

Annual CSA directory
Find yourself a farmer-
partner in NNY
... page 2

GardenShare@work
School garden workshop,
"Food Inc.," Farmers'
Market Greenbacks
... page 3



CSA Bonus Bucks
Help extend the benefits
of Community Supported
Agriculture
... page 3



HEALTHY FOOD. HEALTHY FARMS. EVERYBODY EATS.

Newsletter

gardenshare.org

WHO COULD HAVE GUESSED that in the first decade of the 21st century Americans would be having a lively national conversation about our food? Yet today—in print, online, on the air—we're talking about where our food comes from, how it's raised, who profits from it, and who gets left out.

Often the revelations hit close to home. In recent months, North Country

Community Supported Agriculture

You've got a dentist. . . a doctor. . . a hairdresser. . .

residents have watched helplessly as a major supermarket chain serving our region filed for bankruptcy. We waited for weeks to learn what would become of the stores that thousands of us depend on for our weekly groceries. The experience revealed another troubling weakness in our corporate-based food system with its far-flung supply lines and lack of local control.

Meanwhile, a fast-growing nationwide movement called Community Supported Agriculture (CSA) is connecting consumers directly with nearby farms. These consumers pay a membership fee in advance and then go to a designated pickup location to receive a weekly box of the farm's harvest. Farmers benefit by having payment for their labors up front. Consumers benefit by receiving nutritious food from a farmer they trust.

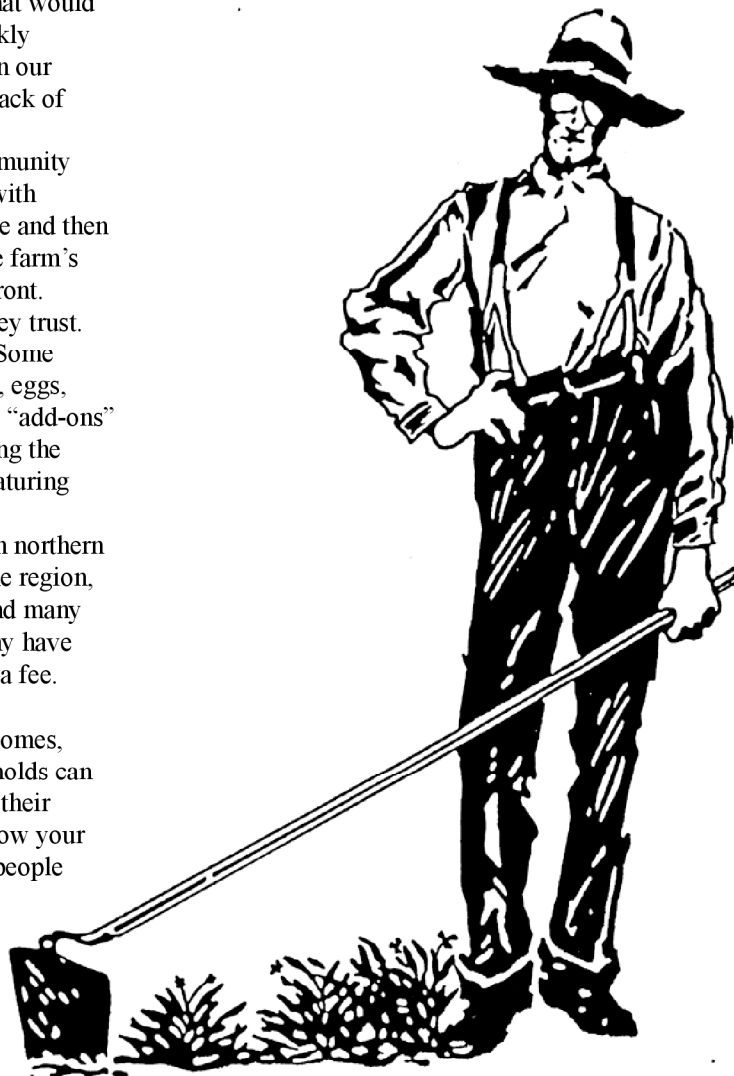
Some CSA farms provide only vegetables; others, only meat. Some include in their weekly box an assortment of veggies, fruit, meat, eggs, maple syrup, and other farm products. Other farms offer these as "add-ons" available at extra cost. Although many CSAs operate solely during the summer crop-growing season, a number continue into winter, featuring storage vegetables or meat.

On the next page you'll see a listing of CSA farms operating in northern New York in 2010. You'll find farms serving members around the region, from Syracuse to Wellesley Island, from Plattsburgh to Essex, and many locations in between. Some CSAs have pickups at the farm; many have designated pickup sites in town. A few offer home deliveries for a fee.

TO EXTEND THE BENEFITS OF CSA to people on limited incomes, GardenShare has launched "CSA Bonus Bucks." Eligible households can receive \$150 toward the cost of membership in the CSA farm of their choice. See page 3 for information about applying—and about how your tax-deductible donation can help make CSA affordable to more people through this program.

