

EIGHT MILE CREEK FARM

40 Johnny Cake Hill Road Westerlo, New York 12193
(518) 649-0950

Thank you for considering **Eight Mile Creek Farm's CSA** for the **2014** season! We want to thank our returning customers. Your support of our farm is what enables us to continue producing healthy food for the local community as well as to improve the environment through organic, sustainable farming methods. We would like to tell our new customers a little about our farm.

We are a **diversified, certified organic family farm** located on 223 acres in Albany County. We lease over one hundred acres of additional land for our hay, helping to keep farming viable in the Capital District! We have been certified organic since 2005, upholding the strict regulations set forth by the USDA and Northeast Organic Farming Association of New York.

Eight Mile Creek Farm is a labor of love. We love our farm, our animals, and we consider our customers our **farm family**. We feel that our animals will keep us farming as long as we keep them happy. Therefore, their health and quality of life is priority. All of our animals receive the most vigilant care, the purist of water, and the healthiest feed. Our animals are never confined and graze our lush pastures from May until the snow falls. In the winter, our cows enjoy the highest quality organic hay. Our calves are born right here on our farm and nurse from their mothers for seven months. All of our animals are managed organically, without the use of medicated feeds, antibiotics or hormones. From our day-old chicks to our old mama cows, we believe that each of their lives plays a significant part in making our farm a healthy place. Thus, we respect and value their lives. Well managed and cared for, rotationally grazed through our fields, our soils are healthier, our pastures are thicker and greener, and our produce is more nutrient dense. By cultivating our farm, along with our animals' help, Eight Mile Creek Farm creates **healthy, nutritious food** for our community.

We believe that soil is the foundation of the farm. So, we strive to continue to improve the organic matter of the soils through the use of cover cropping, composting, crop and livestock rotations. As Sir Albert Howard, an English agronomist wrote in 1940: "Mother Earth never attempts to farm without livestock; she always raises mixed crops; great pains are taken to preserve the soil..." In fact, in the years since Howard wrote *An Agricultural Testament*, researchers have shown:

- *Plants grown in organically managed soils are more **nutrient dense** than those grown with synthetic fertilizers and are less susceptible to disease and pests.

- *Polycultures are more productive and stronger than monocultures.

- *The health of the soil, plant, animal, human and environments are connected.

We are committed to **sustainability**. We model our farm on nature, using no synthetic chemicals and use instead **well managed diversification** to return as much to the soil as we remove.

Our focus is on producing high **quality, 100% organic** products produced in a sustainable manner for the local community. To meet the demands of our larger families, we have a larger share option to choose from, as well as our standard size share. We are excited about bringing you a nutritious and varied selection of produce this season!

Over 100 varieties of vegetables and herbs will be grown this year, including: **salad greens, carrots, string beans, beets, broccoli, corn, chard, arugula, braising greens, garlic, broccoli raab, brussel sprouts, bok choy, cabbage, mustard greens, onions, kale, collards, kohlrabi, basil, cilantro, dill, parsley, leeks, potatoes, peppers, tomatillos, radishes, rutabaga, turnips, spinach, dry beans, zucchini, summer and winter squashes, eggplant, lettuce, and tomatoes.**

We grow several varieties of these vegetables, giving you a wide array of colors, tastes and nutrients.

Membership Information

Pick-ups will be from mid-June through October. The total number of weeks for the regular season CSA will be 19 weeks. We offer a season extension in the fall. Information for the extension, pricing and vegetable list will be made available by the end of September. In addition, we offer monthly boxes throughout the winter months. Weekly newsletters will be delivered to you via email. These newsletters will contain news from the farm, nutritional info, cooking directions and recipes for the vegetables you are receiving.

Options we offer:

Any combination of the following options can be added to your weekly produce pick up.

CUT FLOWERS: A weekly bouquet of fresh cut, colorful, fragrant flowers that change with the season. Varieties include: sunflowers, cosmos, bachelor's button, daisy, lupine, gladiolas and more!

EGGS: Certified organic fresh eggs from our pastured hens. Our hens are a variety of heritage breeds, thriving on pasture, producing eggs rich in omega-3's, with beautiful orange yolks and multicolor shells!

BEEF: Our own grass-fed certified organic beef. Our animals are pasture raised. They graze from spring until the snow falls and eat our harvested organic hay during the winter. They are never given any antibiotics, growth hormones or by-products. This creates beef which is extremely nutritious, safe, tender, and flavorful.

CHICKEN: Our own certified organic chicken. Our broilers are raised with the strictest organic standards, for a nutritious, wholesome product. We raise happy chickens in a healthy environment. Choose from whole or half chickens.

PORK: Our own certified organic pork. Our pigs are fed only pure mixed whole organic grains and minerals along with lots of our own organic vegetables. They also get to be pigs- rooting and lounging around outside. We had rave reviews about our fresh pork, hams, sausage, chops and bacon last year, so we have expanded our pork production.

EIGHT MILE CREEK FARM CSA 2014 Contract

Member Name _____

Mailing Address _____

Phone _____ Email _____

Product and Payment Options

___ I would like to purchase one season **vegetable share** for \$650

Ideal for a couple or young family of 4 (children under 10 years old). Deposit of \$250 required at time of signing. Remainder due in four installments of \$100 by March 30th, April 30th, May 30th, and June 15th. Please call if you need to make alternative payment arrangements.

___ I would like to purchase one season **large vegetable share** for \$900. Recommended for a family of 4 (with older children/ teens), vegetarians and larger families. Deposit of \$300 due at time of signing. Remainder due in four installments of \$150 as outlined above.

