



## **Community Supported Agriculture Member's Handbook**

The Sproutin' Up Youth-Run CSA Farm is located within the Bucking Horse neighborhood, just west of the CSU Environmental Center on 3.6 acres of land. Our farm is a place you could spend the afternoon or bring a picnic lunch and spend the whole day. In addition, the farm connects to neighborhood bike trails and is adjacent to the Spring Creek Trail, the Power Trail and the Poudre Trail so access with your bike is easy too.

The CSA boasts beautiful, healthy, organically grown local produce and an atmosphere of education. Bring your kids to spend time learning about where food comes from. I'm always happy to spend time teaching kids and families so that healthy habits become a part of everyday life.

Our CSA is the first Youth-Run farm in Fort Collins and we pride ourselves on Youth Development. Every youth employee goes through training for what is likely their first job at our farm. They learn farming skills as well as social, emotional, and health-related skills. When you visit, please engage with our kids as they learn through these interactions.

All of our vegetables are grown with only organic methods – compost, soil, sun, water and of course the excitement, giggles and squeals that come from our community when harvesting and tasting the delicious produce. I know that our land and resources are precious so I am committed to sustainable growing practices, refraining from using any herbicides, pesticides, or synthetic fertilizers.

I also believe in giving back to the community so you'll find that I also grow produce for families who can't access fresh, healthy food on a regular basis and offer opportunities for them to experience the farm in unique, fun ways. The mission of Sproutin' Up is to improve the health and wellness of under-resourced families in northern Colorado by providing access to fresh produce while educating youth on healthy lifestyles and sustainable agricultural practices. Every membership to our farm helps support this mission throughout our community.

I know you'll be pleased with the produce you bring home to your kitchen from my garden and I'm so excited to get to know you.

Please visit often...

## **Anne Genson**

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it is the only thing that ever has." ~Margaret Mead

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## **Sproutin' Up Youth-Run CSA Farm**

I am so excited to start our Market-Style CSA Program. Traditional CSAs offer a weekly share of produce for an upfront commitment from its members. Here at Sproutin' Up, I also find committed members like you that I have the pleasure of growing for but I want to be able to offer you flexibility and personal choice. To do this, the CSA will operate much like a farmers' market. You'll have the opportunity to select which vegetables will best meet your needs and the amounts that make sense for you. The money that you've put toward this (your account) speaks to the fact that you value quality and are willing to take on both the rewards and risks of such an endeavor. The CSA will run for approximately 20 weeks this first year (longer if weather permits), with the plan to expand our growing season as we can. I ask for your understanding during our first season as I explore the soil quality, irrigation and other variables that make such an endeavor exciting. I anticipate a bountiful season and I promise to work my hardest to deliver the freshest, most wonderful produce in the area.

Each week when you visit the CSA, you'll select your produce from all the delicious options and the amount you spend will automatically be deducted from your account at checkout. You'll be able to get a real-time update on your account balance at that time.

If you choose to have your produce delivered (Bucking Horse residents only), we will be sure to pick the freshest, tastiest items for your package.

### **Pick Up Day**

Pick up day is pretty exciting and it's a chance for you to visit the farm and spend time among the plants and people. You'll have two options for picking up your produce.

1. You can come to the farm and pick up on site on Tuesday evenings between 4:00-6:00pm. You'll have the opportunity to bring a picnic dinner and enjoy your surroundings as you select veggies for your kitchen.
2. You can also come to the farm Saturday mornings from 10:00-12:00 to pick up your veggies.

### **Farm Happenings**

As a part of your membership, you'll be able to sign up for weekly emails. If you want to be informed about farm updates and the week's harvest, it's important that you do this. You can also check our website at [www.sproutinup.com](http://www.sproutinup.com) to find out about Happenings in and around the farm. I will post recipes, volunteer opportunities and any other cool or fun things to do or know.

### **What Do I Need to Bring to the Market?**

We try to create an environment that promotes sustainability. So, when you come to the market, please bring a reusable shopping bag to take your produce home with you. While you're at the market, you'll find receptacles for compost, recycling and trash. If you're not sure where to put something, please ask. Our compost generates incredible soil for our plants and if we all work together, it will be robust for years to come.

## **Is My Produce Washed?**

No, your produce is not washed and ready to eat. We do rinse the majority of the dirt off before bringing it to the market but you'll still want to wash it thoroughly when you get home.

## **CSA Accounts**

You will have at least 20 weeks (more if weather permits) every season to use your account balance. If you run low on funds in your account, I am happy to allow you to add money at any time. This way you can eat as much produce as you want and you don't need to ration it throughout the season.

It's also important to note that if you have a balance left on your account at the end of the season, we cannot refund the money but will gladly donate the amount left on your account in produce to families who do not have access to produce through Sproutin' Up.

## **Membership Prices**

### **Mini Share - \$250**

This feeds approximately 2-3 people every week for the equivalent of \$12.50 per week

### **Full Share - \$450**

This feeds approximately 4-5 people every week for the equivalent of \$22.50 per week

### **Full Share Working Membership - \$350 (\$450 account balance)**

Working memberships will require an application and approval by the farmer and are only available on a limited basis.

#### *Requirements:*

- Must be able to commit to work at least 20 hours during our market season
- Must be available for the entire duration (3 hours) of one of our designated working member shifts. These will be scheduled for Saturdays.
- Must be able to commit to 2 Tuesday market shifts during the season.
- Must be in good physical condition and enjoy working outdoors in all types of weather.
- Be on time and ready to work when you get to the farm.

## **Market Protocol & Procedures**

1. Please check the announcement board for announcements about the produce or happenings at the farm or around town.
2. Check out the produce that's available and select what you want to take home to your kitchen. If you have questions, please ask. We have many varieties of produce available and are happy to help answer questions you might have.
3. Record the produce you've selected using a clipboard and check-out slip. Please fill out the type of produce and quantity you've selected along with your last name. Although we

update accounts at the market, it's important for us to keep hard copies to refer to if needed. We will have a variety of tomatoes, cucumbers, etc. at the market so please be careful when filling out your slip that you record the correct variety of each item. Don't worry – they're labeled!

4. Proceed to the check out area and present your check-out slip. We'll use this to update your account and you'll be on your way.

### **Severe Weather Clause**

If you've lived in Colorado for even one full year, you have probably experienced hail. It seems like I spend the entire month of June praying every time I hear rain on roof. This severe weather clause is a necessary part of running a CSA in Colorado and remaining financially solvent. Many times, hail doesn't completely destroy the crops. In fact, you would be surprised what plants can come back from, but sometimes that takes a bit of time. So, in the event that the farm suffers devastating weather and I am unable to hold the weekly CSA market, I will deduct the amount of an average week's produce from the CSA accounts. I hope you understand that this allows the farm to be a long-term business in the community. Thank you for understanding.

### **A Few Other Notes**

1. The earlier you arrive to the market, the more choices you'll have. I will always bring lots of delicious produce to choose from but depending on demand and attendance, I cannot guarantee which items will be available throughout the market.
2. I bring produce to market that is in season. This does mean that you'll see more leafy greens at the beginning and end of the season and that you'll have to be patient for the tomatoes and peppers. That's part of what makes this fun and I encourage you to embrace the unknown. Use the market as a teachable moment with others who might not understand what and when we can grow things here in Colorado. Enjoy!