

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



Like  
Honey Brook Organic Farm  
on Facebook!

For weekly veggie updates,  
opening day information,  
special events, recipes,

The Local Harvest newsletter,  
and more, please visit  
[www.honeybrookorganicfarm.com](http://www.honeybrookorganicfarm.com).



# HONEY BROOK ORGANIC FARM C.S.A



---

Chesterfield Farm  
Members' Handbook

---

# HARVEST TIMETABLE

We grow other crops not listed in this chart including dill and other herbs, radicchio, fennel and kohlrabi.

## PICK-YOUR-OWN CROPS

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



## SEVERE WEATHER

During most weather, rain or shine, the Distribution Center is open during regularly scheduled hours. Veggies continue to grow and be harvested even when the weather is inclement.

When there is extremely severe weather and we have emergency closures of the Distribution Center and P-Y-O fields, farm staff will send an email to members and update the Veggie Hotline and website *if and when we are able*.

	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.....							

# End of the Season

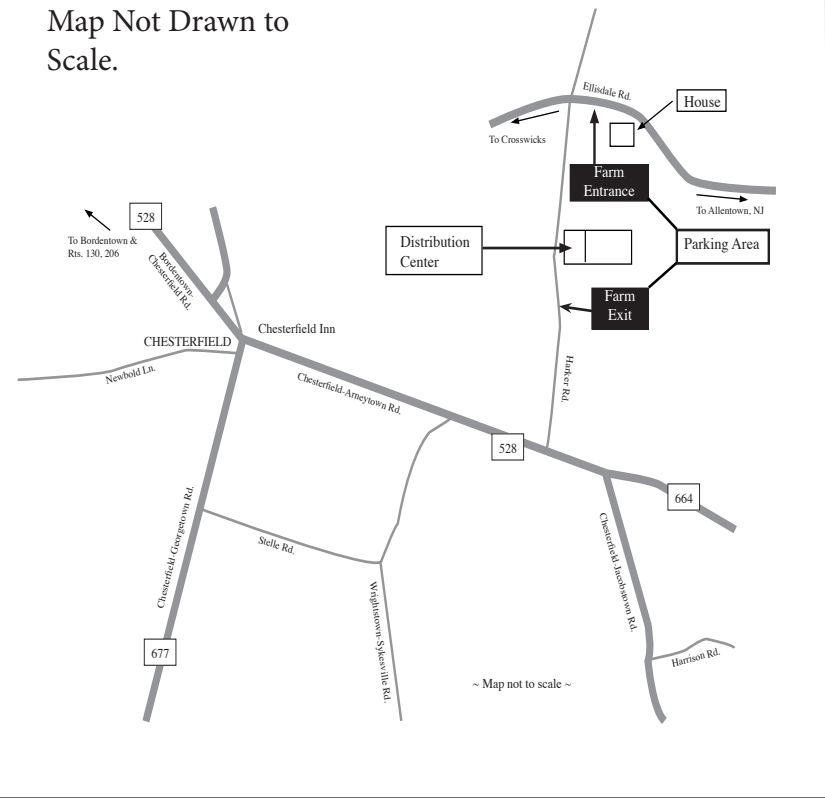
Alas, all good things must come to an end! We conclude our season in mid-November. Once the Distribution Center and fields are closed for the season, the farm is no longer open to the public.

## HONEY BROOK ORGANIC FARM

258 CROSSWICKS-ELLISDALE ROAD | CHESTERFIELD, NJ 08515  
 FARM PHONE/VEGGIE HOTLINE: 609-737-8899  
 FAX: 609-737-8590

SERVICE@HONEYBROOKORGANICFARM.COM  
 WWW.HONEYBROOKORGANICFARM.COM

### Map Not Drawn to Scale.



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.** Tomatoes are picked a bit under-ripe so they are not damaged while being harvested and transported. Once you get them home, remove from plastic bags and place on a table or counter to ripen.

