

Community Supported Agriculture



at Herrick Farm



The half share shown here is from the ninth week of distributions. That week, members received corn, tomatoes, cherry tomatoes, beans, cabbages, onions, eggplant, squash and broccoli.

For the first time since our nation's food was universally local, the point of origin is becoming increasingly more important to consumers. We're not all comfortable with the shift in our nation's food culture. What is undoubtedly more comforting are weekly visits to local farms to pick up shares of healthy, fresh produce, grown by trusted farmers in fields that are a stone's throw away.

In the 1960s in Switzerland, Germany and Japan, growing concerns about the rise of imported food and urbanization of arable land fostered the first Community Supported Agriculture (CSA) models. This idea was brought to the US in the 1980s and combined with the drive to save dwindling family farms and preserve open space. In the case of Herrick Farm, members help protect not only the last dairy farm in Rowley, but the first settlement on Dodge Road 300 years ago.

About us: Herrick Farm is family owned and operated on 140 acres with another 150 rented in Rowley and surrounding towns. We grow corn and hay for our 200 dairy cows and also grow sweet corn and vegetables for our stand on Route 133 at the head of Dodge Road.

Shares: The size share you should join with, half or full, depends mostly upon how many vegetables your family will use. Shares vary with the season and are influenced by the weather those seasons bring. They will start small and gradually grow to a size that may afford you opportunities to can, freeze and store produce for the winter.

Splitting shares: You are welcome to split a share, but it must be picked up as one share and split off-site.

Buying local: The new Buy Local Movement is supported by proof that small farms provide more economic benefits to communities than large ones. Supporting your local farm also protects the open space it provides and the local goods it produces.

**“The fight to save family farms isn't just about the farmers.
It's about making sure that there is a safe and healthy food supply
for all of us. It's about jobs, from Main Street to Wall Street.
It's about a better America...”**

— Willie Nelson



**These are the crops we are planning for the 2010 season.
 Their success depends mainly upon weather and how well we are able to manage their pests.**

Early Season	Mid Season	Late Season
Beets	Broccoli	Broccoli
Herbs	Cabbage	Brussels Sprouts
Kale	Carrots	Cabbage
Lettuce	Cauliflower	Cantaloupe
Radishes	Corn, Sweet	Carrots
Scallions	Cucumbers	Cauliflower
Spinach	(pickling & salad)	Corn, Sweet
<i>Pick your own:</i>	Eggplant	Cucumbers
Sugar Snap Peas	Herbs	(pickling & salad)
	Lettuce	Eggplant
		Gourds
		Herbs
		Kale
		Leeks
		Onions
		Parsnips
		Peppers, Bell
		Peppers, Hot
		Potatoes
		Potatoes, Sweet
		Pumpkins
		Squash, Summer
		Squash, Winter
		Swiss Chard
		Tomatoes, Field
		Tomatoes, Plum
		Turnips
		Watermelon
		Zucchini
		<i>Pick-your-own:</i>
		Beans, Green
		Tomatoes, Cherry

Length of season: Between 18 and 20 weeks, dependent upon weather.

Notification for pickup: You will be notified by email 1-2 weeks before pickups begin.

Pickup days: Mondays 2-6pm, Wednesdays 8am-12pm and Fridays 2-6pm.

Pickups: There will be a message board at the stand listing what constitutes your share and you assemble it from there. Please help us plan our harvest with a commitment to come on the same day each week. We know life happens, so please email or call ahead if you can't come on your designated day. With at least 24-hours notice we can be flexible on occasion. You may also send a friend if you can't make it.

Pick Your Own: Some crops are extremely labor intensive to harvest in large quantities. This year, members will be able to help themselves to their share of these items from the field when they are listed in their share. For those who aren't able to pick their own, there is an option to pay an extra fee of \$35 for a half share and \$50 for a full share to have them harvested for you for the season. This fee would be added on to the base price.

Growing Practices: We use organic practices on the majority of our crops for pest control. We use an Integrated Pest Management (IPM) approach with our sweet corn because most people don't view corn borers and earworms as extra protein. An integrated approach allows us to use sustainable, eco-friendly methods while providing the community with a healthy and bountiful harvest.

Go to www.herrickfarm.com for more information.

CSA@Herrick Farm Order Form

I would like a: Full Share for \$550 Half Share for \$350

I would like to pick my own peas, cherry tomatoes and beans

I would rather pay the set fee of \$35 for a half share
and \$50 for a full share to have them harvested for me



Choose a pickup day:

Monday 2PM-6PM Wednesday 8AM-12PM Friday 2PM-6PM

Name: _____

Address: _____

Email: _____

Phone #: _____

Amount Enclosed: \$_____ (At least half payment is required at sign up.)

I understand the remaining balance is due by June 1st.

Signature

Please enclose this completed form or matching information with your payment.

**Checks payable to:
Herrick Farm
77 Dodge Road
Rowley, MA 01969**