may also be required to maintain a contract. He also suggested regional crop diversification, in order to provide restaurants with more options and give producers greater collective ability to penetrate the market more deeply. Chow agreed with this adding that communication among farmers would help each determine whether their productions costs for each product were competitive and which products they could afford to specialize in.

The FLCB has a delivery person, which has been a necessity in order to deliver products in a timely manner without overtaxing each producer's time. Although the *distance* that food is transported is greatly reduced when restaurants buy locally, the delivery frequency demanded is one of the most taxing requirements for the program's success.

Local farmers and restaurant owners are working hard to collaborate towards the success of this program. Look for the FLCB logo and featured menu items in area restaurants this spring through fall.

Challenges & Constraints

Despite the ecological, economic and social benefits of Community Shared Agriculture, CSA farms and programs like the Finger Lakes Culinary Bounty have not caught on as widely as expected. Despite the unmet demand for CSA farms (memberships usually reach their limit far

before each growing season) there are still struggling farms that do not have CSA programs. Many small local farms would benefit from the large supply of labor and steady market enjoyed by CSA farms. However, becoming a CSA farm is a large undertaking and shareholders are not free from responsibility and risk either. Many challenges to farmers and consumers have been addressed in the previous sections.

The *most* limiting factor to farmers is labor. It seems that having hundreds of shareholders to tow the load would alleviate this problem, but it is not that simple. Many of these shareholders have little or no experience working on a farm. In fact, many are attracted by the novelty. As a result, farm owners and staff spend much time training shareholders and complete the most demanding tasks themselves. With each month yields new crops and new tasks, therefore, farmers must continue to devote valuable time to training shareholders. Furthermore, there is a high shareholder turnover from year to year as the novelty is often tarnished by hard, repetitive work, inconvenience and commitment.

Risk is also an issue that weighs heavily on CSA farmer's minds. However, as CSA shareholders commit by paying ahead of time, the financial burden is diffused to them. When yields are less than expected, few shareholders complain, as it is understood when joining a contract, but farmers still worry, as they feel responsible for a descent yield.

CSA farms have caught on in the most educated communities and also in urban centers and lower income areas. CSA farms and shareholders are very diverse. However, they are still absent in many communities that would benefit from them. Educational outreach programs and assistance (both financial and logistic) could catalyze the conversion of many struggling farms into budding CSA farms, thriving on hard work and commitment.

Appendix A: CSA Farm list

Source: Cornell Cooperative Extension. CSA Farms: A Guide to Area Community Supported Agriculture.

A.J. Teeter Farm, Alan and Debbie Teeter

71 Gray Road, Ithaca NY 14850
(607) 277-4547/TeeterFarm@aol.com

Share Options:

- Single share (1-2 people) - Single working share - Winter Keeper
- Discounts for working shares, multiple share purchases and on-farm pick-up

Pick-up Options: Once a week, Monday on the farm or Thursday in downtown Ithaca. Home delivery available to a limited area for an additional cost.

Season: Late May-October

Special Features: A.J. Teeter Farm, now beginning its 8th CSA season, grows a wide variety of vegetables, herbs and flowers. Shareholder gatherings such as children's gardening activities, farm tours, and a fall harvest festival are held throughout the season. Fresh eggs and a Winter Keeper share (additional potatoes, carrots, onions, winter squash, and cabbage delivered at the end of the season) are available for an additional cost.

Bloodnick Family Farms

Lisa Bloodnick
691 Pennsylvania Avenue, Apalachin NY 13732
(607) 625-4141

Share Options:

- Single share - Family share

Pick-up Options: Once a week, Wednesday or Saturday at Vestal Farmer's Market, 9-11 AM.

Season: June-October

Special Features: Bloodnick Family Farms grows over 150 varieties of vegetables, herbs and flowers. Shareholders receive a monthly newsletter, recipes and have the opportunity to attend special events like harvest dinners, summer picnics, and threshing parties. Specialty products like Shiitake mushrooms are available in addition to membership benefits.

Blue Heron Farm, Robin Ostfeld and Lou Johns
1641 Shaw Road, Lodi NY 14860
(607) 582-6336/bluheron@postoffice.ptd.net

Share Options:

- Full share - Half Share - Working Share (full share only) - Winter Share

Pick-up Options: *Summer CSA:* Tuesdays 4-8 p.m. at the farm or Regional Access in Trumansburg. Produce not picked up is donated. *Winter CSA:* Bi-weekly pick-ups Saturday afternoons in the GreenStar Coop Market Parking lot, other times/locations TBA.

