

World PEAS CSA

Pre-Season Shareholder Information 2012

Please mark your calendar:

Thursday, August 2nd Farm Tour: World PEAS and New Entry will host a tour of New Entry's Dracut training farm sites. The tour begins 4:45. A tasting of local foods will follow. Details to come.

Background on the World PEAS CSA

The World PEAS CSA is part of a non-profit called the New Entry Sustainable Farming Project (nesfp.org). New Entry is a joint project between the Tufts University Friedman School of Nutrition Science and Policy (Boston), and Community Teamwork Inc. (Lowell). New Entry's mission is to strengthen local food systems by training new farmers (new to the U.S. or new to farming), helping them find suitable land and other resources and helping them connect with consumers in their community. New Entry's training for new farmers includes farm business planning, pre-season crop planning and production training on subjects ranging from irrigation installation to livestock management to post-harvest handling (for a full list of field training visit nesfp.nutrition.tufts.edu/training). Farmers who complete the business planning course are eligible to rent land on one of two training farms, which are fully equipped with hoopouses, irrigation, tractors, organic pesticides and other resources. Throughout the season, New Entry staff members provide farmers with one-one-one technical assistance to help farmers address challenges they face in the field. After a maximum of three years on our training farms, New Entry staff helps farmers transition onto independent farm sites, where they continue to receive technical assistance from New Entry.

Many of the New Entry farmers struggle to access local markets due to their limited production capacity, demanding off-farm job, language barriers, lack of computer training, etc. The World PEAS Cooperative was started by New Entry to help farmers in the program sell their produce to local consumers. The World PEAS Cooperative helps local farmers overcome these barriers by handling the outreach, advertising, bookkeeping, and coordination of the CSA. In addition to coordinating the cooperative CSA, World PEAS also coordinates a CSA for low-income clients in Lowell, delivery of produce for low-income homebound seniors, and produce for the Lowell WIC program, Merrimack Valley Food Bank, and several other low-income markets. World PEAS also helps farmers find suitable farmers' markets, restaurants and wholesale clients to access on their own, promoting a diversity of marketing outlets.

This season, World PEAS will purchase from 30 beginning, immigrant and refugee farmers, two non-profit farming programs (the United Teen Equality Center and the Community Gardens Greenhouse), and a handful of other local farms (including Verrill Farm in Concord, Carlson Orchards in Harvard and Brookdale Farm in Hollis, NH) to provide shareholders with over 75 crops over the course of the season. In addition to traditional New England crops, many World PEAS farmers also grow crops from their homelands in Sub-Saharan Africa, the Caribbean and Southeast Asia. We will include some of these "ethnic" crops in the CSA for you to try (along with recipes in the newsletter, of course).

Daily Operations

Pickup Times- Shareholders should arrive at their chosen pickup location for the season, during the designated pickup time window (details for each location are below). Shares that are not picked up at the end of distribution will be handled at the site coordinator's discretion, often being donated to a food pantry, or other needy households. Unless otherwise stated for your pickup location, please do not contact site coordinators to ask if you can pick up your share outside of the stated pickup window.

If you know in advance that you will not be able to pickup your share, please send me an email (kpetcosky@comteam.org) by **Thursday morning of the prior week** so that I can make arrangements to donate your share directly (to the Lowell WIC office, Merrimack Valley Food Bank, etc.) rather than delivering it to the pickup site. Alternatively, you can have someone else pick up your share on your behalf. To do this, simply have the designated person inform the site coordinator when they arrive at the distribution point, and/or have the

designated person check off the shareholder name on the check-off list when picking up the share. You need not contact me or the site coordinator to have someone pickup on your behalf.

Switching Locations- Switching shareholders' pickup locations/days is very tricky for us, as we must change all of the production numbers for each farmer. However, we realized that circumstances beyond shareholders' control may make changing locations necessary. We will therefore offer to change shareholders' pickup location for a nominal donation of \$25, which will be used to support our efforts to bring produce to low-income populations. Shareholders should notify me by email at kpetcosky@comteam.org, at least two weeks prior to the desired relocation date, and continue to pickup in their original location until I have confirmed that the change has been made.