**Harvesting:** \*For cherry and plum tomatoes – Harvest when fruits are uniform in color.

**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.

**Freezing:** Tomatoes may be frozen whole or peeled in plastic freezer bags but the taste and texture do 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. Tops are edible.

**Watermelon.** Handle your whole watermelon gently, to avoid internal bruising. 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.

#### STAFF

JIM KINSEL, FARM MANAGER | SHERRY DUDAS, FARM MANAGER

DAVID CAMACHO, FIELD SUPERVISOR

LYNNE QUINTO, MEMBERSHIP COORDINATOR

AND CHIP AND JAMIE, THE FARM DOGS!

## WELCOME TO HONEY BROOK ORGANIC FARM CSA!

### First Pick-Up

FOR THE EXACT DATE OF STRAWBERRY PICKING AND THE FIRST PICK-UP, PLEASE CALL 609-737-8899 AFTER MAY 1ST OR CHECK THE CHESTERFIELD “THIS WEEK” PAGE ON OUR WEBSITE.



Please be sure that you and your partner(s) come to the farm on your assigned pick-up day. We harvest just enough for the number of members expected on each day.

Your pick-up day and share size were indicated in the confirmation email sent to you.

PLEASE WRITE DOWN YOUR PICK-UP DAY  
AND SAVE IT FOR FUTURE REFERENCE

### Pick-up Times at the Farm

TUESDAY	9:00 AM – 7:00 PM
THURSDAY	9:00 AM – 7:00 PM
SATURDAY	9:00 AM – 3:00 PM

### Pick-Your-Own Hours

TUESDAY	9:00 AM – 7:00 PM
THURSDAY	9:00 AM – 7:00 PM
SATURDAY	9:00 AM – 3:00 PM
SUNDAY	9:00 AM – 3:00 PM

**BEGINNING COLUMBUS DAY,  
THE FARM WILL CLOSE AT 6:30 PM TUESDAYS AND THURSDAYS.**

**PLEASE, NO EARLY BIRDS OR NIGHT OWLS.**

## What To Do When You Get Here

**Parking.** Parking space at the farm is limited, so please carpool if possible. Only those vehicles displaying handicap tags may park in the handicap parking spaces. We ask that you park only in designated parking areas and never park on the farm's access lane or in the fields. Please drive slowly and observe one-way traffic flow.

**Distribution Center.** The set-up is similar to that found in a retail farm market; you collect and bag or box your produce as you move through the area.

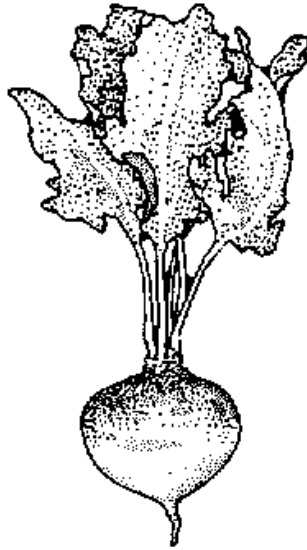
**Membership Cards.** We do not mail membership cards. Please obtain your membership card from the attendant during your first visit to the farm and wear it during your subsequent visits. Complete membership card policy information can be found at [www.honeybrookorganicfarm.com](http://www.honeybrookorganicfarm.com).

**Check the List.** Before you take your produce, please be sure to check your name off the membership list each week.

### How much produce should I take?

#### Family/Individual Shares

For Family and Individual share members, there will be signs posted above the produce bins indicating exactly how much you can take for your share size each week. In addition, we have a flexible method of distributing some of the produce which allows you to choose a specified number of items from an indicated choice group of items. Consider this example: in addition to all the other produce offered in the Distribution Center that day, we have five crops set aside to form a group. Let's say these five crops are bunched beets, scallions, chard, turnips and cabbage. Above this group of crops will be signs, indicating that from this particular group, you may choose any four items or any two items depending on whether you have a Family or Individual share, respectively. A Family share could take a bunch of turnips, a bunch of beets, scallions and chard for a total of 4 items from this group. An Individual share could take a total of any two items from this group which, for the sake of our example, could be 2 bunches of beets. In addition to the choice group system of distribution, some crops are given out by count or weight, in which case signs will instruct you to take a specific amount of the crop depending upon your share size. For example, we may be distributing tomatoes by having Family members take 2 pounds and Individual members take 1 pound.



