

Stoney Lonesome Farm CSA

Location: Gainesville, VA

Website: <http://www.localharvest.org/csa/M7767> or <http://www.slfarm.us/>

Organic Status: Organic, not certified, no synthetic fertilizers or pesticides

Cost per Season: \$748 for 22 week spring/summer/fall season (May-Oct), plus an additional \$2/week delivery charge - \$44 total (see below for option of working on farm for less cost)

Pick Up Points: **Temple Rodef Shalom**, Sundays, 5 pm – 8 pm
JCCNV, Wednesdays, 4 pm – 6 pm

Farm Description: Stoney Lonesome is a family owned and operated farm in Gainesville, Va., thirty-five miles west of Washington D.C. Our farm is an ideal setting for local food production; diversified gardens surrounded by acres of rolling pastures, forest and ponds. Since 2004, Stoney Lonesome has grown fresh vegetables, herbs and flowers for an average of 70 families each year. Healthy food comes from healthy soil. Our hand-intensive soil preparation methods encourage deep root systems and vibrant plants, which translate to flavorful, nutrient-dense food. We sustain our healthy garden soils through ecologically-sound methods, including crop rotation, composting, the application of all-natural mineral amendments and straw mulch. We do not use synthetic fertilizers or pesticides.

CSA Description: We provide 22 weekly shares of seasonal produce, from late May into October. While the amount of produce will vary through the season, one share should be suitable for two veggie-loving adults, or a few meals for a larger family. Here is a sample of what you can expect: Early: *sugar snap peas, lettuce (varieties) & hearty greens, carrots, brassicas, & herbs...* Mid-Season: *potatoes, zucchini, onions, tomatoes, cucumbers, peppers, garlic, beans, herbs, & cut flowers...* Late: *remaining summer crops, a return of lettuces & hearty greens, root crops, winter squash, herbs, & cut flowers ...* Also included is our newsletter, *The Weekly Share*, with recipes & updates from the farm.

Community participation is an essential aspect of our CSA program. A strong connection between members and the farm provides much needed assistance to the farm at key moments through the season. We've also found that CSA members who contribute to farm projects enjoy an enriched CSA experience. It's fun! We ask, but do not require, that members help us on harvest days once or twice each season. This help need not be physically demanding as there are many ways to assist, sun or shade.

Payment options: 1) payment in full upon sign-up, 2) payment in three installments, 3) Harvest Helper program: help with 12 or more harvests during the season for the discounted rate of \$375 (farm interview and application required for new helpers).

If there is enough interest (at least 10 families), Stoney Lonesome would offer a more interactive option at TRS which would be more of a farm stand where members could engage more with the producers. If there are less than 10 families they will drop off each member's bag at the Temple, available for pick-up from 5 pm – 8 pm on Sunday. With the latter arrangement, Stoney Lonesome will provide a farm member a few times a season to stay and interact with TRS members.

The farmers are Jewish and very involved in the Jewish community. TRS and Olam Tikvah have worked with them on gleaning projects at the farm. Olam Tikvah and the JCCNV participate in the CSA. Stoney Lonesome is also involved with Hazon, an organization whose mission is to create healthier and more sustainable communities in the Jewish world and beyond.

Blenheim Organic Gardens CSA

Location: Colonial Beach, VA

Website: <http://www.localharvest.org/csa/M12666>

Organic Status: USDA certified organic

Cost per Season: \$675 for 20 week summer share (5/15-9/25, with 2-week break in August)
\$325 for 7-8 week fall share (Oct-Nov)

Pick Up Points:

6436 Overbrook St, Falls Church, VA 22043, Sundays, 5pm – 7 pm

***Please note, Blenheim decided to cancel the McLean pick-up point this year.** It was difficult to drop shares and not have much interaction with the members and also required them to have three boxes per share, and still there were issues with getting the boxes back for packing on CSA day.

Farm Description: Blenheim Organic Gardens is part of Blenheim Farm, a 400 acre farm long associated with the Washington family in Westmoreland County, Va, 45 minutes east of Fredericksburg. We are USDA Certified Organic. We are a family farm where sustainable agriculture and wildlife conservation are our top priorities. The farm is protected in a permanent conservation easement and is home to two nesting pairs of bald eagles and migratory waterfowl. We grow a large variety of crops on about 10 acres. The vegetables we grow are chosen for their beauty and their flavor, some of which include lettuce mixes, elephant garlic, onions & leeks, tomatoes, basil, sweet corn and specialty eggplants.