Large Shares, Small Shares- There will be only two types of produce boxes at the pickup location (except at Tufts in Medford where there may be boxes from other CSAs as well). Large Shares will be in bushel boxes with **Red** writing (the box dimensions are roughly 1'x 1'x 1.25'). Small Shares will be in half-bushel boxes with **Green** writing (the box dimensions are roughly 1'x .75' x .75'). For the most part, all Large Shares will be identical and all Small Shares will be identical. Thus, when picking up your share, simply take the top box from the appropriate stack (Small and Large Shares will be stacked separately). It's important that you take the time to make this distinction, since if you pick up the incorrect share size, the final shareholder to arrive at the pickup will be left with the incorrect share size.

Sign-in Sheet- There will be a check-off list with all shareholders' names and columns corresponding to each of the pickup dates. Please be sure to check off your name when you pick up your share each week. While we cannot call to remind shareholders to pick up their share each week, this check-off list will help us identify if anyone is consistently forgetting their share so that we can help address the problem.

Newsletter- We will email a newsletter on the day of pickup (typically by 1pm). We will also leave some paper copies at each pickup site, clipped to the check-off list (to limit the number of paper copies we must print, this year we are not putting them in every box). Read the newsletter to find out what's in your share, crop information, suggested recipes, announcements and other New Entry news. Additional recipes are available on our website at nesfp.nutrition.tufts.edu/ethnic_crops/crops.php and on our Pinterest account (WorldPEAS).

Electronic community- We will send out the electronic newsletter each week. You will not be able to reply to one another using this group list. Instead, if you wish to share recipes, organize a ride to the farm tour, organize a pot-luck or book group or inform one another about relevant events in your community, World PEAS CSA is on Facebook (www.facebook.com/pages/World-PEAS-CSA/108072228218). We also have a Twitter account (twitter.com/NewEntry), through which we will send out updates, such as if we are dropping off shares early. You can get Twitter updates by SMS texts to your phone by texting "follow NewEntry" to the number 40404. You can also follow us on Pinterest (World PEAS) for recipes, books and more. Please note that Neither Facebook or Twitter are effective ways to communicate with me regarding your CSA share. It is best to call or email (Office: 978-654-5733; Work Cell: 978-656-1654, kpetcosky@comteam.org).

Returning CSA boxes- You have the option to either unpack the contents of your share into bags or take the box home with you each week. We recommend repacking your share into bags for those traveling on foot, bikes or public transportation or for those who do not wish to have wax from the boxes rub off onto your clothes while carrying. If you choose to take the box home, it is important that you remember to return it the following week. We only have a few extra boxes and need the returned boxes to pack the following week's share. Simply collapse your box (directions below) and stack with the others at the distribution point.

To ensure that everyone is reminded to return their boxes each week, we have included a separate column on the check-off list that asks whether you returned your box from the prior week. If you forget to return

your box one week, simply bring it back the following week; you need not contact me. If you unpack your share into bags, you can simply check off the box for return of your box *for the following week*. We will charge \$5 for each unreturned box, one month after its intended return date.

Unfolding CSA boxes- The CSA boxes collapse to be flat for storage. When unfolding boxes, **it is very important that you do not bend or rip boxes**, only fold along perforated/ pre-folded lines. These boxes are expensive and non-recyclable (due to the wax coating that makes the boxes water-resistant), but when properly handled they will last several seasons.

To see a quick (and amusing) video on how to unfold boxes, visit www.youtube.com/watch?v=CMhRw28m9fY



#1 – To open both the large and small share boxes, slide the top flap (the one that says “perishable, keep refrigerated”) away from the center. Do not pull up.



#2 - To collapse the Small Share boxes (the boxes with the green writing), first open the top as described in #1. Turn the box over. Then slide the two narrower flaps on the bottom of the box, away from one another. Do not pull up.



#3 - To collapse the Large Share boxes (the boxes with the red writing) first open the top as described in #1. Turn the boxes over. Then push in on the flaps as pictured above. Do not pull up. Do not bend the corners. Once the box flaps have disengaged from one another, pull them back out of the box cavity, so that it will lay flat.

Splitting Shares- Multiple households that are splitting a single share should make pickup arrangements with one another to either have one partner pick up the share or meet at the distribution and split it up. If share partners choose to meet at the pickup to split the share, they must split up the share away from the pickup site (for example at a shareholder’s car). **Under no circumstances should anyone leave a partial share at the pickup site for their partner to pick up, as someone else may mistakenly take it thinking it is a full share.** Please do not ask site coordinators to hold a partial share for your share partners.

Swap box- Site permitting, we will have a swap box. Feel free to leave items that you don’t think you will eat in the swap box or swap one item from your share with an item in the swap box.

