



Holiday Schedule- all pick-up times remain the same unless otherwise noted

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec 22	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28
Fondren (changed from Tuesday) Sunset Heights/Dr. Blazek	JCC/Bertha Alyce St. Catherine's at Fondren 2:30pm-6:30pm Fondren (changed from Thursday) UST/Montrose Warehouse	Christmas Eve- No Deliveries	Christmas Day- No Deliveries		No changes	No changes
Dec 29	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4
Fondren (changed from Tuesday) Sunset Heights/Dr. Blazek	JCC/Bertha Alyce St. Catherine's at Fondren 2:30pm-6:30pm Fondren (changed from Thursday) UST/Montrose Warehouse	New Year's Eve- No Deliveries	New Year's Day- No Deliveries		No changes	No changes

What Exactly is a Farm Share and Whose Idea Was It Anyway?

The Farm Share, also known as Community Supported Agriculture (CSA) was first introduced to the U.S. from Europe in the mid-1980's. The concept originated in Switzerland and Japan in the 1960's when farmers and consumers interested in safe food first joined together in economic partnership.

From the Alternative Farming Systems Information Center of the USDA website:
<http://www.nal.usda.gov/afsic/pubs/csa/at93-02.shtml>

“In basic terms, CSA consists of a community of individuals who pledge support to a farm operation so that the farmland becomes, either legally or spiritually, the community's farm, with the growers and consumers providing mutual support and sharing the risks and benefits of food production. Typically, members or “shareholders” of the farm or garden pledge in advance to cover the anticipated costs of the farm operation and farmer's salary. In return, they receive shares in the farm's bounty throughout the growing season, as well as

satisfaction gained from reconnecting to the land and participating directly in food production. Members also share in the risks of farming, including poor harvests due to unfavorable weather or pests. By direct sales to community members, who have provided the farmer with working capital in advance, growers receive better prices for their crops, gain some financial security, and are relieved of much of the burden of marketing.

Although CSAs take many forms, all have at their center a shared commitment to building a more local and equitable agricultural system, one that allows growers to focus on land stewardship and still maintain productive and profitable small farms. As stated by Robyn Van En, a leading CSA advocate, "...the main goal...of these community supported projects is to develop participating farms to their highest ecologic potential and to develop a network that will encourage and allow other farms to become involved." (2) CSA farmers typically use organic or biodynamic farming methods, and strive to provide fresh, high-quality foods. More people participate in the farming operation than on conventional farms, and some projects encourage members to work on the farm in exchange for a portion of the membership costs."

Plant It Forward Farms **Holiday Special**

Purchase a 5-week Farm Share for \$135*. Includes a Plant It Forward Tote Bag and Gift Certificate for under the tree.

***Members signed up for the 2015 Farm Share get special pricing for the Holiday gift.**

6-mo. members- 5-week gift is \$100

1-yr. members- 5-weeks gift is \$50.

**Limit 2 specials per membership.

**Note: If you have already registered for 2015 and would like to take advantage of the holiday gift promotion, please contact me kassy@plant-it-forward.org. I will send you a custom coupon code just for you!

About next season:

Please check the website for the most up to date information on pick-up times and locations. Additional days were added to Fondren, UST, the warehouse, and Westbury. Please note that we need 15 people picking up at any given location so if the location you choose does not fill you may be asked to pick-up on a different day. (The only location with at least 15 members signed up for 2015 currently is Eastside Market).

The **winter** vegetables, until late April and into May, will be kale, spinach, collards, radishes, beets, carrots, turnips, Swiss chard, French sorrel, collards, arugula, salad mixes, bok choy, cabbage, celery, cilantro, dill, fennel, and green onions. Sugar peas will also be winter and early spring.

The **spring** vegetables, starting in late April to early May will be tomatoes, peppers, radishes, beets, eggplant, summer squash, green beans, arugula, cucumbers, collards, kale, fennel, mint and other herbs.

The **summer** vegetables will be winter squash (hard squashes), edamame, eggplant, basil, peppers, okra, arugula, basil, cucumbers, green onions, roselle, malabar spinach, possibly cantaloupe if weather cooperates, and even watermelon if weather cooperates.

Sign-up for next season before Dec 26th

It is Farm Share Registration time again for everyone! The next Farm Share season begins the week of January 12th 2015. Both the 16-week and 32-weeks memberships will end the week of January 5th-11th, [so please renew if you would like to continue your vegetable subscription](#). Please see next page for coupons and payment plan info.

Use coupon code **lovemyshare25** for \$10 off the 25-week membership.
Use coupon code **lovemyshare50** for \$20 off the 50-week membership.

<http://plant-it-forward.org/our-produce/farm-share/>

Payment Plans Available!!

We can break up payments into installments if you pay by check:

25-weeks- mail two checks for \$290 each by Jan 2nd:

- 1st To deposit right away
- 2nd post-dated March 13th

50-weeks- Mail four checks for \$280 each by Jan 2nd:

- 1st To deposit right away
- 2nd post-dated March 13th
- 3rd post-dated June 12th
- 4th post-dated September 18th

All checks must be received by January 2nd. If you pay by credit card the payment must be made in full.

<http://plant-it-forward.org/our-produce/farm-share/>

Looking forward to sharing next season with you!

These are the most bountiful vegetables this week: lettuce mix, parsley, mesclun, kale, bok choy, mustard greens, carrots, beets, and arugula. Check out our [Recipe Database](#), it has been updated and has **all** of the recipes from previous newsletters!!