CSA Description: The vegetables, herbs & fruit for the CSA are grown entirely by us and on our farm, Blenheim Farm. The produce is usually washed, cleaned &/or bunched or bagged. We pack the share in one waxed box each week & every family rotates 2 boxes, so that on the next week's delivery the previous, now empty, box is returned to the pick-up location to be taken back to the farm & refilled for the following week. There are 6-9 items in the box each week. Earlier in the season, when there is less to choose from, the share will likely contain 6 items, but in the summer there could even be 10 items in a weekly share! The selection of produce ranges from Arugula to zucchini. (Check out our list of vegetables, fruit & herbs we grow in our Local Harvest listing, where you can also find recipes for each vegetable, fruit or herb.) Each week the box will have a list of that week's produce, & very often recipes & ideas how to prepare the vegetables or herbs. CSA members are invited to the farm at least 2 times a year. We have a CSA Open House before the season starts. In August we host a Tomato Tasting Day, which includes a picnic and farm tour. Each year we hope to have a few work days where members may come and help with a farming project, and in return for their service get fed a delicious farm grown meal and an offer to take home some vegetables or fruit!

Payment options: 1) payment in full upon sign-up, and 2) \$475 payment upon sign-up, plus \$200 payment by April 15th.

Eggs: In the past we had a CSA egg share. Our son, who is raising the hens, will be adding to the flock probably in the fall. The girls are now going on three years old, so we'll only have a limited amount of eggs. Members may request to buy them during the CSA season. We sell them for \$6.50/dozen - they are USDA certified organic eggs.

Substitutions: in particular for allergies, may be possible with request at sign-up

Dragonfly Farms CSA

Location: Mount Airy, MD

Website: www.localharvest.org/csa/M16940 or <http://dffarms.com/default.aspx>

Organic Status: Naturally grown, integrated pest management, minimal pesticides

Cost per Season: \$695 for 16 week spring/summer share (5/13-8/26)
\$495 for 10 week fall share (9/2-11/4)
Plus \$25 refundable crate rental fee

Pick Up Points:

Harris Teeter, 3600 S Glebe Rd. Arlington, VA, Saturdays, time tbd

Whole Foods Market, 143 Maple Ave East, Vienna, VA, Saturdays, till 7 pm

Beloved Yoga, 11872 Sunrise Valley Dr, Reston, VA, Saturday mornings

Harris Teeter, 6351 Columbia Pike, Falls Church, VA, Saturdays, time tbd

*Please note, Virginia locations offer fruit and vegetable shares only. See website for complete list of locations in DC and MD offering premium and mini share additions.

Farm Description: Without your support, local farms would not be able to maintain the high costs of sustainable and natural farming. At Dragonfly Farms, we practice integrated pest management and natural farming that does not pollute our environment with excessive pesticides-organic or otherwise. We employ companion planting, herbal compost teas, row covers, natural soil enrichment, rain recovery, and rotate our crops every year. We also make every effort to use plant-based fertilizers.

CSA Description: Typically, each share will consist of an average of 7-12 different items. Each year we grow a variety of herbs and specialty vegetables which we do not list because they can be sensitive to extreme weather conditions. Last season in addition to traditional varieties, we had colorful black and purple bell peppers, spicy Anaheim and cherry bomb peppers, purple heirloom beans, red Russian kale, sweet, white corn for several weeks, and an entire season of juicy, ripe, delicious tomatoes! All fruits and vegetables are fresh picked and packed in our reusable crates. For those who want more choice in their shares, we can arrange substitutions when you sign up and we can make changes up until the time of delivery; but, we cannot guarantee the outcome of other crops with limited availability. We strive to provide our shareholders with not only quality and service but also the flexibility of our program to match their lifestyle. Pick-ups are the responsibility of the shareholder. We will try to work with vacation and emergency situations. Please give us adequate advance notice if you will not be able to pick-up your weekly share. If you arrange for someone other than yourself to pick-up, you must notify us in advance. If you miss a week, you may arrange to receive an additional crate or bulk box fruit or veggies in another week. All missed weeks must be made up before the end of the season. Members who sign up for spring/summer shares must make up their missed week before the end of the summer. We cannot carryover any missed week/shares into the fall.