

HOWELL CSA ORGANIC BASIC INFO

HOWELL CSA INFO

Now more than ever, it is important to consider your choice of food that you consume and the quality and ease of obtaining it from safe sources.

Read below for info on the Howell CSA program:

- WHEN & WHERE
- COST
- WHAT YOU GET
- THE FARMER
- OPTIONAL FRUIT SHARE
- EXAMPLES OF PREVIOUS SHARES

1. WHEN & WHERE

June 11 thru week prior to Thanksgiving, November 19.

The farmer drops off the produce for pickup Fridays **2-7 pm** in Howell at a volunteer's home.

We do not have delivery service available.

The season is 24 weeks of organic produce.

You will be emailed the exact location separately.

Social distancing, masks and gloves are optional.

We ask that you be considerate when choosing your produce by not touching too many pieces.

We may ask for ID at time of pickup.

2. COST

Payment due May 24

FULL Shares: \$750 + site fee \$15

HALF Shares: \$362.50

Optional Fruit Share \$240

3. WHAT YOU GET

The farmer decides what veggies/quantities we will get for the week, depending on the time of the season.

You get an email at the beginning of the week describing what he will deliver that week.

A typical share will on average contain 10 -12 items.

Some sample photos on our website show you what you might get with a weekly share.

If you are not sure if the quantity of food is right for your family, it is best to join as a half-share member with a friend or we can match you up with a partner.

Our website is yourlocalcsa.com

The vegetable share is organic.

4. THE FARMER

John Krueger, from Starbrite farms in Andover, NJ, Sussex County

Here is a video featuring our farmer : Farmer John

<https://www.youtube.com/watch?v=nTAHRHuk7a4&feature=youtu.be>

5. OPTIONAL FRUIT SHARE

The cost of the fruit share will be \$16 per week which equals \$240 for the season.

Most of the fruit we distribute comes from an organic farm in the Hudson Valley, NY. While the farm grows their vegetable crops organically, the fruit is labeled Eco-grown. This means that they adhere as much as possible to organic methods but do spray when necessary with products not approved for organic production. These sprays are primarily early in the season when the fruit is just setting. The farm regularly tests the fruit to ensure it is free of pesticide residues. It is very difficult to produce certified organic fruit here in the Northeast. Most of the organic fruit in the US comes from California or Eastern Washington State where drier conditions prevail and there are not quite as many insect pests to battle.

The share will usually consist of 2 types of tree fruit each week with an average of 5-7 lbs. total weight. We will begin the season with blueberries, peaches, plums, and nectarines. During those weeks when we send blueberries or hardy kiwi the total weight will be less as these are high priced items. The fall fruit shares will be comprised of different varieties of apples and pears each week and hopefully with some organic hardy kiwi from PA at the end of September. The season will run for 15 weeks beginning sometime in early July and ending in October. We may skip a week or two during the course of the season, depending on the availability of fruit.

OUR OTHER SISTER CSA's in Monmouth County

Reach out to them, via website <https://www.yourlocalcsa.com/>

or email:

West Belmar jtralkarn@aol.com

Howell HowellCSA@Gmail.com

Brick mylocalorganiccsa@gmail.com

Spring Lakes Height mylocalorganiccsa@gmail.com

6. EXAMPLES OF PREVIOUS SHARES:

Nov 13 - Carrots, spinach, potatoes, onions, beets, sweet potatoes, leeks, butternut squash and Brussels sprouts for those who did not receive them last week

November 6, Brussel's sprouts or broccoli, lettuce, peppers, potatoes, onions, cabbage, choice of spinach or chard, sweet potatoes, parsnips, butternut squash (kabocha) and baby bok choy. fennel, yacon and choice of parsley or cilantro

October 23, Peppers, potatoes, spinach, choice of arugula with either tatsoi or broccoli raab, cauliflower or cabbage, leeks, bok choy (purple), spaghetti squash, beets and sweet potatoes. daikon and choice of endive or escarole

October 16, Lettuce, peppers, gold potatoes, red onions, choice of arugula or broccoli raab, broccoli or cauliflower, rainbow carrots, acorn squash, spinach, bok choy and choice of an herb

October 9, Butternut squash, peppers, beans, choice of arugula or mizuna (Asian mustard), lettuce, beets, choice of kale or chard, broccoli or kohlrabi, yellow onions, red skin potatoes and choice of cilantro or dill, eggplant and choice of radishes or daikon

Oct 3 Peppers (of color, of course), beans, arugula, lettuce, carrots, garlic, baking potatoes, broccoli or kohlrabi, spaghetti squash and choice of chard or kale. Radishes, choice of escarole or frisée and choice of parsley or garlic chives

9/26

Beans, colored peppers, eggplant, potatoes, summer squash, choice of arugula or tatsoi (mostly arugula), red onions, choice of cilantro or parsley, lettuce and salad turnips. radishes, chard and a choice of escarole or endive.