GardenShare began promoting Community Supported Agriculture in 2005. Today, as we work to spread its benefits to more households, CSA brings together GardenShare's central goals of promoting *Healthy Food* and growing *Healthy Farms* so that *Everybody Eats*. •

Who's your farmer?



CSA Directory

North Country & Adirondacks ~ 2010

For details about cost and operation, contact a CSA farm that offers a pickup location near you. Some offer home delivery for a fee. An asterisk (*) means that a farm accepts CSA Bonus Bucks.

Blackcap Farm *

Flip Filippi (315) 386-3513
Mail: 27 Lincoln St., Canton 13617
mpfilippi@tds.net
Vegetables (fresh, storage, processed)
Pickup: Farm (near Canton), home delivery

Birdsfoot Farm * Certified Organic

Dulli Tengeler (315) 386-4852
1263 CR 25, Canton 13617
Vegetables, flowers
Pickup: Farm, Canton, Potsdam

Bittersweet Farm * Certified Organic

Ann & Brian Bennett (315) 344-0443
1249 SH 184, Heuvelton 13654
annmb@localnet.com
Vegetables, flowers, shoots/sprouts
Pickup: Farm, Canton, Ogdensburg

C. L. Cook Farms *

Clifton Cook (315) 344-7421
251 McIlwee Rd., Heuvelton 13654
clcookfarms@verizon.net
Vegetables, beef, pork, turkey, duck
Pickup: Canton, Ogdensburg

Cross Island Farms Certified Organic

Dani Baker, David Belding (315) 482-FOOD
44301 Cross Island Rd., Wellesley Is. 13640
www.crossislandfarms.com
organic@crossislandfarms.com
Vegetables, honey
Pickup: Farm, Clayton

Deep Root CSA *

Mike & Maria Corse (315) 379-0196
1005 CR 25, Canton 13617
mariacorse@gmail.com
Vegetables
Pickup: Farm

8 O'Clock Ranch *

John & Kassandra Barton (315) 347-4352
293 Old Canton Rd., DeKalb Jct. 13630
www.8oclockranch.com
info@8oclockranch.com
Beef, lamb, pork, eggs, maple syrup, apples
Pickup: Home delivery

Essex Farm

Mark & Kristin Kimball (518) 963-4613
2503 Rte. 22, Essex 12936

essexfarm@gmail.com

Veggies, meat, eggs, grains, flour, more
Pickup: Farm

Full and By Farm

Sara Kurak, James Graves (518) 963-7127
319 Leaning Rd., Essex 12936
snkurak@gmail.com
Veggies, honey, maple, chicken, eggs, pork
Pickup: Farm

Fuller's Farm *

Tim & Kathy Fuller (315) 379-1412
242 Pink School Rd., Canton 13617
fullersfarm@verizon.net
Vegetables
Pickup: Canton, Potsdam, Gouverneur



Gramma's Grass Acres *

Bill Quinell, Nancy Lynch (315) 384-4677
485 Porter Lynch Rd., Norwood 13668
billandnancy@slc.com
Beef
Pickup: Canton, Potsdam, Norwood, Massena, home delivery

Grindstone Farm * Certified Organic

Dick de Graff (315) 298-4139
780 CR 28, Pulaski 13142
www.grindstonefarm.com
customerservice@grindstonefarm.com
Veggies, fruit, plus online market
Pickup: Watertown, Central Square, Pulaski, Oswego, Syracuse area

Hawkshaw Farm * NOFA Farmers' Pledge

Bill & Paige Roome (315) 322-5490
4147 CR 14, Madrid 13660
willjroome@hotmail.com
Veggies, fruit, honey, maple, milk, meat, eggs
Pickup: Farm, home delivery

Heritage Homestead *

Brian & Debby Hicks (315) 344-7457
4052 CR 10, DePeyster 13633
closed4theseason@gmail.com
Veggies, berries, chicken, eggs, storage
Pickup: DePeyster, Ogdensburg

Kent Family Growers * Certified Organic

Dan & Megan Kent (315) 344-6571
1200 SH 184, Heuvelton 13654
kentfamilygrowers@hotmail.com
Vegetables, berries
Pickup: Canton, Potsdam, Watertown, Alex Bay, Sackets Harbor, Clayton

Miracles by the Acre CSA * (six farms)

Delta Keeney (315) 788-1933
17025 CR 68, Watertown 13601
www.watertownmondaymarket.com
Vegetables, berries, apples
Pickup: Watertown

Quarry Garden Vegetables Farmers Pledge

Kimberly LeClaire et al. (518) 562-3243
Route 9, Chazy 12921
kleclair@hotmai.com
Vegetables
Pickup: Plattsburgh

Rehoboth Homestead *

Beth Spaugh (518) 643-7822
66 Jabez Allen Rd., Peru 12972
www.rhomestead.com
info@rhomestead.com
Vegetables, plus chicken & eggs add-ons
Pickup: Farm, Saranac Lake, Lake Placid

