



HONEY BROOK ORGANIC FARM
P.O. Box 1096
Pennington, NJ 08534

When do the veggies start?

Call the Veggie Hotline,
(609) 298-3450,

or visit

www.honeybrookorganicfarm.com
after May 5th to learn when you can

P-Y-O strawberries

and when deliveries begin.

CHECK YOUR MAILING LABEL

FOR YOUR PICK-UP LOCATION AND TIME

HONEY BROOK ORGANIC FARM C·S·A



Wednesday
Delivered Boxed Share
Members' Handbook

HARVEST TIMETABLE

We grow other crops not listed in this chart including mesclun salad greens, dill, cilantro and other herbs, fennel, leeks, kohlrabi and gourds.

PICK-YOUR-OWN CROPS

Crops available on a pick-your-own basis include: strawberries, snap peas, cherry, currant and plum tomatoes, flowers, snap beans, edamame soybeans, okra, hot peppers, herbs and tomatillos.

Note: We do not grow tree fruits such as apples, pears, peaches, etc.

TRANSITIONAL CROPS

Some crops we grow are considered “transitional sustainable”, meaning the farmland is still going through the three year cleansing process before produce growing in it can be marketed as “organic”. Be assured that Farmer Jim tested the soil prior to planting crops and it was found to be free of contaminants. “Transitional sustainable” crops will be marked as such on your weekly newsletter.



	MAY	JUN	JUL	AUG	SEP	OCT	NOV
Arugula							
Basil							
Snap Beans							
Beets							
Boc Choi							
Broccoli							
Brussels Sprouts							
Cabbage							
Carrots							
Cauliflower							
Swiss Chard							
Chinese Cabbage							
Cilantro							
Collards							
Cucumbers							
Daikon							
Dandelion							
Eggplant							
Endive							
Escarole							
Garlic							
Kale							
Lettuce							
Mustard Greens							
Onions							
Parsley							
Peppers							
Hot Peppers							
Potatoes							
Pumpkins							
Radishes							
Rutabaga							
Scallions							
Shallots							
Spinach							
Summer Squash							
Winter Squash							
Sweet Potatoes							
Heirloom Tomatoes							
Tomatoes							
Tomatillos							
Turnips							
Watermelon							



QUICK TIPS FOR PICKING UP YOUR DELIVERED BOXED SHARE



Week #1 — Follow the yellow brick road! We'll have yellow signs posted curb-side and leading to where the veggies will be stored each week. Be sure to share this information with share partners or others that may pick-up for you sometime during the summer since the signs will only be there for the first pick-up day.

Weekly Sign-in Sheet — Check your name off the sign-in sheet located on the clipboard. We only list the Member's name, so if you're a Share Partner picking up, simply check off their name.

Delivered Boxed Share Weekly Newsletter — Information listing weekly produce, farm updates and recipe suggestions will be available on the clipboard and e-mailed to members who have given us their e-mail address. Weekly, be sure to take a newsletter or watch your e-mail since this is our main communication link with our Delivered Boxed Share members and the most convenient way to pass along important farm information.

Be Considerate — Boxes will be available for pick-up ONLY during the times listed. Please do not come early or expect that the host will hold your box after hours. Also be mindful of the host's property.

Divide Veggies at Home — Do not open your box to split your share at the pick-up site. We are visiting a host's home/business and need to be mindful of their property.

Return Your Boxes — Starting Week #2, you will be asked to return your current box to the host site, cleaned, carefully disassembled and flattened. Be careful not to tear the bottom flaps, since the box cannot be used again if these are torn.

Pick-Your-Own Crops — Our Cherry Hill Delivered Boxed Share members can come to our Chesterfield farm once a week during regular hours to harvest U-pick crops. Please remember to visibly wear your Membership Card for all trips to the farm.

Not able to pick-up one week? — To cancel a delivery, call the Veggie Hotline, 609-737-8899, and leave a message in the Delivered Boxed Share mailbox **no later than Tuesday 9:00am for Wednesday deliveries** or e-mail us at susan@honeybrookorganicfarm.com. Please leave your name, phone number, pick-up location and the date for the cancelled delivery.

Questions? — Don't hesitate to call us at 609-737-8899 or send us an e-mail at susan@honeybrookorganicfarm.com. If you need to speak to a staff member, please call our direct line (609-737-8846) during office hours (9am to 5pm, Tuesdays and Thursdays only).

