



**2023 NORTHWELL HEALTH CSA
WITH FABLE: FROM FARM TO TABLE
HANDBOOK AND MEMBERSHIP AGREEMENT**

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Introduction

Located on Route 134 in Yorktown, Fable is a farm and food hub dedicated to local, sustainable agriculture. We believe that through dedication, hard work, and modern technological advancements in agriculture, we can provide the freshest produce 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 our farm and 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@rivertownscommunitygardens.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 through October.

We look forward to getting to know you and your families over the course of the 2023 growing season. Thanks so much for your commitment to healthy food and a healthy community.

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 residents and restaurants with fresh, healthy, and locally grown produce. When he's not planting culinary herbs or browsing through the latest seed catalog, one can find hiking in the Catskills or raising his two children Tucker and Dakota.



Anne was Fable's very first farmer and helped start the farm back in 2015 growing basil in a 720sf greenhouse, raising 30 chickens, and filling a whole half acre with an abundance of different produce. In 2017 she went off to Queens County Farm working her way up to Director of Agriculture, overseeing a team of 10 and vegetable and herb production. We are very happy to have her back and helping run our wonderful market while also participating in field work and livestock care.



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!



Jed has spent several years at Ramapo for Children where he learned to grow tomatoes, microgreens, mushrooms, and more. Joining us in 2022, Jed has helped us grow and harvest an abundance of tomatoes, create and jar sauerkraut and other pickled products, and much more. We're excited to have him join us again in 2023.



Your Farm

Located on one of the nation's oldest historic farm properties, the land here at Fable has been farmed since the mid 1700s. 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.

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 2019 Fable started to partner with several farms to help provide our CSA members with a variety of produce. These include delicious fruits and vegetables that we do not grow here in Ossining but our friends in Poughkeepsie, Copake, and elsewhere grow very well. After enormous success and positive reviews, we will be continuing this practice again for the 2023 season.

Milk, Cheese, Bread, and More...

Since we partner with other farms and small businesses we offer many delicious, locally made items in our Market such as milk, cheese, bread, and more. These items can be ordered online for Home Delivery or picked up in our Market.

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.

Northwell Health + Fable 2023 CSA

- 18 Week Season -

\$523 Forager's Share (Half) = Members receive roughly \$29 in produce each week.

\$700 Farmer's Share (Full) = Members receive roughly \$39 in produce each week.

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.

Fable will be dropping off produce for 18 weeks at the Northern Westchester Hospital in Mount Kisco and the Phelps Memorial Hospital in Sleepy Hollow.

For any weeks skipped, the shares will be donated to the Dobbs Ferry Food Pantry, Second Chance Foods, or a nearby Food Pantry. For more information please e-mail info@fablefoods.com.

Weekly Pickup

Day : Fridays

Time : 1pm

Place : Northern Westchester Hospital (Mount Kisco) & Phelps Memorial Hospital (Sleepy Hollow)

Please give yourself at least 5 minutes to arrive and collect your vegetable share.

Unable to Pick Up?

Fable will be dropping off produce for 18 weeks. If you are unable to pick up your share we encourage you to ask a coworker, friend, or family member to retrieve your produce.

You are also welcome to donate your share to one of our Food Pantry partners, a nonprofit organization that helps meet the need for food assistance in Westchester. You may also pick up your share at our farm in Ossining on Sunday with advanced notice.

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.

Northwell Health + Fable

2023 CSA Membership Agreement

Please sign this page and send it with a check to the address below. You may also pay online by visiting www.fablefoods.com/csa and scroll down to the Northwell Health section.

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:

Northwell Health + Fable 2023 CSA Membership - Farmer's Share (Full) 18 Week: \$700

Northwell Health + Fable 2023 CSA Membership - Forager's Share (Half) 18 Week: \$525

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 roughly May to 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 _____

Fable: From Farm to Table

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