

Local Harvest CSA's 2009 season begins Wednesday, June 17!

Welcome!

Pick up times are from 2:30-6:30 p.m. every Wednesday for 18 weeks. (Returning members please note that we added an extra half hour at the end.)

The pick up site is in the Fellowship Hall at the Unitarian- Universalist (UU) Church at 274 Pleasant St, Concord. From downtown Concord, entrance is the 2nd driveway past Concord Hospital (look for our "Local Harvest CSA" sign.)

New to Local Harvest CSA? If you are new to our CSA give yourself extra time to get introduced to the pick up process.

The Flavor of Opening Day!

Chef L. Mario Capozzoli, III of GreatGrandmother.org will be at Local Harvest CSA's pick up site on opening day, June 17. He will cook up a variety of dishes based on the CSA share for that week, for us to taste and inspire us with new ideas about eating seasonal and local. Please welcome Mario and give yourself extra time to enjoy the flavors of opening day! Mario is a classically-trained chef, organic farmer, Web site host and editor, and organic and local food advocate. Successful in not-for-profit management for 28+ years, Mario keeps active in organizational and community marketing and development consulting through his business, i team new england consulting, LLC. Mario is a researcher, writer, and amateur naturalist. Most importantly, Mario is a father of a beautiful son named Schuyler. Check out his website, [www.GreatGrandmother.org](http://www.GreatGrandmother.org)

FAQs about Local Harvest CSA

1) When should I arrive?

CSA Share pick-up runs from 2:30 - 6:30 pm. We begin at 2:30 pm, needing the time before to receive deliveries from the growers and get them ready for you to pick up. Please sign in with Elizabeth, our "meeter/greeter" when you arrive to pick up your share.

2) How will I know which vegetables are mine?

We have a buffet-style pickup. There will be three lines: two for the Single shares, organized alphabetically by last name, and one for the Family shares. Each line will have a series of bins filled with bagged or bunched vegetables. Signs in front of the bins will indicate what the vegetables are and how many to take from each bin.

3) Will everyone get the same vegetables and fruits?

Our CSA is a cooperative of eight farmers. Since we have several growers growing the same item in different locations we may not have that item (e.g. cantaloupes) available to all 280 shares on one week. So we have a few ways of dealing with this, such as offering that particular item to one line at a time until all three lines receive the item. We pay special attention to ensure that all shares even out fairly over time. We also offer choice bins on each line, where several different vegetables will be featured, and you can pick your favorite for that week.

4) What if I don't like a certain vegetable?

You may want to try things first because garden fresh, locally grown, seasonal organic vegetables usually taste much better than supermarket varieties. The next option is to utilize our swap table, where you

can leave the unwanted item and pick up a more favored one. You might also check out the cookbook we have for sale or online recipe websites such as [epicurean.com](http://epicurean.com), to see what new recipes can be used to make vegetables delightful.

5) What happens to my share when I go on vacation?

When you go on vacation or need to skip a week, we can delay your share for that week and then double your share on another week before or after the date you will skip. We will have forms at the sign-in table to use to reserve a double share and to hold your share. We must know one week in advance what you want to do. Another option is to have your friend, family member, neighbor, house sitter or co-worker pick up your share the week(s) you are away- it's a fun way to introduce another person to the CSA or say "thanks" with fresh food. Of course, another great option is to leave the share to be donated with all the other leftover produce to the Friendly Kitchen, the community kitchen in Concord which serves meals to those who need support.

6) What if I forget to pick up, or am really late?

We cannot offer a refund for missed pick-ups. But please talk with Elizabeth, the check in person, for possible options. If you are running late, please call our cell phone, (603) 731-5955 to let us know how late you are - we are at the site cleaning up till about 7:15 PM. Therefore we can set your share aside to pick up while we are still there. If that is not an option, please call anyway and we may be able to figure out a way to get you your share.

7) What if I signed up for a bread share?

A separate bread table is set up with the bread for the week. Please double check with Elizabeth that you have signed up for a bread share. One loaf goes to single shares, two loaves to the family shares. Abigail's Bakery surprises us each with a different bread, all delicious! You can always add a bread share if you decide after we start that you would like one.

8) How will I carry all that produce home?

Please bring your own tote bags, one or two, to the pick up each week. We want to reduce the amount of plastic used through our CSA, and though we need to use plastic bags for our veggies, we appreciate your use of reusable totes (or boxes) to pick up your shares. We plan to order some new CSA totes for sale to our sharemembers.

9) What if I don't recognize a vegetable? Or know how to cook it?

Joan O'Connor is the site manager, and she will be available to identify and describe the properties of vegetables you may not be familiar with. We will also be offering information and recipes on selected items each week through this newsletter. And we have a great cookbook for sale, *From Asparagus to Zucchini*, written by the people who run the Madison Area CSA. There are plenty of websites these days that offer great information about cooking fresh, local and seasonal.

10) What if I want larger amounts of veggies?

We will offer bulk ordering of veggies a month or so after we start. This is an opportunity to buy extra veggies for parties, canning, or other uses. The minimum amount for a bulk order is 5x the amount we usually offer the item in a regular week (e.g. 5 lbs tomatoes, 1lb basil/herbs, etc....) and the order must be placed and paid for a week in advance. We will have order sheets ready when it is time.