End of the Season

Alas, all good things must come to an end! We conclude our season with the *Pig Out*. Once the farm is closed for the season, the farm is no longer open to the public except by special arrangements.

HONEY BROOK ORGANIC FARM



CHESTERFIELD

42 CHESTERFIELD - GEORGETOWN ROAD
CHESTERFIELD, NJ 08515

VEGGIE HOTLINE: 609-298-3450
FAX: 609-737-8590

SERVICE@HONEYBROOKORGANICFARM.COM
WWW.HONEYBROOKORGANICFARM.COM

STAFF

JIM KINSEL, FARM MANAGER | SHERRY DUDAS, FARM MANAGER

DAVID CAMACHO, FIELD SUPERVISOR

SUSAN BAROSKO, OFFICE MANAGER | LYNNE QUINTO, MEMBERSHIP COORDINATOR
AND, CHIP, THE FARM DOG!

WELCOME TO HONEY BROOK ORGANIC FARM CSA!



First Pick-Up

FOR THE EXACT DATE OF STRAWBERRY PICKING AND THE FIRST PICK-UP PLEASE CALL 609-298-3450 AFTER MAY 5TH OR CHECK THE "THIS WEEK" PAGE ON OUR WEBSITE, www.honeybrookorganicfarm.com.

Please note: The Delivered Boxed Share program begins later than on-farm pick-up. Distribution will continue every week into November as long as produce is available.

Your pick-up location is indicated on the mailing label of the directions to your pick-up location.

When & Where

Listed below are the days and times of our Wednesday Delivered Boxed Share sites. *The exact address and map for your specific site will be mailed in early May.* If you have any questions regarding these, please call the office at (609)737-8899.

Wednesday:	5PM-7PM	Cherry Hill
	3PM-7PM	Collingswood
	3PM-7PM	Marlton
	3PM-7PM	Moorestown
	3PM-7PM	Red Bank
	3PM-7PM	Trenton

Can't Make a Scheduled Pick-up?

If you are going on vacation or cannot pick-up for some other reason, you might consider having someone else pick up the produce in your place. This is an excellent way to introduce your friends and family to the Delivered Boxed Share program. The Cherry Hill Delivered Boxed Share Members' Handbook is available as a download on the website and should provide a thorough introduction to someone new to our CSA program.

If other arrangements can't be made, please call us no later than Tuesday 9:00am and leave a message indicating your inability to pick up. Please be sure to leave your message in the specially designated mailbox on the phone system at (609)737-8899, or e-mail susan@honeybrookorganicfarm.com. We'll make sure that your box isn't packed and delivered, minimizing waste. With advance cancellation of your box, you may occasionally request an additional box to be packed and delivered the following week.

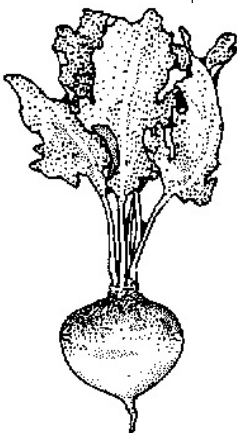
Remember that your membership privileges may be exercised only once per week and, unless you make arrangements with the office, are not transferable to a future week. (For example, if you do not pick up your box this week, you may not take two boxes next week.)

Boxes & Packaging

The box your Share is packed in must be returned the following week, clean and flat, and placed in the designated area at the host site. Please review our box return policy and instructions for collapsing the boxes printed on the back of the map to your host site inserted in this handbook.

Please do not split shares at the host site, since this can be a messy process and we do not have staff at the host sites to clean up afterwards. In addition, please come to pick up only during indicated hours for the host site. We wish our members to be as unobtrusive at our host sites as possible.

We use minimal packaging in the packing of your share, but some items like strawberries, cherry tomatoes and small bunches of herbs may require protection. We make every effort to use recycled materials in our packaging. Clamshells and plastic bags used to package small items within the box should not be returned but instead reused, recycled, or thrown away as appropriate.



Swiss Chard. Refrigerated, unwashed, in a bag, chard will hold for 3-5 days.

Freezing: Do not freeze the chard stem. It will be soggy. Blanch leaves for 2 minutes in boiling water, then immediately plunge into ice water for 2 minutes, drain and place into freezer bags. HINT: Substitute chard leaves in most spinach recipes.

