



Back Home Farms CSA Handbook 2021



WELCOME TO THE BACK HOME FARMS CSA!

Thank you again so much for joining our Community Supported Agriculture Farm Share! This handbook is designed to provide you with some of the details about our farm and your role as a CSA shareholder. We appreciate your effort to commit to this relationship with us. We are tremendously grateful to be a part of your summer and your family.

When does the CSA begin and end?

The first 2021 CSA Farm Store pick-up day is Friday, June 18th and the first Farmers Market pick-up day is Saturday, June 19th. The CSA will include 16 weekly pick-ups and end on October 2nd.

Meat CSA pickup dates are as follows:

1. Friday/Saturday - June 18/19
2. Friday/Saturday - July 9/10
3. Friday/Saturday - August 6/7
4. Friday/Saturday - September 3/4



Will my CSA share meet all my produce/meat needs?

Depending on the size of your family and how much you cook, you may find that you need to supplement even more vegetables or meat. We encourage you to still buy local, naturally raised produce and meat! We have The Farm Store or our booth at the Park Rapids Farmers Market which can be used to supplement your already bountiful shares! *CSA shareholders get a 5% discount at either location through October 31st!



When and Where do I pick up my share?

At the Farm Store: Fridays from 3p-6p

14844 129th Ave - Park Rapids



At the Farmer's Market: Saturdays from 9a-12n

Empty lot on Hwy 34, across from Thielen Motors, next to the American Legion

Can I change/switch my pickup day/location?

We ask that you choose a "preferred" day so we can schedule our packing but if you need to switch it's okay. If you are unable to make it to the pick up at all, please send a neighbor or friend to pick up for you.

Otherwise, for pickup changes, please be in touch with the farm via email at backhomefarms@gmail.com or text at 218-616-2333 at least 24 hrs prior to your regular pickup time and/or your pickup change request time.

We can help you reschedule or offer another solution. Please respect the 24 hr notice as we will be harvesting your share the same morning of pickup.

However we understand that things happen and so if you cannot get in touch with us 24 hrs in advance send us a message anyway and we will try to work something out.

If you completely miss a pickup, and do not notify us about rescheduling options, your share will either be reutilized, donated to a local food pantry, or fed to the chickens or pigs. Nothing is wasted at the farm!

How does the pickup work?

When you arrive at the farm, please head into the Farm Store where we will check your name off the list and help you find your share box.

If you are picking up at the farmers market, we are located on the west side of the market just behind the little building on the lot. Look for the silver trailer and bright orange canopy.



Can I send someone in my place to pick up?:

Yes! If you cannot pick up your share yourself, simply send a substitute! All they have to do is give us your name during pickup. Your substitute will not be allowed to take home the actual container – just the produce inside. We will have to repack the bin into bags for them.

Where can I park at the farm?:



You can pull up in the yard and park in front of the Farm Store. If you have a mobility or health issues preventing you from walking please reach out, we are more than willing to help as we can.

Are there hazards on the farm?:

YES! A farm can be a dangerous place, so we have a few rules to make it safer for everyone:



The Barn and Animal Pens

Animals are fun to watch but please ask before wandering around by yourself as we have several different barns and pens with multiple species of animals. We love to show off the critters but depending on time we might ask you to come back during a scheduled farm tour. Farm tours are always free to our CSA shareholders!

Tractors



Tractors and their implements can be tempting places to climb, but our rule is No Kids on Tractors, whether they are running or not.

First Aid

A first aid kit is kept in the Farm Store.





Can I bring my kids to the farm?

Kids are always welcome at the farm, however we ask that they are supervised at all times. There are lots of dangers on a farm, including rusty metal, nails, tractors, trucks, gasoline, oil, and other potentially harmful items as well as animals. We encourage you to teach your children to respect and love the farm as much as we do!

One thing to note is that we do offer a Kids Farm Camp during August where kids ages 6-12 can get hands-on experiences with our animals and the farm life. Please ask us about details if your kids would be interested.

Can I bring my dog(s) to the Farm?



Because we have working farm dogs and other multiple animals, we must ask that you please do NOT bring your dog to the farm; even if you plan to leave them in your vehicle. We appreciate your cooperation with this.

KEEP IT COOL. Not going home right away after picking up your share?