Season: Mid June-Mid November (21 weeks), summer CSA; January-March, winter CSA

Special Features: Blue Heron Farm has been NOFA-NY certified organic since 1987. Compost and cover crops are used to feed the soil, and no synthetic insecticides or herbicides or petroleum based fertilizers are used. 40 kinds of vegetables as well as strawberries and seedless grapes are grown. We specialize in storage crops in order to have locally grown produce available year-round. Blue Heron Farm produce is also available at the Ithaca Farmer's Market.

Early Morning Organic Farm
Anton Burkett
2728 Route 90, Genoa NY 13071
(315) 364-6941/EarlyMorn@baldcom.net

Share Options:

- Full share - Double Share - Working share

Pick-up Options: Sunday 10 a.m.-2 p.m. at the Ithaca Farmers Market or Friday 3-9 p.m. at the farm.

Season: Late May-Early November

Special Features: Early Morning Organic Farm offers a wide variety of organically grown vegetables for our members to choose from at our farmers market style pick-up sites. Membership benefits include monthly newsletters, recipes, and community potlucks and U-pick flowers. Members are encouraged to visit the farm for an afternoon picnic or to lend a hand in daily activities. Early Morning Organic Farm produce is also available at the Saturday and Tuesday Ithaca Farmers Market and daily through our roadside stand at the farm.

Earthsong Gardens CSA/Catharpin Farm
Bev Abplanalp
166 Algerine Road, Lansing NY 14882
(607) 533-4385/babplanalp@yahoo.com

Share Options:

- Food for One - Bountiful Share - Winter Saver (November & December)
- Discounts for Senior Citizens, full payment, YWCA or Finger Lakes Land Trust Membership

Pick-up Options: Home Delivery Tuesday or Friday evening, also On Farm Pick Up.

Season: June-October (18-20 weeks)

Special Features: Founded in 1986, Catharpin Farm's mission is to teach and provide wildlife habitat. Earthsong Gardens CSA began in 1992 focusing on feeding the soil to feed people freshly harvested, high quality small fruit, herbs, vegetables and flowers. Member Gardener's group offers chance for extensive hands on participation in CSA. Caretaker's group offers modest hands on activity in CSA distribution and garden care. Classes in art, gardening and health augment the weekly news that accompanies deliveries.

Fairbanks Farm

Evangeline Sarat

1962 Preble Road, Preble NY 13141

(607) 749-7807

Share Options:

- Full share - Half share

Pick-up Options: Wednesday afternoon/evening at the farm in Homer; Preble and Cortland; Syracuse site to be determined.

Season: June 1-Mid November

Special Features: Scholarships available. Pre-season, mid-season and harvest potlucks will be held. A weekly newsletter is provided with farm news, agricultural issues, recipes, CSA community bulletin board, information about unusual produce and a list of the week's vegetables. Bulk items available at subscriber rate and bulk storage crops available at end of season. A work commitment is required.

Narrow Bridge Farm

Yoni (Jon) Thorne and Tali Adini

P.O. Box 6766, Ithaca NY 14851

(607) 266-8464/talyon@juno.com

Share Options:

- Full farmshare for season (includes one work shift of 8 hours during season)
- Up to 2 Ithaca Hours accepted, 10% discount for Ithaca Health Fund members

Pick-up Options: Once a week, Tuesday or Thursday afternoons at farm site (Snyder Hill Rd where it meets Besemer Hill Rd). Home delivery available at an added charge in selected areas.

Season: June-November

Special Features: Narrow Bridge Farm offers fresh, organic vegetables. Flexible share with mix and match system whenever possible. Members are welcome to stop by the farm during weekdays to visit or lend a hand. Weekly pick-your-own flowers, herbs and other crops as available. Newsletter with farm updates and recipes. Seasonal gatherings and community celebrations. Our produce is also available at the Sunday Ithaca Farmers Market.

Siren Farms

Dave and Paulette Neilsen

360 Candor Road Route 96, Spencer NY 14883
(607) 589-4799, sirenfarms@clarityconnect.com

Share Options:

- Full share - Half share

Pick-up Options: Once a week, produce will be available for pick-up at a convenient location to be decided by the make-up/locale of the CSA members.