Sugar Hill Farm * NOFA Farmers' Pledge

Renee & Roy Smith (315) 347-1039
116 Rice Rd., DeKalb Jct. 13630
sugarhillfarms@tds.net
Beef, pork, eggs
Pickup: Farm, Canton, Potsdam, delivery

Sweet Core Farm *

David & Kathy Rice (315) 379-9057
150 Hill Rd., Hermon 13652
Vegetables, berries
Pickup: Farm (North Russell) & TBA

Westview Farm *

Starr & Lynn Klein (315) 771-7688
2552 East Rd., Boonville 13309
www.westviewfarm.org
lynnk70@gmail.com
Vegetables, berries, apples, garlic
Pickup: Farm

Yoder Family Farm *

Moses & Amanda Yoder (no phone)
1716 SH 11-B, Potsdam 13676
Vegetables, berries, chicken, eggs
Pickup: Farm (Parishville)

for updates:
GardenShare.org

GardenShare@work

► NORTH COUNTRY • School and Community Garden Training

A free training workshop on school and community gardens will be held March 30 from 8:00 A.M. to 2:00 P.M. on the campus of St. Lawrence University.

GardenShare is cosponsoring the event along with several other community groups, under the leadership of the St. Lawrence Health Initiative.

"Dig In!" is designed for school faculty and staff, parents, and community members who already have a school or community garden *and* for anyone else interested in creating such a garden.

Presentations will cover integrating gardening in school curricula, using the harvest in the cafeteria, and much more. This workshop is free and open to the public, but preregistration is required.

For questions, contact Sarah Bentley-Garfinkel (315-261-4760 x25 or sarah@gethealthyslc.org). To register, contact Audrey Linden (315-267-3411 or lindena@potdam.edu) by March 19.

► CANTON • CSA Roundtable

On March 6, GardenShare will host a roundtable discussion for farmers active in Community Supported Agriculture.

This event will give participants a chance to swap ideas and share advice on the challenges and the rewards of operating a CSA farm.

► ST. LAWRENCE COUNTY • Farmers' Market Greenbacks

At several farmers' markets this summer, GardenShare will invite parents of young children to "shop with a chef" and buy \$10 worth of fresh fruits and vegetables using free Farmers' Market Greenbacks.

The project seeks to increase the consumption of these fresh foods by children aged 2 to 10. Watch for details this spring in our 2010 *Local Food Guide*.

► NORTH COUNTRY • "Food, Inc."

The documentary film "Food, Inc." takes



a critical look at our industrialized food system and its impact on human health, animal welfare, worker safety, and other critical issues.

Thanks to our friends at St. Lawrence Heath Initiative's Eat Well Play Hard Community Project, GardenShare now has a DVD version available to lend for home viewing.

Invite friends and neighbors to a potluck at your house and watch "Food, Inc." together. Send your name, mailing address, and the date you want to borrow the DVD to info@gardenshare.org. •

CSA Bonus Bucks

More and more people are enjoying the benefits of CSA membership.

When you join a CSA farm, you pay a membership fee up front. Then you enjoy a weekly box of the farm's harvest, be it vegetables, meat, eggs, fruit—or a delicious mix of various farm foods.

By joining a CSA, you're receiving locally grown food from a farmer you know and trust. And just being in a CSA encourages you to eat healthy food. A study commissioned by GardenShare in 2008 found that 66 percent of CSA members surveyed in our area said they increased their consumption of fruits and vegetables because of their CSA membership.

Unfortunately, CSA membership fees are often beyond the reach of people on limited incomes.

That's why GardenShare launched its "CSA Bonus Bucks" program—to share the cost of membership with people

who otherwise cannot afford to join.

Eligible households can apply for \$150 toward a membership in the CSA farm of their choice. (Application forms will be available on our website this spring.)

The farms receive their usual fee, and the households receive the benefits of

CSA at a discount. GardenShare will make up the difference. The number of households served will depend on grants and donations received.

Your tax-deductible contribution will help extend the benefits of CSA to families living on a limited income. •

Here is my tax-deductible donation of \$_____ to help sponsor a CSA membership for a family living on a limited income.

Name: _____

Mailing Address: _____

City, State: _____ Zip: _____

Mail to: GardenShare
860 Maple Ridge Road
Richville NY 13681

Ask. Give. Borrow.

Name: _____

Mailing Address: _____

City, State: _____ Zip: _____

Email: _____ Phone: _____

Check all that apply:

☐ Here's my tax-deductible donation to help sponsor a CSA membership for a family living on a limited income: \$ _____

☐ I want to borrow the *Food Inc.* DVD for home viewing with my friends on this date: _____

☐ Send me a free *Local Food* bumper sticker.

☐ Send me a free subscription to this newsletter.

☐ The name above is a friend—please introduce them to GardenShare.

Mail to: GardenShare
860 Maple Ridge Road
Richville NY 13681



The GardenShare newsletter is published four times a year, one issue being the *Local Food Guide*. Subscriptions are free.

GardenShare works to build a North Country where all of us have enough to eat and enough to share—where our food choices are healthy for us, for our communities, and for the environment.

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2010 CSA Directory...



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