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FROM FARM TO TABLE

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**2018 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	8
Contact	9
Member Agreement	10

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## **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.

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

We are what we eat, and we want you to be healthy. That is why we started Fable's 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 with a crucial infusion of cash for the winter. This is 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 for 22 weeks throughout the growing season starting late May or early June.

We look forward to getting to know you and your families over the course of the 2018 growing season. Thanks so much for your commitment to healthy food and a healthy community.

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## Your Farm

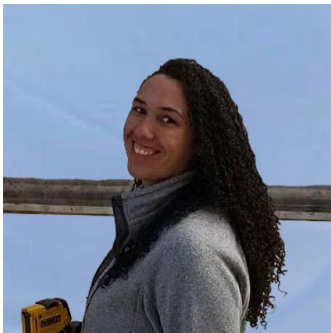


Located on one of the nation's oldest historic farm properties, the land here at Fable has been farmed since the mid 1700's. The home, barns, and blacksmith's cottage once served as an inn and stagecoach stop for travelers heading north from Manhattan. Now the land is used for organic food production.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

## 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 with his wife.



**Grace** graduated from Salve Regina University and helped establish their Hydroponic Club which grew to include over 40 members. She believes sustainable agriculture requires passion and commitment and is excited to continue in this field by contributing to Fable's mission to be a year-round local source of sustainable, healthy produce.



**Cheryl** has been maintaining Fable's hives since May 2016. She has studied at Stone Barns Center for Food and Agriculture and Hilltop Hanover Farm, learning exactly what bees in southern New York require. When Cheryl isn't at Fable you can find her riding her bike, gardening at home, or eating at one of Westchester's many farm-to-table restaurants.

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## **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!

## **Partnering Farms**

In 2017 Fable partnered with several farms to help provide our CSA members with a variety of produce. These include delicious fruits and vegetable that we do not grow here in Ossining but our friends in Poughkeepsie, Copake, and elsewhere grow very well. In 2018 we plan to expand this system which helps support local farms in our area, as well as provide our CSA members with an even wider variety of produce.

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## 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, and to restaurants. Any excess produce will be donated to local food pantries.

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 less availability that week, or in extreme cases, none at all. Through our friends at neighboring farms we will purchase crops from the local area as best we can to supplement shares in case of any adverse weather.

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## **Fable 2018 CSA - 22 Week Season**

**\$250 Gardener's Share = Members receive \$275 in credit to use throughout the season.**

**\$500 Forager's Share = Members receive \$25.00 in credit each week. (A \$550 value.)**

**\$750 Farmer's Share = Members receive \$37.50 in credit each week. (An \$825 value.)**

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.

The Farmers at Fable will provide a Recommended Share based on that week's harvest, but CSA Members can use their credit on any produce available at the Farmstand. We understand guests may want more basil to make pesto, and little or none of a different crop that they personally do not enjoy. Credit may not be used on prepared foods, honey, eggs, or milk. For more information please call or e-mail [info@fablefoods.com](mailto:info@fablefoods.com).

## **Fable 2018 CSA Egg Share Options**

We have a new flock of chickens at Fable. They are being raised free-range with hormone & antibiotic-free, non-GMO organic feed. Farm fresh eggs are unmistakable in their taste and texture and distinguishable by their bright yolk.

Benefits of purchasing an egg share include a discount on price as well as reserving your eggs for the season. Eggs tend to sell out weekly.

**\$80 Egg Share = Receive 12 egg cartons throughout the year. (An \$84 value.)**

**\$156 Egg Share = Receive 24 egg cartons throughout the year. (A \$168 value.)**

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## Weekly Pickup

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

**Day :** Saturdays or Sundays\*

**Time :** 10am-3pm\*

**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.

\*Additional Days and Hours may be added. Please check the CSA page on our website throughout the Winter and Spring for updates.

## 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.



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## **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.

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**Fable: From Farm to Table**  
**2018 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 2018 CSA Membership - Farmer's Share : \$750 (\$825 value)

Fable 2018 CSA Membership - Forager's Share : \$500 (\$550 value)

Fable 2018 CSA Membership - Gardener's Share : \$250 (\$275 value)

Fable 2018 CSA Membership - Egg Share : \$80 (\$84 value)

Fable 2018 CSA Membership - Egg Share : \$156 (\$168 value)

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

PO Box No. 623

Mahopac, NY 10541