

Why organic? Why local?

Organically grown food is free from exposure to harmful chemicals, but that is only a small part of the organic movement. Our farmers work hard to ensure healthy, sustainable soils that benefit the crops productivity and the health of consumers.

Organic food sometimes costs more than conventional food because the organic price tag more closely reflects the true cost of growing the food: substituting labor and intensive management for chemicals, the health and environmental costs of which are borne by society. These costs include cleanup of polluted water and remediation of pesticide contamination. Prices for organic foods also include costs of growing, harvesting, transportation and storage. The intensive management and labor used in organic production are frequently (though not always) more expensive than the chemicals routinely used on conventional farms.

Local food tastes better because it arrives to you fresher and crisper than food found in a market (which travels on average 1,500 miles and takes 2 weeks to reach you). Local food supports local families. It also adds variety to your diet, builds your immunities and allows you to potentially try something new.

Join our CSA today!

Source: The Organic Farming Research Foundation

The Golden Earthworm Organic Farm

The Golden Earthworm Organic Farm is nestled on 40 acres of pristine farmland protected by a land preservation program on the North Fork of Long Island.



The farm was started in 1996 by Matthew Kurek, a chef turned farmer with a passion for growing beautiful, high quality organic produce for the local communities of Long Island. Today, Matthew runs the farm with long-time friend and fellow farmer, James Russo, and his wife, green designer Maggie Wood. Together, they grow over fifty different varieties of vegetables for three farmers' markets and a large Community Supported Agriculture Program.



The Golden Earthworm Farm is certified by NOFA-NY Certified Organic, LLC.



Visit the farmers' website for more information: www.goldenearthworm.com



2007 Season
May 24-late November

Community Supported
Agriculture:
locally-grown
organic produce

www.astoriacsa.com

What is a CSA?

Community Supported Agriculture (CSA) is a mutually beneficial partnership between a local farm and neighborhood that desires fresher, healthier produce. Before the growing season starts, each CSA member purchases a produce share.

As a *shareholder* in the farm, a CSA member receives a weekly share of the harvest throughout the growing season.

Payment is required before the season begins to provide a stable, financial base for the farm. This allows the farmer to purchase seeds, hire labor and get the season started without having to take out high-interest loans.

In order to make the CSA work, every member pitches in. We ask members to contribute at least one 4-hour session working at our distribution site. This allows you to meet our farmers, other CSA members and helps keep the administrative fee low!



Share pick up for the 2007 season is

Thursdays, 5:00-7:30 PM
@ Cafe Bar
32-90 36th Street
(at 34th Ave)
Astoria, NY 11106

Become a CSA Member!

Online membership:
www.astoriacsa.com

Request paper membership:
718-512-5401

We appreciate payment in full but realize this is not always easy. We provide 2 payment options and accept check or credit card.

You are responsible for finding a share partner. Please visit our website for the Share Partner Message Board.

Basic Vegetable: \$500
Totals \$18.50 per week.

Member Benefits

You must buy a Basic Vegetable share to receive the member benefits.

Fruit Share: \$130

The fruit share length is slightly shorter than the vegetable share. It includes blueberries, raspberries, blackberries, nectarines, peaches, apples and pears.

Tomato Share: \$25

If enough members are interested, the farmers will offer a one-time 20lb drop of plum tomatoes.

Grass-fed Meat, Dairy, Cheese, Bread, Honey

We are pairing with farms upstate who offer the above items plus more! Members select the products and amounts desired and orders are picked up and paid for once a month at the distribution site.

What is a Share?

Share contents vary from week to week depending on what is *in season*. A share includes 6-10 different types of vegetables that have been harvested less than 24 hours before they reach your table and feeds 3-4 non-vegetarians.

We understand that these shares may be too large for singles or small families. We encourage you to split shares. Come to our Membership Drive, call us, or visit our website to find out how to partner.

Save the date

Tuesday, March 27, 7-8 PM

Membership Drive and Q&A with the farmers. Join us at Cafe Bar. Get your questions answered and find a share partner. Sign up that night and receive a thank you gift.

BELOW DATES ARE FOR MEMBERS ONLY

Saturday, May 6, 2-3:30 PM

Farm Visit! Join us on the farm for a Spring tour. More info closer to the date.

June

Strawberry Picking on the farm, more information closer to the date.

Date TBD by farmers

Kids Day on the farm, more information soon.

Date TBD by farmers

Fall Festival on the farm, more information soon.

Other membership events will take place throughout the year. We will keep you posted!