

## What Is Community Supported Agriculture?

Community Supported Agriculture (CSA) is a partnership of consumers and farmers. The member shareholders provide a guaranteed market and income, as well as labor, to produce and distribute the food for a growing season. The farmers provide weekly shares of fresh, seasonal, certified organically grown vegetables and herbs. Both partners share in the risks and rewards of small-scale farming: weather, insect damage, and bumper crops.

## Who Is GVOCSA?

The Genesee Valley Organic Community Supported Agriculture group (GVOCSA) began as a project of Politics of Food with 26 members in 1989, and has expanded yearly. Farmers Greg Palmer, Ammie Chickering, Ruth Blackwell, and Elizabeth Henderson (retired) grow the food at Peacework Organic Farm near Newark, New York. Members pick up their food weekly in Rochester. GVOCSA also holds social events to celebrate community and the harvest.

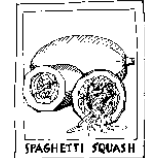
## What Is My Share?

The weekly food share includes an average of seven to eleven items—less early and late in the season, and more at peak season. Bulk quantities can be purchased for canning, freezing, and storage. Special products from other small New York State farmers and producers are also available for purchase.

## Listing of Typical Crops

	June	July	Aug.	Sept.	Oct.	Nov.
Rhubarb	■					
Asparagus	■	■				
Snow peas, Sugar snaps		■	■			
Peas		■				
Spinach	■	■	■	■	■	■
Lettuce (many varieties)	■	■	■	■	■	■
Turnip Greens	■	■	■	■	■	■
Scallions	■	■				
Cabbage, red & green					■	■
Cilantro	■	■	■	■	■	■
Dill	■	■	■	■	■	■
Oregano	■	■	■	■	■	■
Basil		■	■	■	■	■
Bok Choi	■	■	■	■	■	■
Beets & Beet greens	■	■	■	■	■	■
Kale	■	■	■	■	■	■
Swiss chard, red & white	■	■	■	■	■	■
Carrots	■	■	■	■	■	■
Beans (green, purple, & romano)		■	■	■	■	■
Mustard greens		■	■	■	■	■
Kohlrabi		■	■	■	■	■
Cucumbers		■	■	■	■	■
Summer squash (zucchini, patty pan, yellow)		■	■	■	■	■
Tomatoes		■	■	■	■	■
Peppers (green, red, yellow)		■	■	■	■	■
Eggplant		■	■	■	■	■
Sweet corn		■	■	■	■	■
Collard greens					■	■
Chinese cabbage	■	■	■	■	■	■
Broccoli	■	■	■	■	■	■
Brussels sprouts					■	■
Cauliflower					■	■
Winter squash (acorn, delicata, butternut, spaghetti)					■	■
Potatoes, red, white & blue				■	■	■
Leeks				■	■	■
Celery				■	■	■
Pie pumpkins					■	■
Turnips					■	■
Rutabagas					■	■
Parsnips					■	■

## How Can I Get More Information?



Write to:

GVOCSA  
25 Nelson Street  
Rochester, NY 14620

Or Call:

Dave (585) 442-5658  
Michele (585) 241-9680

Or visit us on the web at:

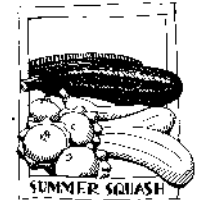
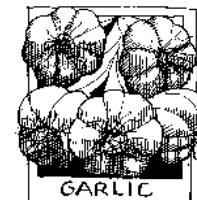
<http://www.gvoCSA.org>

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

**Organic Food from Local Farmers:  
A Consumer-Farmer Partnership**



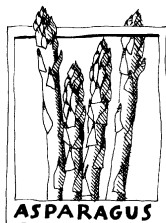
## Our Goals

Genesee Valley Organic Community Supported Agriculture:

- Provides members with high quality, certified organically-grown vegetables throughout the growing season and for storage through the winter.
- Provides a reliable income and source of labor for the farmers we support.
- Helps consumers understand how food proceeds from the field to the table by directly linking them to the natural ecology and operation of a commercial organic farm.
- Enables consumers to share in the labor, risks, benefits, insights, frustrations, and satisfaction of farming.
- Improves consumer understanding of the significance of organic farming methods and the process of certification.

## Who Can Join?

Membership is open to anyone in the Greater Rochester area. Families with children are especially welcome, and we arrange the farm work schedule to include children to the greatest extent possible. Non-farm work opportunities are available for people with serious physical limitations.

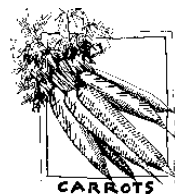


## What Does It Cost?

Every member makes a commitment, on a sliding scale, for the season. An initial partial payment is required to join. The remainder may be paid in increments. Food stamps are accepted. Bulk and special orders are paid for separately when ordered.

## How Does It Work?

For every share, the member contributes 12 hours of farm work (3 x 4-hour shifts) and 5 hours distributing the shares (2 x 2.5-hour shifts). Special arrangements can also be made. A CORE group of members administers the group. Voluntary participation in the CORE is open to any member.



*Think locally, eat locally!*

Organic Food from Local Farmers:  
A Consumer-Farmer Partnership



Genesee Valley Community  
Supported Agriculture

[www.gvocsa.org](http://www.gvocsa.org)

*Growing our 23<sup>rd</sup> season of  
organic vegetables!*

**Think Locally, Eat Locally**