Extended Season Share- In addition to a Large or Small Share during the main season, some shareholders have registered for an additional extended season share. Pickup locations and times (with the exception of the days) will be the same as they are during the main season, as described below. We will send additional information regarding the extended season share later in the season. If you are interested in registering for an Extended Season Share, please email me to check availability (kpetcosky@comteam.org).

July 4th Pick Up Details- This is the first year in World PEAS history that July 4th falls on a distribution day (Wednesday, July 4th). Given that we cannot distribute on a national holiday for a variety of reasons (limited to no availability for work share volunteers, offices for pick-up are closed, road closures in Boston, etc.) we will not deliver shares on July 4th. Shareholders who normally pick-up on Wednesdays will choose from the following options (I will send all Wednesday shareholders a survey to indicate their preference):

Option 1: Donate your share. Instead of picking up this week, your share will be donated either to the East Boston WIC office or the Lowell WIC office.

Option 2: Pick Up share on Tuesday, July 3rd at one of the following Tuesday locations:

-East Boston YMCA, Chinatown, Porter Square (Orchard St. or Cambridge St.), Reading

Option 3: Pick Up Share on Thursday, July 5th at one of the following Thursday locations:

-Lowell, Dracut, Andover, Lexington, Concord

Details about Distribution Locations:

Tuesdays -

East Boston- from the YMCA at 215 Bremen Street. Pickup will be Tuesdays from 4-10 pm. When you enter the YMCA, shares will be at the bottom of the ramp to your left when you enter. Please park your car in a parking space, do not park temporarily in front of the YMCA building while you run in to get your share.

Tufts Chinatown- Tufts Jaharis building, at 150 Harrison Ave, Tuesdays from 3:30-6:30. Shares will be kept in the atrium of the back exit near Kris Maguire's office and the Student Affairs Office on the first floor. Those of you within the Tufts Community will be asked to show a Tufts I.D. Those of you who are not part of the Tufts community will need to sign in at the front security desk. I have provided security with a list of your names so that you will have access to the building. If I am early delivering shares to this location (or perhaps am a few minutes behind), I will post a note to our Twitter account (twitter.com/NewEntry). Members of the Tufts community who have access to the M&V building may be able to access Jaharis after hours.

Root Capital- Shares will be delivered to Root Capital on the 5th floor at 955 Mass Ave, Tuesdays by around 4 pm.

Orchard St., Cambridge- from the home of DC and Gretchen Denison at 18 Orchard St. in Cambridge. Pickup will be on Tuesdays from 4:00-8:00 pm. Shares that are not picked up during this time may be picked up Wednesday between 7am and 8pm, however, shares will remain outdoors after delivery, without refrigeration, so shareholders are strongly encouraged to pick Tuesday, as early as they are able.

Fairfield St., Cambridge- from the home of Jennifer Gilbert at 48 Fairfield St. in Cambridge. Pickup will be on Tuesdays from 5-7 pm sharp. Shareholders who plan to split shares must do so off of the premises; do not leave partial shares for someone to pick up later. Please return boxes clean (they will be stored outside in the garage and there are raccoons and even more unsavory wildlife in the neighborhood).

Reading- from the Unitarian Universalist church of Reading, at 239 Woburn Street. Pickup will be on Tuesdays from 3pm to 7:30 pm sharp from the front porch of Loring House, the Grey Victorian next to the church parking lot. Shares may not be opened either on the front porch of Loring nor carried inside church property to be split; if you splitting a share, please do so at your car, away from the church. Please help keep the Loring Porch space as clean as possible and pick up any berries or other debris that may have fallen out of boxes. The Loring House porch will be emptied by 7:30 PM every Tuesday. Late arrivals or overnight holds will not be available.

Wednesdays -

Bedford- from the UU church in Bedford, at 75 Great Rd. Pickup will be on Wednesdays from 5-7 pm sharp. Shares may not be opened inside the church; if you splitting a share, please do so at your car, away from the church. Please help keep this indoor space as clean as possible and pick up any berries or other debris that may have fallen out of boxes.

Lahey Clinic, Burlington- Shares will be delivered to each Wednesday to 29 Mall Rd. The pickup time in both locations will be 3:30 to 6pm. Shareholders who forget to pick up their shares on Wednesday may pick them up after 6 am on Thursday, while recognizing that they will not be refrigerated overnight. Shares will be left in the cafeteria of Gordon Building, next to the vending machines. Lahey employees without ID access may enter the building on the South Bedford Street side.

