



# HIR Food Co-OP CSA

## 5768/2008 Registration and Information Form

Thank you for your interest in the HIR CSA. I am thrilled to invite you to register for the 5768/2008 growing season. Start dreaming about delicious vegetables and fruits that will enrich your diet.

Attached is the information and registration form. Please read it very carefully, as there are changes in the offerings. Namely, we have added the option of handcrafted kosher cheese from Five Spoke Creamery.

As you may remember, the CSA is a grassroots co-op. It is not like your typical grocery store. We will depend on the assistance of all member-units to take part in the organizational aspects of this project. Without your assistance, we cannot be successful.

At least one person from each member-unit is expected to volunteer for a total of four hours. (Of course, the four hours may be divided across the household). Of the four hours, two hours must be at a distribution shift. Distribution shifts entail set-up of the produce and assisting members in picking up their share between 5 and 8 pm Thursday evenings. The remaining two hours can be used to assist with the newsletter (submitting an article/recipe or formatting submissions to be e-mailed to the co-op). Another necessary job will be arranging for leftovers on distribution day to be donated to a local soup kitchen.

The responsibility of organizing this wonderful project cannot fall on two people. We will need the support of a core group of four people to assist. Roles include: Organizing the volunteer schedule, reminding volunteers of upcoming shifts, helping to orient volunteers on distribution day accepting newsletter submissions, formatting newsletter for the readership.

Please consider taking a more active roll. You will find that it will be a rewarding experience and it will ensure the success of our co-op. Please contact Maya or Andy to get involved at:

[shetreat@yahoo.com](mailto:shetreat@yahoo.com) or [andrewkastner@hotmail.com](mailto:andrewkastner@hotmail.com)



# HIR Food Co-OP CSA

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### WHAT IS A CSA FOOD CO-OP?

A Community Sponsored Agriculture (CSA) food co-op connects New York City families with local organic farmers. When you become a member of the HIR co-op CSA you will receive a share of the weekly harvest of the Norwich Meadows Farm. Through this CSA, we are re-creating the direct link between the farmer and consumer, giving consumers fresh and more wholesome organic foods.

A CSA is not like shopping at the supermarket. Your weekly share will be comprised of fresh organic vegetables and fruits grown in season and picked just prior to delivery. The quantity and variety of items in the share will vary from week to week, depending on weather and season. You will learn to enjoy a wider variety of seasonal vegetables. The quantity of food varies based on the harvest (*there is risk involved*), but we usually receive between 5 and 8 different items per week. In an average year, the share prices reflect a savings of about 15-20% off what you would pay in a green market for a comparable amount of organic produce. In a good year, the savings can be much more. The season lasts from mid-June to early November (between 20 and 22 weeks).

**Shares in past years have included:** Tomatoes (Heirloom, Zebra, Cherry), Potatoes (Fingerling, Blue), Lettuces (Leaf, Romaine, Boston, mixes), Basil, Squashes (many of summer and winter variety), Eggplants (Italian and Asian), Peppers (Sweet, colored, hot), Beans (Fava, French Filet), Cucumbers (Oriental, Middle Eastern, Kirby), Melons (Honey Dew, Oriental, Watermelons), Root Crops (Radishes, Turnips, Onions, Carrots, Garlic, Leeks, Shallots), Greens (Over 20 varieties), Broccoli and Brussels Sprouts.

### PICKING UP YOUR SHARE:

Every Thursday from mid June through early November, the farm will deliver our food to the Hebrew Institute of Riverdale. Pickup time is between 5:00 and 8:00 PM.

### VOLUNTEERING:

All members must volunteer 4 hours at the distribution site or in another manner such as outreach, contributing articles to the newsletter, delivering leftovers to a soup kitchen, organizing group activities, or serving on the core group. Our volunteer coordinators will remind you of your obligations.

### BECOMING A MEMBER

To become a member, you must purchase a share. There are two size shares:

- **Single Share: \$285.00 (about \$13/week for 20 weeks)**
- **Double Share: \$570.00 (about \$26/week for 20 weeks)**
- **Full Fruit Share: \$210.00 (20 weeks delivery)**
- **Half Fruit Share: \$115.00 (11 weeks, delivered every other week)**
- **Cheese Share: \$130.00 (Monthly delivery of 4 hand-crafted Kof-K kosher cheeses from 5 Spoke Creamery)**

Families (with 2 to 4 people) should consider a single share, but if you eat lots of vegetables, juice, have a larger family or entertain, a double share will be the way to go. Share size varies based on how good a year it is.



# HIR Food Co-OP CSA

## 5768/2008 Registration Form

Member Names: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

SHARE ITEM	BASE PRICE	CHECK TO ORDER	SUBTOTAL
<b>MEMBER SHARES (VEGETABLES)</b> <i>Certified Organic primarily from Norwich Meadows Farm and neighboring organic farms.</i>			
Single Share (feeds a family of 2-3)	<b>\$285.00</b>		
Double Share (feeds a family of 4-6)	<b>\$570.00</b>		
<b>FRUIT SHARES</b> <i>IPM fruit from Red Jacket Orchard, as well as some organic fruit from other farms/orchards. Includes berries, apples, apricots, peaches, plums, pears and juices (O-U Kosher).</i>			
Half Fruit Share (bi-weekly, 11 deliveries)	<b>\$115.00</b>		
Full Fruit Share (weekly, 20 deliveries)	<b>\$210.00</b>		
<b>CHEESE SHARES</b> <i>2 pounds of four artisan cheeses from grass-fed cows, from Five Spoke Creamery. Includes Redmond Cheddar, Red Vine Colby, Herbal Jack &amp; Tumbleweed (Kof-K Kosher).</i>			
Cheese Share (Delivered once a month & pre-Pesach delivery)	<b>\$130.00</b>		
<b>Total</b>			<b>\$</b>

Please make check or money order payable to:

HIR  
3700 Henry Hudson Parkway  
Bronx, New York 10463  
Please write in memo: CSA

**PAYMENT IS DUE BY: FEBRUARY 25, 2008**

**Contact Andy Kastner with any questions at [andrewkastner@hotmail.com](mailto:andrewkastner@hotmail.com)**