

CSA Handbook

WELCOME

KLIPPERS ORGANIC ACRES

For over eight years Klippers Organic Acres has provided fresh organic produce to customers through farmers markets around Vancouver. They are now starting a CSA.

Located just off Hwy. 3 in Cawston, B.C. - about 7 minutes from Keremeos. The 40 acre farm is nestled in the Similkameen Valley. Cawston is known to be the organic capital of Canada due to the high volume of certified organic farms in the area. Kevin and Annamarie Klippenstein, with help from their four children, farm apprentices-in-training and local workers, have cared for and developed the farm into a widely diversified farm.

Our CSA

The Community Supported Agriculture (CSA) at Klippers Organics was started in 2009 by Kevin and Annamarie Klippenstein. Our farm is certified through the Pacific Agriculture Certification Society (PACS).

Community Supported Agriculture

Community Supported Agriculture (CSA) restores relationships by connecting people to their food, their land and their farmers. The concept is simple: members, as participants in the farm community, buy a "share of the harvest." This fee helps to pay for the costs of running the farm. In return, the farm provides a weekly supply of produce during the season.

This relationship guarantees small farmers a secure market for their produce and minimizes the risks involved in farming. Every year we take out spring loans to cover the costs of buying seeds, paying workers, etc. By having upfront payments from CSA members, farm income can be spent on crops and not interest payments.

The CSA model provides market security throughout the season. Farmers relying on wholesale markets may find that their broccoli, for instance, is worth substantially less in September than they budgeted for in January. Those selling at farmers markets may find that weather or special events may cut weekly sales in half during the height of the season. Having a predictable market for a variety of crops makes planning straightforward (for planting, crop rotations, etc.) which gives us room to manage the unpredictable aspects of farming (like the weather).

While CSA helps farmers it also serves members, who receive a season's supply of fresh, healthy produce. Much of the produce we provide during the summer season is picked the day before the distribution. Food purchased in the grocery store, on the other hand, can travel for days on a truck across the country before it is put out on the shelf for purchase. CSA members have the security of knowing that their food was grown organically using sustainable methods and that fewer natural resources were needed to transport the produce. Finally, CSA provides members a tangible connection to the land through a farm and the satisfaction of contributing to the health of the local community. Members are welcome to come see the farm and its operations by volunteering at workdays or coming to one of our festivals.

Volunteering

Members are welcome to volunteer at any time during the season. Jobs include assisting at distribution, helping to coordinate festivals at the farm and being a Veggie Buddy to a new member (providing knowledge about the produce and how to prepare it). The contributions members make by offering their time, talents and energy keep the CSA vibrant and connected.

THE SHARE

Summer Season

Summer Share generally begins toward the end of May. Members are contacted with the exact date and location of the first pick-up. Produce is delivered every week into October. Separate egg shares are also available over the summer season.

PICK-UP LOCATIONS

Trout lake

Members pick up produce from the Trout lake farmers market. 15th Avenue & Victoria Drive in the Parking Lot of Trout Lake Community Centre.

Map of market location.

Location <http://maps.google.com/maps?f=q&hl=en&geocode=&q=15th+avenue+and+vic+drive,+vancouver,+bc+canada&ll=37.0625,-95.677068&sspn=49.71116,103.974609&ie=UTF8&z=16>

West End

Members pick up produce from the West end Farmers market. 1100 Block of Comox Street across from Nelson Park at Mole Hill.

Map of market location.

<http://maps.google.com/maps?f=q&hl=en&geocode=&q=1100+comox+street,+vancouver,+bc+canada&ll=49.25684,-123.0659&sspn=0.010083,0.025384&ie=UTF8&z=16&iwloc=addr>

Riley Park

Members pick up produce from the Riley Park Farmers market. 30th and Ontario Street, Parking Lot of Riley Park Community Centre.

Map of market location.

<http://maps.google.com/maps?f=q&hl=en&geocode=&q=50+east+30th+avenue,+vancouver,+bc+canada&ll=49.24338,-123.103845&sspn=0.010086,0.025384&ie=UTF8&ll=49.243366,-123.103867&spn=0.010086,0.025384&z=16&iwloc=addr>

AT DISTRIBUTION

When You Arrive

Check off your name on the check-off list. Next to your name you will see notes from us as well as a list of the extras (jams, canned tomatoes, juice, etc.) that you ordered. These items of business, including payment for extras, can be taken care of with the farmer.

To collect your produce, read the board to see special instructions for the week. Return your empty box and cartons, and pick up your full box.

Transporting Your Produce

You receive part of your share in an easy-to-carry box. Please remember to return your empty box each week and exchange it for a full box. Members are encouraged to bring canvas bags or baskets to transport the produce not included in the box. The farm collects clean plastic grocery bags from members for use at distribution, so take or bring bags as needed. Also, return the tomato and egg containers; we reuse these each week.