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

**Rutabaga.** Stored in a plastic bag and refrigerated in your crisper drawer, rutabagas will keep for 3-4 weeks.

**Freezing:** Blanch the rutabagas for freezing. Peel and cut the rutabagas into small chunks and boil them for 2 minutes. Drain and rinse in cold water. Pack in a plastic freezer bag, leaving 1/2 inch of space at the top of the bag. Store in the freezer for up to six months.

**Spinach.** Since we grow our spinach on sandy soil, there will be some sand residue on the leaves. It's best to wash spinach in several baths of water, then spin dry in a lettuce spinner.

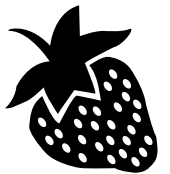
**Spicy Mix.** Spicy Mix is a unique blend of Farmer Jim's that includes a variety of mustard greens and can be eaten cooked or raw. Refrigerate unwashed in a plastic bag for up to 5 days. Wash and blot or spin dry just before using.

**\*Strawberries.** You will receive an email prior to the start of the pick-your-own strawberry season. You must sign in with the attendant prior to harvesting to receive your harvest containers and to find out which fields are open for harvesting. 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.

**Sweet Corn.** When you get your corn home, store promptly in your refrigerator in plastic bags. Best to eat as soon as possible after harvest.



**Sweet Potatoes.** Sweet potatoes should be stored in a cool, dark and well-ventilated place (not above 60°) where they will keep fresh for up to ten days. Do not store in a plastic bag. Since the flesh of sweet potatoes will darken upon contact with the air, cook immediately after peeling and/or cutting.

**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

**Kohlrabi.** Store for 4 days or more, 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. Wash in a lettuce spinner in several changes of water.

**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: Chop onions and freeze in convenient amounts using freezer bags. 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 three inches long.

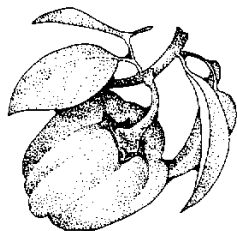
Freezing: Wash and remove stems. Do not rupture seed cells. Blanch for 2 to 3 minutes or steam for 5 minutes. Freeze whole or slice crosswise. Also excellent pickled.

\***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.

**Potatoes.** Store in a dark, dry place between 45° to 50° as higher temperatures will cause the potatoes to sprout and dehydrate prematurely, and do not store in the refrigerator. In addition, do not store potatoes near onions or expose potatoes to 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.

## Choice Shares

If you have purchased a Premium Box, Basic Box or Personal Box share you will be given one box to use to fill with the contents of your share on a weekly basis. You will fill your 3/4 bushel, 1/2 bushel or 1/4 bushel box, respectively, with assorted produce, but the lid of the box must fit over the filled box. The size of the box is setting the size of the share. Hence, the lid of the box must be completely closable when you are done selecting your produce. In other words, no piling a mile high above the rim of the box, and no removing of the upper flaps of the box. Additionally, crops cannot be altered to fit in the box. For example, if the beets have tops, then you must include the tops in the box. Sweet corn cannot be husked, leeks topped, broccoli reduced to florets, or other means employed to maximize the contents of the box.



More detailed distribution instructions will be provided in the Distribution Center. There is always an attendant to answer questions.

**Want Not, Waste Not!** The quantities indicated in the Distribution Center or set by your box size are maximum allocations. Taking more than the share you paid for puts you and your share partner's membership in jeopardy; Honey Brook reserves the right to ask members to discontinue their membership if these rules are not followed.

