

 fable

FROM FARM TO TABLE

2020 FABLE CSA HANDBOOK

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Introduction

Located on Route 134 in Yorktown, 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 produce 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.

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 delicious, fresh, and nutritious produce 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 2020 growing season. Thanks so much for your commitment to healthy food and a healthy community.

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. While making an effort to eat healthier, he began to notice that fresh, locally-grown produce was often not available in nearby stores. He also found that many of the items that were available contained harmful ingredients or pesticides. With this in mind Tom created Fable to provide local residents, restaurants, and stores with fresh, healthy, and locally grown produce. When he's not browsing through the latest seed catalog one can find him kayaking on the Hudson, hiking in the Catskills, or venturing on a road trip.



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.



Amber is a New England girl, born and raised. She's been cooking for almost as long as she can remember and has loved food for just as long. She is a registered dietitian, a trained chef, and now farmer. Aside from farming the land at Fable, Chef Amber cooks for our new monthly Greenhouse Dinners.

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 and Produce Variety

In 2017 Fable started partnering 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 Yorktown but our friends in Poughkeepsie, Copake, and elsewhere grow very well. In 2020 we will continue 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.

Through this partnership we have been able to provide local milk, cheese, grass-fed meat, maple syrup, dog treats, baked goods, and more.

The Farm Card

- A New Way to CSA -

CSA members purchase a \$250 to \$5,000 farm card which they can spend like cash throughout the year in our Market. You pick out your own produce - as much or as little as you like - over the course of the season, and we subtract your weekly selections from your credit balance.

As a member you have the ability to **pick whatever you like**, every week. Don't like turnips? Skip 'em. Craving curly kale? Grab as many bunches as you want. Need a flat of tomatoes for canning? No problem, take it. Having a dinner party? Pick up everything you'll need at our stand.

Going on vacation? No more skipping boxes or arranging for someone else to pick them up for you. Enjoy your time away. Your balance will be waiting for you when you return.

And our CSA is **no longer limited to just produce**. Enjoy some local and value added products: canned tomatoes, artisanal bread, cheese, and infused olive oil.

You can add more to your balance if you use it all before the end of the season.

We will still be sending out **weekly newsletters** with a full of recipes, a "Recommended Harvest" for those wanting to eat with the season, and a list of what to expect at our market that weekend.

In addition, you will usually see one of us at each market, and we can answer any questions you might have, recommend a new vegetable, a recipe, or just talk about the farm.

You can purchase a Farm Card starting at \$250 or above. While we are open year-round, we anticipate our main 2020 season to last between 36 to 52 weeks. To provide you with an idea of how far an amount will go during a 36 week season:

\$500 - This averages out to \$13.88 a week.

\$750 - This averages out to \$20.83 a week.

\$1,000 - This averages out to \$27.77 a week.

\$2,500 - This averages out to \$69.45 a week.

\$5,000 - This averages out to \$69.45 a week for two years.

We encourage you to inquire regularly about your balance to help gauge your use.

By purchasing a share (ie: Farm Card) you are investing in the success of the farm and enabling us to make vital purchases (seeds, compost, etc.) and raise more chickens before the season begins. We appreciate your support.

Market Hours

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

Days : Fridays, Saturdays and 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 produce. You are always more than welcome to explore the farm, check in on the chickens, and enjoy the view.

*Additional Days and Hours may be added. Please check the Marketplace page on our website throughout the year for updates.

Contact Information

E-mail : 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
2020 CSA Membership Agreement

You may purchase your Farm Card online at www.fablefoods.com/csa or mailing in this page.

Name_____

Address_____

Phone_____

Email_____

Please circle the Farm Card you would like to purchase:

- Fable 2020 CSA - \$250 Farm Card
- Fable 2020 CSA - \$500 Farm Card
- Fable 2020 CSA - \$750 Farm Card
- Fable 2020 CSA - \$1,000 Farm Card
- Fable 2020 CSA - \$2,500 Farm Card
- Fable 2020 CSA - \$5,000 Farm Card

Fable 2020 CSA - \$_____ Farm Card (Fill In)

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