



2022 FABLE CSA HANDBOOK

TABLE OF CONTENTS

Introduction	3
Your Farm	4
Your Farmers	4
Growing Practices	4
Partnering Farms	5
The Farm Card	7
Market Hours	9
Contact	10
Sign Up	11

Introduction

Located on Route 134 in Yorktown, Fable is a farm, food hub, and educational site dedicated to sustainable agriculture. We believe that through 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 created 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 used to fund the next season's work. 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 year.

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

#KnowYourFarm



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.

For the 2022 Season we plan to use the former Horse Rink for a garden and agricultural workshops. The Windmill Field and Lower Field will be used to raise pasture-raised chickens for eggs, and our greenhouses for tomatoes, squash, mushrooms, and leafy greens.

#KnowYourFarmers



Tom is a native of Yorktown. 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 and restaurants with fresh and healthy produce.



Julian From New York to Northern California, Julian has an entrepreneurial spirit and a track record of taking on challenging projects. He has experience with transplanting, cloning, defoliation, and trimming plants. At previous farms he's ensured that growth requirements of plants were met with proper lighting, soil quality, and pest management. We are excited to have him with us at Fable after spending many years with our friends at Thompson's Cider Mill.



Mary spent many happy years as a social worker and department director at Green Chimneys Farm and Residential Treatment Center where the healing power of animals and nature is used to help children grow. She has directed projects at several residential treatment centers for children and launched garden programs at two local elementary schools. Mary is thrilled to be a part of the fantastic team and mission of Fable, where all good things are rolled into one!



Kalle After joining our Dobbs Ferry CSA, Kalle fell in love with the hyper-local fresh tasting produce that her and her family received (especially the curly kale!) And just as Peak Season hit we needed help in our Market and she came to the rescue. From sprucing up the Market to feeding our free-ranging barn hens, she's been an integral part of our team and we're lucky to have her back for the 2022 season.

Growing Practices

Fable grows high quality, delicious, healthy produce using several organic 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 and have taken the NOFA Pledge. 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, Hudson, and elsewhere grow very well. In 2022 we will continue to expand this system which helps support local farms and small businesses 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, homemade candles and soaps, baked goods, and more.

The Farm Card

- A New Way to CSA -

CSA members purchase a \$500 to \$5,000 Farm Card which they can use like a Debit Card 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 \$500 or above. While we are open year-round, we anticipate our main 2022 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 for the main season.

\$750 - This averages out to \$20.83 a week for the main season.

\$1,000 - This averages out to \$27.77 a week for the main season.

\$2,500 - This averages out to \$69.45 a week for the main season.

\$5,000 - This averages out to \$96 a week for a full year.

We may visit the CSA page on our website to check your balance.

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 any Friday, Saturday, or Sunday throughout the year to pick up their harvest.

Days : Thursdays, Fridays, Saturdays, and Sundays

Time : 10:30am-4pm*

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 48 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

2022 CSA Membership Agreement

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

Name_____

Address_____

Phone_____

Email_____

Please circle the Farm Card you would like to purchase:

Fable 2022 CSA - \$500 Farm Card

Fable 2022 CSA - \$750 Farm Card

Fable 2022 CSA - \$1,000 Farm Card

Fable 2022 CSA - \$2,500 Farm Card

Fable 2022 CSA - \$5,000 Farm Card

Signature_____ Date _____

Please sign this page and send with a check to:

Fable: From Farm to Table

PO Box No. 623

Mahopac, NY 10541