**B.Y.O.B. (Bring Your Own Bags).** If you have purchased a Family or Individual share, we ask that you bring your own bags to the farm each week. You may need several large boxes or bags, as well as smaller produce bags, so consider leaving a supply in your car. Plastic laundry baskets and coolers also work very well. Greens can especially suffer from the heat.

**Pick-Your-Own Crops.** Plan to spend some extra time at the farm harvesting your own fresh-cut flowers, beans, cherry and plum tomatoes, okra, ... etc. At the peak of the season, it may take over an hour to harvest all your crops. You may harvest your share of U-Picks on Tuesday, Thursday, Saturday or Sunday during regular scheduled hours, but may not come to the farm at other times.

Remember that your pick-your-own 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.)

A Pick-Your-Own station with information about how much you should pick and where the crop is located in the field is in the Distribution Center. 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 P-Y-O on the pick-your-own board are available for members to enter.



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.

**Comfort Stations.** A comfort station is located next to the parking lot. Please bring your own drinking water, as the only public water source is a spigot next to a shed.

**If you are unable to pick up your produce...** 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 farm! Our staff and members will be happy to show newcomers the ropes but consider bringing your friends out to the farm in advance to show them what to do. Remember, they must wear your Membership Card to be allowed to pick up for you. Extra copies of the Members’ Handbook are available at the farm and on the website and should provide a thorough introduction to someone new to the farm.

However, if you can’t make arrangements to have your share picked up, occasionally you may come on another pick-up day to the Chesterfield farm by either calling 609-737-8899 or emailing [service@honeybrookorganicfarm.com](mailto:service@honeybrookorganicfarm.com) at least 24 hours in advance. Leave a message to let us know when you will be coming. Remember that your membership privileges may be exercised only once per week, are not transferable to a future week and all share partners must come on the same day. (For example, if you do not pick up your share of produce this week, you may not take a double share next week.) You may also cancel your pick-up for the week by calling or emailing. Please know that there is no farm office at the Chesterfield farm; all farm business is transacted through our Pennington farm office. Also, the house located at the Chesterfield farm is a private residence.

## Sharing a Share

If you are sharing a Family or Individual share, please remember that the quantities posted in the Distribution Center for each crop are for one complete share. If you are sharing a share, you must divide the quantity among your share partners. We encourage sharing members to make arrangements to divide their shares at home or to drive to the farm in one car. If you and your partners need to pick up at separate times on your designated pick-up day, be sure to coordinate amongst yourselves to avoid taking the incorrect amount. We can recommend several convenient methods of coordinating with your share partners such as packing and leaving a bag for your share partner, or alternating the weeks of pick-up (i.e., you come the first and third weeks of the month, your share partner picks up the second and fourth weeks). You and your share partner(s) must pick up on the same day.

**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.

**Celeriac or Celery Root.** The root can be wrapped in plastic and stored in the refrigerator for about a week. Stalk and leaves can be used as a flavoring for soups, stews, etc.

**Cucumbers.** Wrap each cucumber individually in a paper towel, then put all cucumbers wrapped in paper towels inside a plastic bag. Put the plastic bag with the cucumbers in your refrigerator.



**Eggplant.** Eggplant stores poorly, so eat as soon 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.

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 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 and cilantro freeze beautifully. Simply wash, blot dry, chop and put into freezer bags.

## Picnicking

There is a picnic grove located adjacent to the P-Y-O herb field. It's a perfect place to have lunch with your family or to meet with other members to share the week's adventures, as well as observe wildlife!

## Harvesting, Storing and Preserving Produce

Fresh produce starts to lose nutritional value the moment it is harvested. This is the reason locally grown organic produce is superior to organic produce available in supermarkets. 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 put on your dinner plates.

**\*Snap Beans.** Harvesting: All snap beans, whether green, purple or yellow, are best harvested while 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 or longer.