***Tomatillos.** Tomatillos should be picked when the fruit is green, firm to the touch and fills, but has not burst, its husk. Ripe tomatillos will keep in the refrigerator for about two weeks or longer when the husks are removed and the fruits are placed in sealed plastic bags.

Freezing: The easiest storage method is to remove the papery husks, clean and pop into freezer-weight zip lock bags. When you want to use them remove as many as you like and thaw. They can also be cleaned, sliced and frozen but because more surfaces are exposed to the air there will be more vitamin loss as well as potential flavor loss.



***Tomatoes.** Harvesting: *For cherry and plum tomatoes – Harvest when fruits are uniform in color. Remember, some of our PYO cherry tomatoes are yellow as well as red.

Storage: For daily use, hold tomatoes between 55-80°. Do not refrigerate unless necessary. Temperatures below 55° prevent ripening. Refrigerate only extra ripe tomatoes that you want to keep from ripening further. When delivered in a cardboard box, remove and do not refrigerate.

Freezing: Tomatoes may be frozen whole or peeled in plastic freezer bags but the taste and texture does not compare with home canned tomatoes. On the other hand, tomato sauce freezes beautifully.

Turnips. Hakurei – These small, white turnips are best eaten fresh and raw, and should be eaten within a week. Scarlet Queen and Purple Top – Can keep for weeks in a plastic bag in your refrigerator's crisper drawer.

Watermelon. Handle your whole watermelon gently, to avoid internal bruising. Wash hands. Wash your watermelon in running water, rinse well and pat dry. Cut the flesh from the rind, and cut into 1-inch cubes. Place in covered container and refrigerate immediately. Keep cut watermelon refrigerated until consumed, up to 3-4 days.

three inches long.

Freezing: Wash and remove stems. Do not rupture seed cells. Blanch for 2 to 3 minutes or steam for 5 minutes. Freeze whole or slice crosswise.

Also excellent pickled.

***Peppers, Hot.** Choose pods that have smooth, shiny skins and are firm to the touch, as soft fruit is immature. If the stem can be easily detached from the plant, then it is ripe. Use scissors or a knife to harvest.

Peppers. Whole, unwashed peppers will keep in the refrigerator for 3–4 days.

Freezing: So easy! Clean, seed, and cut into pieces. Do not blanch. Freeze in bags or boxes. The frozen peppers will be soft, but are fine for soups or casseroles where the flavor is the prime consideration.

Potatoes. Potatoes properly stored keep all winter. Keep cool (ideal storage temperature is 45–50°) and dry, out of direct sunlight.

Pumpkins and Winter Squash. Store in a dry, well ventilated space in the 50–55° range. Lower temperatures can cause chilling injuries.

Freezing: Wash, pare and cut into small pieces. Steam until soft and completely cooked and pack for freezing. Or, bake whole squash at 375° until soft. When cool, cut in half and scoop out seeds. Scoop out flesh, run through a food mill or food processor and pack for freezing.

Radishes. Before refrigerating remove the tops. Keep roots refrigerated, they will keep for about one week.

Rutabaga. Refrigerated in your crisper drawer, rutabagas keep 3–4 weeks.

***Strawberries.** You must sign in at the PYO field station prior to harvesting to receive your harvest containers. Harvest only completely red berries; those with white or green tips are unripe. Keep berries cool on your way home and do not wash until ready to use. Refrigerate berries loosely covered with paper or cloth towels.



Freezing: Wash dirt from berries and dry thoroughly before freezing. Air tight packaging and zero or below freezer temperatures are best.

Summer Squash. Refrigerated in a plastic bag, it will keep in good condition for about a week.

Freezing: You can freeze pureed cooked squash.

Sweet Corn. A “transitional sustainable” crop for us this year. When you get your corn home, store promptly in your refrigerator in plastic bags. Best to eat as soon as possible after harvest.

Visiting our Chesterfield Farm

You are invited to come to our Chesterfield farm to Pick-Your-Own, picnic, or just to check things out.

Pick-Your-Own Hours:

TUESDAY AND THURSDAY, 9AM–7PM; SATURDAY–SUNDAY, 9AM–3PM.

Please, no early birds or night owls.

Membership Cards

Please obtain your membership card from the farm attendant during your first visit to the Chesterfield farm and wear during subsequent visits. Complete membership card policy information can be found at www.honeybrookorganicfarm.com.