Extras

We sell locally-raised chicken, eggs and local products such as jam, canned tomatoes, dried fruit, and apple juice. Sign up for these extras each week at distribution, or by email and we will deliver them for you the next week. Payment may be made when you pick up your extras.

Eggs - from our pasture-raised chickens at Klippers Organic Acres

Jam - no sugar jam made from our certified organic fruit, fresh pressed apple juice, and fruit pectin

Apple juice - certified organic pasteurized apple juice and frozen fresh pressed apple juice

Chickens and Turkeys - pasture-raised at Klipper's Organic Acres without hormones or antibiotics

BUSINESS ITEMS

Schedule Conflicts

If you will not be able to make a distribution, please let us know in advance. You may also send a friend to pick up your produce for you. Friends should check off your name and ask us for help if they are new to the system. If you prefer, we would be happy to donate your share for that week.

Likewise, please let us know if you will be late. Our work is much easier if we know of exceptions to the schedule in advance.

Payments

We begin accepting summer share members after January 15, with a \$100 deposit up to the full amount. Full summer payment is due by February 29. Those not paying in full may make payments in installments until the due dates. Please take responsibility for remembering to make your payments on time. A large part of our expenses are incurred at the beginning of the season, so full payment as early as possible is greatly appreciated.

Refunds

We regret that we cannot offer refunds for shares once the season has begun unless there is someone on the waiting list who can take over your membership. All refunds are subject to a non-refundable \$25 processing fee. If you find that you will not be able to use your share as planned, we suggest that you arrange for a friend or family member to take over your share for you.

PROCESSING YOUR PRODUCE

Storage

Produce is susceptible to damage if left in a hot car (or cold car in the winter). Most produce should be stored in the refrigerator in clean plastic or canvas bags. Greens are delicate and should be placed gently in bags in the refrigerator as soon as you get home. Without a bag, they will quickly wilt. Potatoes, onions, garlic and winter squash should be stored in a cool, dry place.

When greens are exposed to air, even for a short time, they may begin to wilt, but they are still good to eat. To refresh the greens, soak them in a sink full of cold water as long as needed until

they are rehydrated.

Some crops prefer temperatures warmer than found in your refrigerator. For example, tomatoes, winter squash and sweet potatoes like to be kept around 60 degrees F.

Washing

Winter root crops (potatoes, carrots, celeriac, turnips, etc.) will store better with the soil on them, so at times we will leave the washing to you. Scrub thoroughly with a brush before using. Greens are usually washed in large batches at the farm. You can give them a thorough washing at home in a sink full of cold water. In general, produce stores better the less it has been handled, so wash just prior to using.

Freezing

Many types of produce can be frozen for eating at a later date. With the exceptions of peppers, tomatoes, cooked pumpkin or squash, onions and herbs, most vegetables need to be blanched before freezing. Blanch vegetables by submerging them in boiling water. Blanching times vary depending on the size and shape of the vegetables. For example, peas need 1 1/2 minutes, while corn on the cob takes 6-8 minutes. Blanched vegetables need to be cooled in a large quantity of cold or ice water. Cool vegetables for the same amount of time that was used for cooking. Drain and store in airtight containers.

Stir Frying

Heat some olive oil in a pan. Add minced garlic and saute lightly. Add the chopped vegetable of your choice and cook on high heat until heated through. Add salt and pepper. Vinegar is an optional flavoring. Most vegetables can be prepared this way, including greens, onions, potatoes, squash, tomatoes, peppers, carrots, etc. The denser the vegetable, the longer it will need to cook. For example, we often begin with the stems of greens and throw in the leafy part near the end.

Baking

Cut up root vegetables in 1" chunks (or rectangular matchstick shapes). Toss in olive oil, salt and an herb of choice (we recommend rosemary, parsley or thyme). Spread into a baking pan and cook at 400 degrees until vegetables are brown. This method works for potatoes, sweet potatoes, carrots, parsnips, beets, celeriac, turnips, etc.

VISITING THE FARM

Please Visit!

Members are invited to the farm at times to volunteer tour or spend leisure time there. Call ahead or email to schedule your visit if you would like to work or spend time with the farmers. Stop by any time if you don't need us to facilitate your visit.

Directions to the Farm

To get to the farm, take Hwy. 3 (Hope Princeton hwy.) till you reach Keremeos. From Keremeos stay on Hwy 3 towards Osoyoos- about 7 minutes to Cawston. You will see an amber light on the highway with a store on the northeast corner. Turn left there (Couthart road), take your next left (Ferko Road). We are at 2200 Ferko road. Look for the Klippers Organic Acres sign. Click here for a Google map.

Klippers Organic Acres

2200 Ferko Road

Cawston, B.C.

VOX 1C2

Phone: (250)499-2050

Email: klippersorganics@nethop.net

www.klippersorganics.com