Season: May-November

Special Features: Members are welcome to visit the farm and watch or participate in daily activities. A monthly newsletter is provided which announces happenings and harvests at the farm along with favorite recipes for canning and freezing vegetables for off season use. Siren Farms also has produce available at the Ithaca Farmer's Market and daily at a roadside stand at the farm.

Threefold CSA

Frank Hunter and Kim Peavey

1568 Poplar Ridge Road, Aurora NY 13026
(315) 364-3523

Share Options:

- Full share

Pick-up Options: Once a week, Tuesday in downtown Ithaca or Friday at the farm in Aurora.

Season: June-November

Special Features: Vegetables, herbs, flowers and fruits grown using biodynamic techniques.

Greenhouse provides early tomatoes, greens, eggplant and peppers. Members receive periodic newsletter, are encouraged to visit or volunteer at the garden and are invited to seasonal community gatherings. Member Core Group helps determine share prices, crops and farm policies.

West Haven Farm, John and Jennifer Bokaer-Smith
116 Rachel Carson Way, Ithaca NY 14850
(607) 272-4636/bokaer-smith@ecovillage.ithaca.ny.us

Share Options:

- One share (1-3 people) - Double Share (larger families)
- Working discount (30 hour minimum commitment during the season)

Pick-up Options: Once a week, Tuesday, either at the farm after 4 pm or in downtown Ithaca (Fall Creek) after 5 pm

Season: Late May-November

Special Features: West Haven Farm has offered members a wide selection of clean, high-quality organic produce since 1992. At pick-up members can create a flexible share by choosing from a variety of products. Members are encouraged to attend work parties - kids welcome! Membership benefits include access to U-pick crops, a weekly newsletter, recipes and nutrition education. West Haven Farms' produce is also available at the Ithaca Farmer's Market. We accept food stamps.

Appendix B: Price & Region

Source: Wegmans- 500 S. Meadow Ithaca, 14850

GreenStar Cooperative Market- 701 W. Buffalo St, Ithaca, 14850

	COST (\$/lb or \$/pt or \$/bu)					
						<i>Conventional= C</i>
						<i>Organic = O</i>
	Wegmans	region	Wegmans	region	Greenstar	region
	C		O		O	
PRODUCT						
Apple	1.39/lb	WA	1.69/lb	WA	1.30/lb	NY
Basil	.99/oz	TX	NA	NA	2.30/bu	local
Beets	.99/lb	TX	2.02/lb	CA	1.35/lb	local
Bok Choy	1.99/lb	MX	NA	NA	NI	NA
Broccoli	1.65/lb	?	1.62/lb	?	3.00/lb	CA
Brussel Sprouts	1.69/lb	?	NA	NA	NI	NA
Cabbage	.99/lb	CA	NA	NA	1.25/lb	CA
Carrots	1.39/lb	CA	2.50/lb	CA	1.20/lb	CA
Cauliflower	1.23/lb	?	NA	NA	NI	NA
Celery	.97/lb	CA	1.99/lb	CA	1.30/lb	CA
Chard	1.99/lb	TX	3.16/lb	?	2.00/bu	CA
Chinese Cabbage	.99/lb	?	NA	NA	NA	NA
Cilantro	1.99/lb	TX	6.62/lb	CA	1.90/bu	local
Collards	1.49/bu	TX	NI	NA	NI	NA
Cucumbers	1.21/lb	?	3.47/lb	DE	2.99/lb	FL
Daikon	1.49/lb	?	NA	NA	NA	NA
Dill	16.58/lb	local	1.99/bu	DE	2.30/bu	local
Edame beans	6.24/lb	CA	NA	NA	NA	NA
Eggplant	1.69/lb	?	2.49/lb	?	NI	NA
Endive	1.49/lb		NA	NA	5.99/lb	CA
Fennel	.99/lb	?	NA	NA	NI	NA
Garlic	.99/lb	FL	3.98/lb	CO	2.75/lb	CA
Green Beans	1.49/lb	?	NA	NA	2.69/lb	CA
Herbs	1.99/bu	TX	1.99/bu	DE	2.30/bu	local
Hot Peppers	2.99/lb	?	NA	NA	NI	NA
Kale	1.34/lb	TX	2.93/lb	CA	2.66/lb	CA
Kohlrabi	1.28/lb	?	NA	NA	1.40/lb	local
Leeks	1.79/lb	TX	NI	NA	3.25/lb	CA