**\*Blueberries.** Pick only firm, ripe blueberries. The blueberry skin should not be cracked and the berry should be firm, blue and round. Blueberries will not get any sweeter after picking.

**Broccoli.** Keep unwashed, trimming only the large leaves. Store in plastic bags in the refrigerator, where it will keep for 3-4 days.

**Cabbage.** Unwashed, firm, compact cabbage keeps up to 2-3 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.

**Please note, if you choose to share a Family share between two families, it is not the same as having two Individual shares. For example, there are times when Family share members are only entitled to one pumpkin or one watermelon. Family share members and their partner(s) will need to share that one item.**

If you have purchased one of our Choice Shares and have a share partner, please know you will only receive one box and will only have one opportunity to go through the market to gather your produce each week.

## Safety

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:

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 carts. 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. Drive slowly (10 MPH on the lane) and be mindful of children.
6. Observe all signs for traffic flow, parking and designated foot traffic.
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. Do not enter the farm house or other outbuildings. The Distribution Center is the only building that members can safely access.
10. 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!
11. **Please leave your pets at home.** Please also do not leave pets in the car during your visits to the farm.
12. Please do not smoke in or near the Distribution Center or in the P-Y-O fields.
13. Please consider using your cell phone only if necessary. The use of earbuds or headphones is discouraged as it may prevent you from knowing when farm equipment is in the vicinity.

## Add On Crops

On occasion, we may also offer “add on” crops for sale in our Distribution Center.

These are crops, like sweet corn and tree fruit, that are too costly to include in our regular distribution program. We offer these crops to members who are willing to pay the extra cost associated with producing these crops, which are difficult to grow organically.

## Farmland We Manage

Some of the land on which Honey Brook Organic Farm operates is part of the Stony Brook-Millstone Watershed Reserve and has been managed organically since 1984, making it some of the least adulterated farmland in New Jersey.

In addition to this acreage, land is also rented from private owners of a preserved farm in Hopewell Township. We also own two farms in Chesterfield Township.

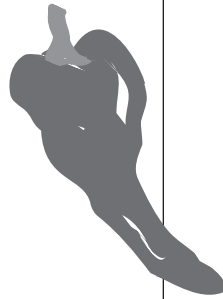
The produce grown for our CSA program only comes from these four farms, and is integrated throughout, meaning that produce grown in Chesterfield is distributed in Hopewell (Pennington) and vice versa, as well as in our Boxed Share program. This allows us the benefit of an extended spring and fall season, as the soils in Chesterfield are sandier and better suited for early and late season production. Soils on our farms in Hopewell (Pennington) are better for growing crops like garlic and heirloom tomatoes, and tend to retain water better during droughty conditions. Having this versatility of soil types allows us to grow better quality produce for a longer period of the growing season.

## *honeybrookorganicfarm.com* and the *Veggie Hotline* Keep Our Community Connected

Visit [honeybrookorganicfarm.com](http://honeybrookorganicfarm.com) for the most convenient way to connect to the farm on a weekly basis. Our newsletter, *The Local Harvest*, is found there and will update you on long-range crop forecasts, events being held at the farm as well as agricultural issues of the day. You will also find hours of operation, contact information, recipe links, our farm goals, staff bios and more!

The Chesterfield “This Week” page, updated three times a week, gives a general guideline as to what crops may be available for distribution and in the pick-your-own fields. The “Veggie Hotline”, 609-737-8899, is an automated voice mail system that provides general information about the farm. When you leave a message, staff 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 (Monday-Thursday, 9am-5pm).

You can also like Honey Brook Organic Farm on Facebook to connect with 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.

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 a few days after application, we do not handle treated crops. (For this reason, it is important to only enter fields open for P-Y-O.) 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 members do not enter those fields.

## 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 fresh veggies.

**Food processor** — indispensable for making pesto and tomato sauce.

**Lettuce spinner** — great for cleaning and drying mesclun mix, head lettuce, spinach 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.

**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.