9/19

Lettuce, potatoes, peppers, choice of cabbage (Napa, savoy or red) summer squash, eggplant, beans, choice of arugula or tatsoi, yellow onions, salad turnips and choice of dill or cilantro, scallions

Sept 12 share Parsnips, lettuce, eggplant, summer squash, beans, colored peppers, choice of arugula or tatsoi, leeks, fingerling potatoes, choice of cilantro or parsley and sweet corn. Shallots

Sept 5 The share for this week will be: Lettuce, Beets, peppers, eggplant, gold potatoes, beans, choice of chard or kale, eggplant, sweet corn, red onions, choice of dill or cilantro and possibly watermelon. scallions, cherry tomatoes and endive (frisée).

Aug 28 The share for this week will be: Lettuce, beans, peppers (more ripe, colored ones now!), eggplant, tomatoes, rainbow carrots, red skin potatoes, summer squash, yellow onions and garlic. Maybe watermelon and perhaps sweet corn. choice of an herb and cherry tomatoes.

Aug 15 tomatoes, peppers, eggplant, summer squash, red skin potatoes, choice of kale or chard, rainbow carrots, white onions, choice of cherry tomatoes or ground cherries, beans and either a melon or a watermelon. choice of an herb and choice of tatsoi or arugula. Fruit is Red clap pears and nectarines.

Aug 9

Peppers, eggplant, Yukon gold potatoes, tatsoi, beans, summer squash, slicing tomatoes, cherry tomatoes, green cabbage, melons and garlic. lettuce, leeks, beets and choice of parsley or summer savory. fruit is Shiro plums and peaches

7.31 Carrots, peppers, red onions, summer squash, cucumbers, lettuce, Russian banana fingerling potatoes, choice of kale or chard, tomatoes, eggplant, beans or cherry tomatoes, red cabbage(unless you got it last week).

Celery For extras there are tomatillos and hot peppers(extras are a bonus, and there is no set quantity, take as much or as little as you want).

[July 25](#)

The share for this week will be: Broccoli, peppers, eggplant, lettuce, beets, cucumbers, either beans or cherry tomatoes, red skinned potatoes, white onions, and choice of an herb (garlic chives or parsley). lettuce, basil and bok choy.

[July 17](#) ·

The share for this week will be: Rose Finn Apple fingerlings, green peppers, rainbow carrots, eggplant, summer squash, cucumbers, lettuce, yellow onions, kale, broccoli and cauliflower (for those who did not receive it last week). choice of a green radicchio or dandelion greens and choice of an herb

· [July 10](#) ·

The share for this week will be: lettuce, peas, broccoli, beets, kale, chard, red onions, summer squash, cucumbers and basil. Possibly eggplant and possibly cauliflower

· [July 5](#) ·

The share for this week will be: Lettuce, kale, carrots, Swiss chard, peas, summer squash, broccoli or kohlrabi or Napa cabbage, cukes and sweet onions. Fennel and an herb

[June 26](#) ·

Our farmer picks our veggies the day before our pickup date. As opposed to the supermarket where you can buy 2 week old veggies.

The share for this week will be Lettuce, choice of Swiss chard or spinach, kale, summer squash, peas (mainly Sugarsnap), scallions, Napa cabbage or broccoli or kohlrabi and choice of an herb (parsley, chervil, sweet marjoram, summer savory) and endive (frissee) for the premium shares.

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[June 20](#) ·

week 3 share- The share for this week will be: Spinach, arugula, peas, lettuce, bok choy, baby beets, elephant garlic, zucchini and choice of an herb (cilantro, dill, chervil) escarole, a second head of lettuce and extra peas and zucchini.

· [June 12](#) ·

We have someone looking for a partner for a 1/2 share, please pm phone & email if interested. The share for this week will be: Red leaf or red romaine lettuce, arugula, either radishes or salad turnips, spinach, garlic scapes, either Sugarsnap or English (shell) peas, choice of 2 herbs (dill, cilantro, garlic chives or mint) and Swiss chard

[June 5](#) ·

It's a small share for this week but it will increase steadily week by week.

The share for this week will be: Arugula, spinach, choice of herbs (2), radishes or salad turnips and lettuce