___ I would like to take advantage of the **early bird discount** by paying my vegetable share in full by February 15th. Price for the early bird discount share is \$625 (or \$875 for the large share)

___ I would like to add **cut flowers** to my weekly pick up for \$120

___ I would like to add **biweekly eggs** to my pick up for \$65
(10 weeks of fresh eggs from our farm)

___ I would like to add **weekly eggs** to my pick up for \$115
(19 weeks of our fresh eggs)

___ I would like to add **biweekly beef** to my pick up for \$190
(10 weeks of our organic grass-fed beef. Includes: 4 weeks of ground beef (1 lb); 2 weeks of hamburger patties (4 patties each week), 1 week of stew meet (1 lb) or short ribs (2 lbs); 2 weeks of a variety of steaks (2-4 steaks each week); and 1 roast or brisket.

___ I would like to add **weekly beef** to my pick up for \$330
(19 weeks of our organic grass-fed beef. Includes: 10 weeks of ground beef (1 lb each), 4 weeks of hamburger patties (4 patties each week), 3 weeks of a variety of steaks (2-4 steaks each week), and 2 weeks of a roast or brisket.

___ I would like to add **biweekly chicken** to my pick up for \$250
(9 weeks of our organic, whole chicken)

___ I would like to add **weekly chicken** to my pick up for \$475
(19 weeks of our organic, whole chicken)

___ I would like to add **weekly half chicken** to my pick up for \$280
(19 weeks of our organic half chicken)

___ I would like to add **weekly pork** to my pick up for \$340
(19 weeks of our organic pork. Includes 4 weeks pork chops (4 chops each week), 2 weeks of bacon, 6 weeks of sausage (breakfast, hot Italian, sweet Italian), 1 week pork roast, 3 weeks ham steak, 1 ham, 2 week of ribs)

___ I would like to add **biweekly pork** to my pick up for \$200
(10 weeks of our organic pastured pork. Includes 3 weeks of pork chops (4 chops each week), 1 week bacon, 3 weeks of sausage (breakfast, hot Italian, sweet Italian), 1 week pork roast, 1 week ham steak, 1 ham)

___ I would like to purchase a **Year-Round All Inclusive Weekly CSA Membership** for \$6975
This includes weekly, year-round pick-ups at our farm. It includes vegetables, eggs, chicken, beef, pork and more. Please call us for specifics on all available foods included with this membership. There is too much to list on this contract! This membership is for a single family household of up to two adults and 2 children less than five years old. Additional adults in the household are \$3050 per adult per year. Additional children in the household five years old and over are \$100 per year of age. Every person in the household must be a member. Memberships begin in April and continue through March of the following year. (This is a great way to ensure that you and your family will have high quality, certified organic food on your table year-round. This works out to be an economical \$134 for groceries per week!) Payment plans are available. Please call 649-0950 and ask for Pam.

___ I would like to extend the season and pre-order a **fall vegetable** share for \$150
Includes a 4 week extension of fall vegetables

___ I would like to extend the season and pre-order a **large fall vegetable** share for \$200
Includes a large share of fall vegetables extended 4 weeks

Note: Information regarding add-on options for the fall season extension and monthly winter box information will be available toward the end of the regular season.

Pick Up Locations

___ Monday Evenings at Eight Mile Creek Farm between 4:30 and 6:30pm

___ Thursdays at the Schenectady Farmer's Market, in front of City Hall, @ Eight Mile Creek Farm's stand during market hours of 9:15 am- 1:30pm

___ Tuesday evenings @ Community United Methodist Church, 1499 New Scotland Road (Route 85), Slingerlands, between 4:30 - 6:30pm

___ Saturday mornings @ Eight Mile Creek Farm between 9:00 and 11:30 am

Please Read and Sign

I, _____, commit to membership in Eight Mile Creek Farm's CSA for the 2014 harvest season. My membership will include weekly shares of freshly picked certified organic produce from Eight Mile Creek Farm from June through October, or 19 weeks. Since growing conditions can vary from season to season, I understand that the weekly harvest will also be variable, with size and weight of the shares being dependent upon the time of the season. My produce will be picked up by me each week or by someone I designate to pick up for me at the location noted on this contract. If one of the above share options has been added to my membership, it will be picked up with my produce. It is my responsibility to notify the farm at least 2 days in advance if I am unable to pick up my share. Alternate arrangements may be possible. An extraordinary amount of effort and planning goes into providing the CSA shares. Therefore, once the season begins, changing pick up sites cannot be granted. If pick up is missed, the food will be donated to a needy family. Eight Mile Creek Farm's CSA has been operating successfully now for over nine years. We operate in good faith, making every effort to provide our customers with the highest quality organic produce. Although our experience helps make up for many factors which can affect yields, we cannot control all situations, especially those related to weather extremes. Eight Mile Creek Farm will notify our customers 2 weeks prior to the first pick up. The goal for the first CSA pick up is mid- June.

Member signature _____

Farmer signature _____

Please mail to: Eight Mile Creek Farm, 40 Johnny Cake Hill Road, Westerlo NY 12193

Please make checks out to **Eight Mile Creek Farm, Inc.** Payments are not refundable.

Please make a copy of your contract before mailing it to us, and keep track of your payments. A signed copy of your contract will be mailed back to you upon completion of your payments.

Call **649-0950** and ask for Pam if you have any questions. **Thank you!**