MHA- Shares will be delivered to the MHA loading dock, at 5 New England Executive Park in Burlington, by 3:30pm each Thursday.

Winchester –from the home of Kara Driscoll, at 72 Wildwood St. Shares will be available Wednesdays from 4:00-7:00pm on the large covered porch unless it's too hot or too cold, in which case they may be moved to the garage.

Tufts Medford/Somerville- from the Office of Sustainability on the ground level of Miller Hall. Shares will be placed in the glass vestibule outside of the office. Pickup is from 4pm on Wednesday until 11am on Thursday. However, keep in mind that the vestibule is not air-conditioned, so we strongly recommend that you try to pick up your vegetables by 6 pm on Wednesday to ensure optimal freshness. Also, be sure that you are taking the right share (which should be clearly marked with signs), as two other CSA may deliver shares to this location as well. Also, please do your part to keep the vestibule clean by collapsing your boxes.

To reach the Office of Sustainability by car, come up Curtis St. (coming from Somerville)/ Winthrop St. (coming from Medford) and enter the parking lot located between Upland and Tesla St. Drive to the left of Carmichael Hall and bear left. To see a map of these instructions visit www.tufts.edu/programs/sustainability/ and click on 'contact us'. Be sure not to leave your car unattended for extended periods, as it may be ticketed. Tina Woolston helps coordinates the distribution at Tufts in Medford.

If we are early delivering shares to this location (or perhaps am a few minutes behind), we will post a note to our Twitter account (twitter.com/NewEntry).

Triumvirate- Shares will be delivered to Triumvirate at 61 Inner Belt Rd, Somerville pm Wednesdays by 4 pm. Shares will be staged behind the garage doors on the left side of the building. If you have any questions, please ask the Triumvirate receptionist.

Bunker Hill Community College- Shares will be available at the Health and Wellness Center next to the security desk from 4:00-7:00 pm on Wednesdays.

Charlestown- Shares will be delivered to the Lacrosse Learning Center at 14 Green St. Shares will be available from 4-7 pm on Wednesdays. Take note that parking along the second half of Green St. is by permit only. You may use the dirt parking lot half way up Green street on the right, to park briefly while you fetch your share.

Thursdays -

Dracut- Pick up will be at Ogonowski Farm, 126 Jones Ave. Pickup will be on Thursdays from 4pm to 6pm. Shares will be on the picnic tables near the greenhouses.

Market Street Market- 95 Market Street, Lowell. MSM is owned by Rob and Janet Nason. Pickup will be Thursdays from 4-8 pm. Shares will most likely be kept towards the back of the store, next to the deli counter. There will be no swap box in this location, so as not to intermix CSA vegetables with those sold by MSM. Shareholders that are splitting a share must do so off of the premises; do not leave partial shares for someone to pick up later. Also, Rob and Janet host this distribution without compensation from World PEAS. We hope that you will appreciate the wide selection dry-goods, wine, and milk from nearby Shaw farm and find it convenient to patronize this store. If I am early delivering shares to this location (or perhaps am a few minutes behind), I will post a note to our Twitter account (twitter.com/NewEntry).

Andover- from the home of Tricia Schwartz at 3 Myles Circle. Pickup will be Thursdays from 4-7 pm. If in an exceptional circumstance, you are unable to pick up your share, you may email Tricia at tjcschwar@gmail.com, and she may be able to hold your share. If you do not pick up your share within the allotted time and have not confirmed an alternative arrangement with Tricia to pick up your share at a later time, your share will be donated. Shareholders who plan to split a share must do so off of the premises; do not leave partial shares for someone to pick up later.

Lexington – from the home of Ann Redmon at 31 Woodland Rd. Pickup will be Thursdays from 4:30-6:30 pm. Please avoid lingering in the street at the pickup location to talk with other shareholders, as this causes congestion and may upset neighbors.

Concord –from the home of Allison Aley at 122 Upland Rd. Shares will be available Thursdays from 3:00-7:00pm on the large covered porch unless it's too hot or too cold, in which case they may be moved to the garage.

Billerica – Proposed. Details TBD.

If you have any questions, please do not hesitate to email or call Kate or the New Entry office.

Kate Petcosky
World PEAS CSA Coordinator
New Entry Sustainable Farming Project
kpetcosky@comteam.org
Office: 978-654-5733
Work Cell: 978-656-1654

155 Merrimack Street, 3rd Fl
Lowell, MA 01852
www.nesfp.org