Pick-Your-Own

Although, at times, we will harvest and include in your box some of the pick-your-own items normally offered at the farm Delivered Boxed Share membership allows you to come to the Chesterfield farm to pick additional quantities of the pick-your-own crops if you wish. (See the inside cover of this brochure for a list of the pick-your-own crops.)

You may harvest your share of U-picks one day per week during scheduled P-Y-O hours. Remember, your membership privileges may be exercised only once per week and are not transferable to a future week. (For example, if you do not pick your share of strawberries this week, you may not pick a double portion next week.) At the peak of the season, it may take over an hour to harvest all your crops.

A Pick-Your-Own station with information about how much you should pick and where the crop is located in the field is located in the barn. Please remember that the quantities offered for each pick-your-own crop are for one complete share. If you are sharing a share you must divide the quantity among your share partners. Only fields marked *Open for PYO* on the PYO board are available for members to enter.

Buckets with scissors are provided for your convenience; please return to the distribution center when you are done harvesting.

Keep a spare pair of old shoes, hat, apron, work shirt or other “dirt resistant” items in your car so you’ll be prepared for your weekly U-pick excursion.

Safety

There are lots of fun things for your children to experience at the farm. *However, please keep an eye on your little ones! A farm can be a dangerous place for an unsupervised child!*

Most farm equipment is inherently dangerous because of the sharp edges and blades which are used to turn and cut the soil. Tractors are large and loud, making it difficult for the operator to see and hear small children who may be playing nearby. A degree of caution and regard for safety will ensure that your visit to the farm is not only enjoyable but also safe. Please be mindful and heed the following precautions when visiting the Chesterfield farm:

1. *Do not leave children unattended.*
2. *Do not let children play on or near tractors and other farm equipment, including harvest bins and the produce push cart. Do not allow children to throw rocks or gravel.*
3. *Be sure to keep track of children* while harvesting U-Pick crops in the fields.
4. Other than designated U-Pick crops, please *do not harvest produce in the fields.*
5. *Observe all signs* for traffic flow, parking and designated foot traffic.
6. *Drive slowly* and be mindful of children.
7. *Watch your step.* Be on the lookout for ruts, holes, irrigation lines and farm equipment. Sturdy shoes or boots are recommended.
8. *Do not climb the fence* around the fields.
9. *Avoid over-exposure to the sun* while harvesting U-pick crops. Hats, sunblock, and water are essential gear for forays into the Pick-Your-Own fields!
10. *Please leave your pets at home.* Dogs can behave unpredictably in the unpredictable situations which abound at the farm. Many children and adults are terrified at the site of a strange dog, however benign your pooch may be. It is also not advisable to leave pets in the car during your visit at the farm.
11. *Please do not smoke in or near the barn or in the P-Y-O fields.*
12. *Please consider using your cell phone only if necessary.*

clean. To prolong vase life, prepare this plant food: to 24 ounces of water, add 1 teaspoon vinegar, 1 tablespoon sugar and one crushed aspirin tablet.

Greens. (Kale, Collards, Mustard, Mizuna, Spinach, Beet Tops) Store unwashed with a dampened paper towel in a plastic bag and refrigerate. By changing the towel occasionally and keeping it damp, you'll be able to store the greens for up to a week.

Freezing: Greens freeze well. Wash, then blanch for 3 minutes, drain and plunge into ice water. Chill for two minutes; drain. Pack in freezer containers or bags. Use within 6 months.

Herbs. All herbs can be dried and stored in glass jars. Herbs such as parsley, basil and cilantro freeze beautifully. Simply wash, blot dry, chop and put into ziplock bags. Take out what you need as you cook making sure that you don't thaw the entire contents.

Kohlrabi. Store for 4 days tightly wrapped, refrigerated.

Lettuce. Store unwashed with a dampened paper towel in a plastic bag and refrigerate. By changing the towel occasionally and keeping it damp, you'll be able to store the lettuce for up to a week.

Mesclun Lettuce Mix. Refrigerate unwashed in a plastic bag for up to 5 days. Wash and blot or spin dry just before using.

Onions. To Cure: Spread onions out to dry in a single layer in a warm, dry, sunny spot in the house for a few days. The skins should be dry and papery and the necks completely dried. Brush off the soil and store in a mesh bag or other well-ventilated container in a cool dry location ideally between 40-50°. Important: Do not wash or wipe off the soil clinging to the skin until they have cured; you don't want to add any moisture.

