

STONEY LONESOME FARM

COMMUNITY SUPPORTED AGRICULTURE ~ SEASON 2012 ~

ABOUT COMMUNITY SUPPORTED AGRICULTURE

CSA is a popular model of agriculture in which local folks sign up to receive weekly shares of fresh, seasonal produce from a nearby farm. The CSA model provides communities with healthy food while sustaining economically viable and ecologically responsible farms.

ABOUT THE FARM

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.

FARMING METHODS

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.

ABOUT THE GROWERS

Pablo & Esther Elliott participated in the start-up of the Poughkeepsie Farm Project, a successful CSA in New York's Hudson River Valley. This will be their **ninth season** growing food for Stoney Lonesome Farm's CSA Program.

"We seek to produce food of the highest quality via a sustainable agricultural model that embraces diversity and community engagement."

– Stoney Lonesome Farm *Mission Statement*

WHAT'S IN A SHARE

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.

PARTICIPATION & HELP ON 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.

SHARE PICK-UP

Shares will be ready for pick-up at the farm. It is each member's responsibility to pick up their share within scheduled distribution hours. Remaining shares may be donated.

Save Time & Fuel! Consider forming a small group to share the duties of pick-up and distribution throughout the season. We can help connect you with pick-up partners before the start of the season.

"The essence of the relationship is mutual commitment: the farm feeds the people, the people support the farm and share the inherent risks and potential bounty."

– Elizabeth Henderson, *Sharing the Harvest: A Citizen's Guide to CSA*

SOME FINAL THOUGHTS

While farmland across our region disappears at an alarming rate, Stoney Lonesome Farm seeks to be a sustaining component of the local food-shed. The success of this effort can be assured only through the Farm's direct relationship with our CSA members.

It is important to understand that there are risks in farming and that there is no guarantee on the exact amount of produce you will receive for your share. The harvest is protected by sustainable practices such as soil improvements and crop rotation. That said, we are working determinedly to make the 2012 season a bountiful one! Please contact us with any questions.

In signing up to become a CSA member you agree to share both the rewards and the risks of the growing season along with other members and the growers.

**STONEY LONESOME FARM
COMMUNITY SUPPORTED AGRICULTURE ~ SEASON 2012 ~**

SIGN UP!

(PLEASE CHECK) WE UNDERSTAND THE RISKS INHERENT TO FARMING AND AGREE TO SHARE THE RISKS AND REWARDS OF THE 2012 SEASON AS MEMBERS OF STONEY LONESOME FARM'S CSA PROGRAM.

PICK-UP OPTIONS (CHECK ONE):

SUNDAYS: OR **SUNDAYS:**
@ THE FARM; 2 TO 7PM. @ TEMPLE RODEF SHALOM, FALLS CHURCH; 5 TO 8PM. (\$44 DELIVERY FEE APPLIES)

WEDNESDAYS: OR **WEDNESDAYS:**
@ THE FARM; 2 TO 7PM. @ JEWISH COMMUNITY CENTER OF FAIRFAX; 4 TO 6PM. (\$44 DELIVERY FEE APPLIES)

SHARE PRICE (CHECK ONE):

- \$748 FOR 22 WEEKLY SHARES:** PAY IN FULL
- THREE INSTALLMENTS:** A DEPOSIT OF \$250, AND *TWO CHECKS FOR \$250, POSTDATED* MARCH 1ST. & MAY 1ST, 2012.
- '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 HARVEST HELPERS).

NAME: _____

ADDRESS: _____

PHONE#: _____

E-MAIL: _____

PLEASE MAKE CHECKS PAYABLE TO **STONEY LONESOME FARM, LLC** AND MAIL TO:

STONEY LONESOME FARM
2012 CSA SEASON
7502 CERRO GORDO ROAD
GAINESVILLE, VA 20155

703.754.4833

WWW.SLFARM.US