

 fable

---

FROM FARM TO TABLE

---

**2017 FABLE CSA  
HANDBOOK AND MEMBERSHIP AGREEMENT**

**TABLE OF CONTENTS**

|                   |    |
|-------------------|----|
| Introduction      | 3  |
| Your Farm         | 4  |
| Your Farmers      | 4  |
| Growing Practices | 5  |
| Risks and Rewards | 6  |
| Share Options     | 7  |
| Pickup            | 9  |
| Contact           | 10 |
| Member Agreement  | 11 |

---

## Introduction

Located on Route 134 in Ossining, Fable is a farm dedicated to sustainable agriculture. We believe that through dedication, hard work, and modern technological advancements in agriculture, we can provide the freshest herbs and speciality greens all year round without the use of harmful chemicals and pesticides.

All of our produce is grown here on our farm in Ossining. From our farm to your table, Fable's fresh produce is sustainably grown and truly sets the standard in excellence in local fruit and vegetable production.

### **The CSA (Community Supported Agriculture)**

We are what we eat, and we want you to be healthy. That is why we started Fable's 2017 CSA to provide local residents with fresh, healthy, and delicious tasting food. This handbook is meant to provide you with all the information you need about our CSA. Should you have any further questions feel free to contact us at [info@fablefoods.com](mailto:info@fablefoods.com).

A CSA, short for "community supported agriculture", provides farmers like us with a crucial infusion of cash for the winter, used to buy seeds, plant cover crops to feed the soil, repair equipment, and more. It provides the CSA member with a delicious, fresh, and nutritious set of produce each week during the summer.

We look forward to getting to know you and your families over the course of the 2017 growing season. Thanks so much for your commitment to healthy food and healthy communities!

---

## Your Farm



Located on one of the nation's oldest historic farm properties, the land here at Fable has been farmed since the mid 1700's. The home, barns, and blacksmith's cottage once served as an inn and stagecoach stop for travelers heading north from Manhattan. Now the land is used for organic food production. The former Horse Rink is for most of our produce, the

Windmill Field is used to raise chickens, and our greenhouses for hydroponic herbs.

## Your Farmers



**Tom** is a native of Westchester County, New York. While making an effort to eat healthier, he began to notice that fresh, locally-grown produce was often not available in nearby grocery stores. He also found that many of the items that were available contained harmful ingredients or pesticides. With this in mind Tom created Fable: From Farm to Table to provide local residents, restaurants, and grocery stores with a fresh, healthy, and locally grown produce. Tom enjoys growing new and exotic species of plants. When he's not planting culinary herbs

or browsing through the latest seed catalog, one can find him kayaking on the Hudson River, hiking in the Catskills, or venturing on a road trip.



**Ana** attended the SUNY College of Environmental Science and Forestry in Syracuse NY, getting her degree in aquatics and fisheries science management. She has been farming organically since 2010, and continues to pursue her career of a grower, steward, and educator. She has worked with a wide array of growing techniques & styles including; aquaponics, hydroponics, soil cultivation, winter growing, and mushroom cultivation. When she's not farming, Ana is usually on an adventure with her dog Bo either fishing or hiking.

---

## **Growing Practices**

Fable grows high quality, delicious, healthy produce using several organic, hydroponic, and renewable practices. We are not certified organic but hope to be in the near future. We promise to never use harmful or toxic chemicals on our produce. It is important to us to not only practice safe pest management and crop production, but to also educate the consumer on how they can grow their own crops while feeding the earth as well.

Whether it is introducing you to a new variety of tomato, or showing you how garlic, neem, or cayenne peppers can help prevent pests from eating your plants, we promise to make this experience healthy, educational, and fun!

---

## Risks and Rewards

Community Supported Agriculture (CSA) is a relationship between our farm and you. Rather than simply purchasing food, you become a member and receive a portion of the farm's harvest.

One of the great rewards of joining a CSA is eating with the rhythms of the season. As the earth provides, we eat! And as the earth provides we shall also sell at our farmstand, farmers' markets, or to restaurants. If we have an exceptionally well week we can even offer our members more on a "take what you can use" basis. Any excess produce will be donated to local food pantries. Please note that you may also see some produce items in our fields or at our farmstand that is not part of the CSA. These are typically crops we are running trials on to see how well they grow here at the farm.

Membership in a CSA does also mean taking some risk. Growing in New York does have its challenges including extreme heat and cold spells, drought, hail, pest and disease pressure (such as basil downy mildew and tomato blight), and more. While our farmers promise to do their best, many challenges are completely out of their control. Please understand that Mother Nature is truly in charge. If smaller harvests do occur, you may notice a smaller harvest that week, or in extreme cases, none at all. We will consider purchasing other crops from like-minded farmers in the area if this option is affordable and accessible.

---

## Share Options

### **Fable 2017 CSA Share**

Fruits and Vegetables flow seasonally. There are Spring, Summer, Fall, and Winter Crops. Some crops can take the heat better than others. Cool season crops include spinach, lettuce, peas, greens, and radishes. Warm weather crops include broccoli, tomatoes, carrots, beets, and squash.