Freezing: Simply chop the onions and freeze in convenient amounts. Be sure to use freezer bags and consider double-bagging several in a larger bag or reusable container as the smell can be quite strong.

To store chives and scallions, put them in a plastic bag in the refrigerator where they will hold 3-4 days before becoming limp. For long term storage of onions and scallions, consider chopping and freezing in pre-measured portions.

***Okra.** Harvesting: Pick while pods are still young and tender; between one and



Broccoli. Keep unwashed, trimming only the large leaves. Store in plastic bags in the refrigerator, where it will keep for 2–3 days.

Freezing: Wash, trim, peel, and cut lengthwise into 3/4 inch thick pieces. Blanch for 3 minutes and plunge into cold water for 3 minutes. Drain and pack into freezer bags. It will keep 6–12 months at 0°.

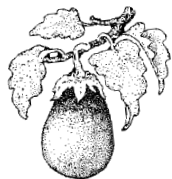
Cabbage. Unwashed, firm, compact cabbage keeps up to two weeks in the refrigerator: looser-leaf (Chinese or Savoy), up to a week. Sliced cabbage stored in a plastic bag will keep 5–6 days in the refrigerator.

Carrots. Remove tops; wash and place in a plastic bag or refrigerator compartment for up to two weeks. Cooked carrots will keep for 2–3 days refrigerated. Carrots freeze poorly unless juiced.

Cauliflower. Cauliflower will keep for up to five days if stored in the crisper section of the refrigerator. Store it in an open plastic bag. Keep the head stem-side up to prevent moisture from collecting on it. For the best flavor, cauliflower should be eaten as soon as possible.

Cucumbers. Use as soon as possible. Pickling is the best way to store cucumbers for a long time.

***Eggplant.** To harvest, gently press with your thumb on the fruit. It's ready if the flesh of the fruit springs back to its original form. If the flesh doesn't give, it's immature. Eggplants bruise easily, so harvest gently. The tops may be a bit prickly, so you may want to wear gloves when harvesting. Also, a harvest knife will help remove fruit from the plant. Eggplant stores poorly, so harvest as close to eating time as possible. Their optimal storage temperature is 50°, so do not refrigerate, but instead store in a cool spot.



***Flowers.** It is essential for you to bring your own clean harvest containers and sharp clippers to the farm, if you want your flowers to be long lasting. We suggest that you fill the container with water to keep your newly picked flowers as fresh as can be during the ride home.

Best times to harvest your flowers? Morning (after dew has dried) or early evening. Cut the flower stem and strip the foliage from the part that will be submerged in your harvest container. Cool flowers as soon as possible (putting the air conditioning on in your car for the drive home will work wonders). How to care for your flowers when you get them home? Fill your vase halfway with tepid water. Cut, using a sharp knife or scissors, 1 inch from the stems and strip any foliage that will be under water. Put cut flowers immediately in the water. Bacteria will cause premature die-off of your flowers, so keep your vases

Farmland We Manage

Our CSA program is one of the largest in the nation with over 2,700 memberships providing seasonal, locally grown organic produce to over 3,500 individuals. Some of the land on which Honey Brook Organic Farm operates is part of the 860 acre Stony Brook–Millstone Watershed Reserve and includes woodland, old fields and frontage along the Stony and Honey Brooks. Fourteen miles of trails lace the reserve and are open to the public year round, dawn to dusk.

In addition to the acreage rented from the Stony Brook–Millstone Watershed Association, land is also rented from the Friends of Hopewell Valley Open Space and private owners of a preserved farm in Hopewell Township. We also organically farm land in Chesterfield Township, Burlington County, including the first farm preserved by New Jersey's Farmland Preservation Program in 1985. Honey Brook Organic Farm has become a national model not only of successful sustainable farming, but ours was one of the first farms to demonstrate the feasibility of partnerships between non-profit environmental groups and farmers.



honeybrookorganicfarm.com and the Veggie Hotline Keep Our Community Connected

The most convenient way to connect to the farm is to visit our web site, *honeybrookorganicfarm.com* on a weekly basis. Our monthly newsletter, *The Local Harvest*, is found there and will update you on long-range crop forecasts, events being held at the farm and in the larger community as well as agricultural issues of the day. (*The Local Harvest* is also available in the distribution center.)