Use an insulated bag to store your share in at work, in your office, in your car or wherever your share may live before it makes it to your fridge at the end of the day. Also, it would be helpful to bring an ice pack of some kind to add to the bag with your veggies (don't put directly against fragile greens to prevent freezer burn). And please don't leave it in your hot car for very long.

Is the food in our share already cleaned?

We only rinse our root crops (carrots, beets, parsnips, etc) after harvesting. For the rest of your produce we recommend giving everything a wash once you get it home. Don't be surprised to find root vegetables like potatoes and carrots have some beautiful farm soil still clinging to them! Because we don't routinely rinse or spray our veggies, you may end up taking home a "farm friend" in your broccoli or cauliflower. Don't worry, we'll tell you how to get rid of them safely and quickly once you get them home.

How do I best store my produce?

Make sure to properly store each type of vegetable. We will have some tips in the weekly newsletter on how to make your produce last longer. Consider purchasing some "green bags" to extend shelf life. Also, refer back to the CSA Tools & Tips ebook we sent out via email.

What if I don't like or recognize something?

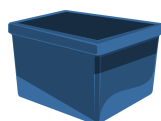
We encourage you to try it again, you may be surprised at how different fresh, seasonal produce tastes compared to what you may know from the store. We also encourage you to ask about recipes or cooking methods as most of the farmers and shareholders are enthusiastic cooks! There will be recipe suggestions provided in your weekly newsletter as well!



The early CSA boxes will not be quite as bountiful.

In fact, you might look inside, calculate the math, and think, "This isn't the \$\$ value I should be getting per week." This is how it is every year in the early weeks, and there's a good reason for it: There just aren't as many veggies that will grow in the early months of the season. We do our best to provide as much variety as we can in the early weeks, but you will likely see a lower amount of product in those first 3-4 weeks. That being said, you will also see extra product later in the year to make up for it.

Taking care of your CSA container:



Each member is allotted 2 plastic veggie bins for their CSA season. Please bring your used plastic bin back the next week (rinsed out with plain water), and we will swap it out with a new one. If you fail to remember your bin, your items will be sent home in a cardboard box or paper bag rather than a bin.

- **Broken Bins:**

Please be gentle with our bins. They are an investment! If you lose, break or crack your CSA bin due to negligence, you will be charged \$10 for its replacement. You will not be charged due to normal wear and tear.

- **How We Clean Your Bin:**

Washing and sanitizing the bins is an important step we take each week to insure that your produce is safe to eat. We ask you to help us out by pre-rinsing the bin before you return it. We clean the bins with a vinegar based food safe cleaner.



What is the Back Home Farms CSA Newsletter?

Each week we send out an update letting you know what's going on at the farm including a list of what's in the share that week, recipes, and notes from the farm. In order to eliminate paper waste, we only send the newsletter out via email.

Private Facebook Group



We have created a private Facebook group for our CSA shareholders to engage with one another and a place for us to share more content outside of the weekly newsletter. This forum is for you all to share videos, photos and links of what you are cooking. Due to Facebook analytics, sadly you are not guaranteed to see every post (or even receive notifications) for all that appears in this private group we created for our shareholders. To make sure you are seeing what folks are posting, make sure you engage with the content from time to time. Like things, comment on things, post content yourself: this will help you continue to see news from this group regularly.

Potlucks/Dinners/Tours and Events at the Farm

Please watch the newsletters for activities that we have planned at the farm this year! This year our activities will be geared towards our shareholders only.

Does Back Home Farms want feedback?

Yes! We will periodically have evaluations for shareholders to give feedback. But don't wait for us! If there is something that you'd like us to know that would make the CSA work better for you, please let us know. We really want to hear any concerns FIRST so that we can have a chance to make it right. You can also email questions or comments!



How do I contact Back Home Farms?

All CSA pertinent questions, schedule changes, etc should be sent to Judi.

Email address:

backhomefarms@gmail.com

Phone number:

(218) 616-2333

Farm address:

14844 129th Ave, Park Rapids, MN 56470

Mailing address:

14844 129th Ave, Park Rapids, MN 56470

Facebook:

<https://www.facebook.com/BackHomeFarms>

Instagram:

@backhomefarms

Website:

www.backhomefarms.net

Thank you very much for your membership! We hope you will love the farm's produce and meats as much as we love growing and raising them for you!

Your Farmers,

Josh, Judi, Adison & Sawyer