Lettuce	1.69/lb	?	1.99/lb	?	1.92/lb	CA
Mixed Greens	5.99/lb	?	11.17/lb	MA	NI	NA
Onions	.99/lb	NY	1.39/lb	WA	1.30/lb	CA
Oriental Greens	NA	NA	NA	NA	NA	NA
Parsnips	1.69/lb	?	NA	NA	2.50/lb	local
Peppers	2.99/lb	Isreal	4.69/lb	?	2.50/lb	CA & MX
Potatoes	.99/lb	MN	.99/lb	ME	1.30/lb	local
Pumpkin	NI	NA	NA	NA	NA	NA
Radishes	1.90/lb	?	3.99/lb	CA	2.99/lb	CA
Rutabaga	.49/lb	?	NA	NA	1.35/lb	local
Salad mix	5.99/lb	CA	11.17/lb	MA	NI	NA
Scallions	4.61/lb	?	3.73/lb	MX	.99/bu	
Spinach	2.49/lb	CA	3.49/lb	MA	2.50/bu	
Sugar Snap Peas	3.55/lb	?	NA	NA	NA	NA
Tomatoes- grape	2.99/pt	MX	2.99/pt	CA	3.75/pt	PA
Tomatoes- Red	2.99/lb	MX	3.36/lb	PA	3.25/lb	CA
Tomatoes- Yellow	2.49/lb	?	NA	NA	NI	NA
Turnips	.99/lb	?	NA	NA	1.35/lb	local
Zucchini	.99/lb	?	NI	NA	3.00/lb	FL
Flowers	4.99-24.99/bu	?	NA	NA	NA	NA

Key:

C = Conventionally grown

O = Organically grown

NI = not in

NA = not applicable

? = unknown source (no label)

Region = distributor OR origin of produce

Assessment:

We don't know where 48.9% of the conventional food we eat is from.

We don't know where 0 - 20% of the organic food we eat is from

Approximately 5% of the conventional food we eat in the winter is from NY

Approximately 0 – 32% of the organic food we eat in the winter time is from NY

Appendix C: CSA Cost Analysis

Source: Jen Bokaer-Smith- West Haven Farm, personal communication, February 17, 2003

Wegmans

GreenStar Cooperative Market

- ◆ Produce supplied to West Haven Farm CSA members on May 28 & September 3 of 2002.
- ◆ Prices for Wegmans and GreenStar determined in February, 2003.

CSA Cost Analysis			
	Wegmans Conventional	Wegmans Organic	Greenstar Organic
<u>MAY</u>			
3/4 lb Parsnips	\$1.27	\$2.10	\$1.88
1 bu Kale/ Garlic Greens	\$1.49	\$1.99	\$2.00
1 bu Radish	\$0.99	\$2.99	\$2.24
1 bu Rhubarb/ Beets	\$1.99	\$2.49	\$1.66
2 heads Lettuce	\$2.64	\$3.26	\$3.00
3/4 lb Asian/ Mustard/ Dandelion/ Collard/ Chard Greens	\$1.49	\$2.37	\$2.38
Total	\$9.87	\$15.20	\$13.16
<u>SEPTEMBER</u>			
1 head Garlic	\$0.17	\$0.66	\$0.47
1 pt. Cherry Tomaotes	\$2.99	\$2.99	\$3.75
1/2 lb Edame Soy Beans	\$3.33	\$3.75	\$3.75
2 3/4 lb Onions/ Potatoes/ Beets/ Fennel/ Kohlrabi	\$2.72	\$3.29	\$3.62
4 lbs Pepper/ Eggplant/ Tomatoes	\$10.23	\$11.29	\$9.50
1 lb Kale/ Chard/ Bok Choi	\$1.99	\$2.93	\$1.84
1 Red Pepper	\$1.98	\$4.69	\$2.73
Endless Herbs & Flowers	\$3.98	\$4.10	\$4.10
Total	\$27.39	\$33.70	\$29.76
Avg. cost/ 24 weeks	\$447.12	\$586.80	\$515.04
CSA membership fee =	\$310		
Produce price difference =	(\$137.12)	(\$276.80)	(\$205.04)

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