The "This Week" page, updated three times a week, gives a general guideline as to what crops may be available in your box and the pick-your-own fields assisting you in your weekly menu planning. You will also find hours of operation, contact information, recipe links, our farm goals, staff bios and more!

E-mail us at *susan@honeybrookorganicfarm.com* or leave a message on the "Veggie Hotline" if you need to contact us for any reason. The Hotline, 609-737-8899, is an automated phone system that answers common questions about weekly crop offerings and upcoming events at the farm. When you leave a message, someone will respond as soon as possible. If you need to speak to a staff member, please call our direct line (609-737-8846) during office hours (9am to 5pm, Tuesdays, Thursdays and Fridays only).

You can also become a fan of "Friends of the Honeybrook Organic Farm" on Facebook to connect to other CSA members.

Organic Pesticides

Organic agriculture puts a strong emphasis on the prevention of disease and insect pest problems. From a technical standpoint, organic practices are rich with preventive techniques, but are rather poor in the capacity to correct or control

problems once they arise. Since organically approved pesticides are relatively weak and extremely short-lived upon field application, prevention of pest problems is critical.

The cornerstone of organic pest prevention is crop rotation, in which families of crops are systematically moved from field to field to disrupt insect and disease outbreaks from building into a problem from one year to the next. This is why, for example, the strawberries are never in the same field two years in a row.

Another preventive technique requires the maintenance of a healthy population of beneficial insects which prey upon pest insects. It is only when prevention fails that stronger means of pest control are considered. The Federal Organic Standards permit the use of **botanically-derived** substances to prevent crop failure. Unlike some chemical pesticides, botanical compounds biodegrade quickly, leaving no harmful residue.

For the first few days after application, we do not handle treated crops. (For this reason, it is important to only enter fields open for pick-your-own.) Crops treated with organic pesticides are washed before distribution, but we still advise members to wash all their produce before eating it. We post pesticide warning signs in the pick-your-own fields when pesticides have been sprayed to ensure that visitors and members do not enter those fields.

Transitional Crops

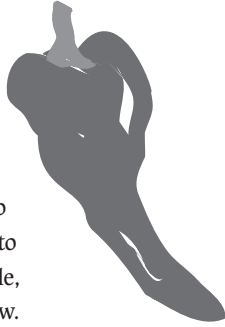
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Recommended Tools

It's important for members to be equipped with tools of the CSA trade to get the most from your membership. Please consider purchasing the following items:

Good quality peeler and knives — a must for paring, peeling and hand chopping.

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Food processor — indispensable for making pesto and tomato sauce.

Lettuce spinner — great for cleaning and drying mesclun mix, head lettuce and other leafy greens.

Wide-brimmed hat and sunscreen — you're enhancing your internal health by eating organic produce, but you also need to protect your externals from the harmful rays of the sun!

Pruning shears — can't be without them when herb gathering.

Flower snippers — will make flower harvesting even more pleasurable. We recommend Stanley's AccuScape™ Pro model.

Large, flat-bottomed basket with handles — great for P-Y-O harvesting.

Work gloves — protect your hands while harvesting and carrying your P-Y-O items.

Harvesting, Storing and Preserving Fresh Vegetables

We boast a harvest-to-table period of less than a day to ensure the maximum freshness, nutrition and aesthetic quality of our produce! Fresh vegetables will better retain their fresh quality and nutritive content if they are properly stored. This process starts the moment you put the produce into your car! Here are some suggestions that may help avoid wasted produce so you can enjoy everything to the last bite. An asterisk (*) indicates U-pick crops and we've included some things to look for when you are harvesting.

As with all produce, even our organically grown veggies need to be washed before they are eaten.

***Snap Beans.** Harvesting: All snap beans, whether green, purple or yellow, are best harvested while they are small and tender. Beans should be picked when they are about 1/4" in diameter. Store fresh snap beans unwashed in a plastic bag in the refrigerator. They will keep 3-5 days.

Freezing: Blanch beans in boiling water for 3 minutes per pound of beans. Chill in ice water (very cold will do) for 3 minutes. Store in freezer bags. Beans will keep for 6-12 months at 0°.

Beets. Remove tops and see “Greens” for keeping the beet greens.

Rinse the beets. They will stay in good condition in the refrigerator storage bin for 2-3 weeks.

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