Our CSA will run for 22 weeks starting in late May. Members are responsible for showing up at the farm each week to pick up their share of the harvest. You will generally receive 9-12 different types of produce, equivalent to one or two grocery bags worth of produce, and two to three bags peak season depending on your share size.

CSA shares will be lighter in the spring. Most shares will include leafy greens and herbs. CSA shares tend to get larger in the summer. These include items such as squash, carrots, and tomatoes.

We will do our best to provide a diverse and mixed share every week, however vegetable availability changes week by week due to the weather. Some vegetables also ripen faster than others, causing us to bump up or push back harvests. The kind and amount of vegetables you get depend on many of these variables.

### **Fable 2017 CSA Egg Share**

We have a new flock of chickens at Fable. They are being raised free-range with hormone & antibiotic free, non-GMO organic feed. Our new flock of chickens will not be de-beaked.

Egg shares will be provided weekly or bi-weekly. The weekly share will receive 22 dozen eggs for the season, and the bi-weekly will receive 11 dozen. If you would like multiple dozen per week you will be able to do so by purchasing multiple shares. Farm fresh eggs are unmistakable in their taste and texture and distinguishable by their bright yolk.

---

### **Journeyman 2017 CSA Bread Share**

Fable has partnered with Journeyman, a community supported bakery (CSB) located in Peekskill, to become a drop-off location for their “bread by subscription” service. Journeyman creates a mix of naturally leavened and yeasted breads using locally-milled flours from grains grown by organic and sustainable farmers in New York State. Bread selections currently include: Pain au Levain (sourdough), whole grain breads made with rye, spelt and einkorn flours, Pain de Mie (sandwich bread), Cinnamon Raisin Sourdough, Fennel and Golden Raisin, and Cranberry Walnut. Full Share customers will receive a rotating selection from the full menu of breads when they pick up their CSA share at Fable every week.

Bread shares will be provided weekly. Loaves will be baked and delivered to Fable within 24 hours. A full share will receive 22 loaves for the season and a half share will receive 11 loaves. If you would like multiple loaves per week you will be able to do so by purchasing multiple shares.



---

## Weekly Pickup

We welcome members to visit the farm every Wednesday or Sunday throughout the growing season to pick up their harvest.

**Day :** Wednesdays and Sundays

**Time :** 9am-6pm

**Place :** 1311 Kitchawan Road, Ossining, NY 10562

**Parking:** Lawn parking is designated with signage on the left-hand side as you drive in. Please park accordingly.

**Bring :** Two to four reusable grocery bags for carrying your produce.

Please give yourself at least 15 minutes to arrive, say hello, and collect your vegetable share. You are always more than welcome to explore the fields, check in on the chickens, and enjoy the view.

Share will not be divided or packed. Instead, members will be able to choose and collect their share each week. This will allow you to select the right size zucchini or ripeness of your tomato. Signs will list the vegetables that are available and how many you may take.

Often you will have the opportunity to select your preferred combination of vegetables. For instance, we could have radish and green onions in bunches and you get to take a total of two bunches. You could select any combination of the two if expressed on our sign.

## Unable to Pickup?

If you are unable to pickup your share we encourage you to ask a friend or family member to retrieve your produce. You do not need to contact us in advance, but please make sure they sign in under your name during pickup. If this is not a possibility we will hold your share at the farm only if you contact us by phone or email beforehand. You will be charged a \$10 late pickup fee. If you do not pick up your produce by Friday it will be donated to Eat Local NY, a nonprofit organization whose mission is to end childhood hunger.

---

## Contact Information

E-mail : [info@fablefoods.com](mailto:info@fablefoods.com)

Phone : 914.862.0205

The best way to communicate with us is via e-mail. We will do our best to respond within 24 hours if not sooner. Please understand that we spend most of our day in the field growing and not at our desk! Thanks for your patience and understanding.

---

**Fable: From Farm to Table**  
**2017 CSA Membership Agreement**

Name\_\_\_\_\_

Address\_\_\_\_\_

Phone\_\_\_\_\_

Email\_\_\_\_\_

By selling membership in advance of the growing season, CSA reduces the burden of up-front costs for the farmer. Your membership fees provide us with money to purchase seed and equipment before the season starts, and we appreciate your commitment.

Please circle the share(s) you would like to purchase:

Fable 2017 CSA Membership - Full Share : \$700

Fable 2017 CSA Membership - Half Share : \$395

Egg Share - Full Share : \$145

Egg Share - Half Share : \$75

Bread Share - Full Share : \$155

Bread Share - Half Share : \$80

I understand that my CSA share from Fable enters me into a mutually beneficial relationship with my farmers, the land that sustains us, and the complex web of interrelated organisms that live within our soil. I understand that I will receive a weekly share of the harvest for the duration of the growing season from mid-May to mid-October, and that this weekly share can be affected by events out of my farmers' hands, including inclement weather, pests, and crop diseases. I trust that my farmers will do the absolute best that they can to mitigate crop failure and deliver me high-quality fresh vegetables, unadulterated by toxic chemicals and fertilizers.

I have read and understand all expectations described in the above CSA Handbook.

Signature\_\_\_\_\_ Date \_\_\_\_\_

Please sign this page and send with a check to:

Fable: From Farm to Table

% Tom Deacon

1818 Amazon Road

Mohegan Lake, NY 10547