2009 CENTRAL SUSQUEHANNA VALLEY CSAs

WHAT ON EARTH IS A CSA (or a buying club for that matter)?

CSA stands for Community Supported Agriculture. Such ventures bring together consumers interested in safe, healthy food and producers seeking a stable market for their crops. The two groups are joined together in an economic partnership under a CSA, which provides fresh, local food to families and individuals in the community and a consistent means of support for the local farmer.

In addition to the financial benefit, the system also builds community. Though farmers represent less than 2% of the population, all of us eat. CSAs allow us to reconnect with the land and the people who work the land; this connection establishes a healthier relationship between our families and the production of the food that sustains them.

In this era of food scares, frankenfoods, and fast food, CSAs offer a sustaining and sustainable alternative: know your farmer, know your food!

Please contact the farms directly for more information or to sign up for your own CSA share!

Buying Clubs- Are groups of 5 to 100 individuals or households that coordinate their purchasing to ensure access to locally or naturally and sustainably produced goods. These groups 1) identify producers and providers of quality goods and 2) coordinate ordering, purchase, delivery, and distribution of the products.

Local CSA and Buying Club INFO	PRODUCTS	SEASON	LOGISTICS	SHARES
Dreamcatcher Farm *Lewisburg, PA* *Union County* Joe and Jackie Detelj 2160 Hoffa Mill Road Lewisburg, PA 17837 (570)523-1681 dreamcatcherfarm@dejazzd.com **www.dreamcatcherfarm.biz**	Variety of vegetables, fruits and herbs, grown with organic methods	22 weeks May through October	Pickup at farm stand on Rt 192, between noon and 5pm on Saturdays	Full Share - $550 Half share - $275 Members arrange their own share splitting. Joe and Jackie can help interested members find partners. Working shares - a few available on a limited basis, please contact Joe.
Heirloom Farms *Mt. Pleasant Mills, PA* *Centre County* Chris Heckman and Matthew Martin 286 Beidler Road Mt. Pleasant Mills, PA 17853 Chris Heckman (570) 495-0454 csheckman@netscape.com	*Heirloom vegetables (many rare and unique varieties from private seed stock) *Certified Naturally Grown *Bread Share available through Rip Rap Bakery artisan breads using local wheat from Willow Meadow Farm	Produce: *Minimum 28 Weeks *Extended Season with greenhouse Bread Share: Available Year Round	*Pick-up at the farm, Lewisburg producers market, and Selinsgrove location. *Home delivery available thru our friends at Three Sisters Buying Club	Full Share- (3-6 persons) $600 Half Share- (1-3 persons) $300 Working Share- available on a limited basis ***Sharing Share-** a full share worth of flowers and berries, a loaf of bread, a native perennial each month, a half share worth of veggies for you, and a half share worth of veggies, berries and a loaf of bread for a local family in need donated in your name- $535
Mystic Springs Organic Farm *Sunbury, PA* *Northumberland County* Giles Wickham, Jr. and Marcia Readinger 10 Farmhouse Lane Selinsgrove, PA 17870 (570) 372-1975 **www.mysticspringsorganicfarm.com**	Variety of vegetables, fruits and herbs, grown with organic methods	20 weeks May/June start	Pick-up locations in Selinsgrove and Sunbury (Lewisburg pick up possible with sufficient interest)	Large family(5-7) - $650 Small family(3-4) - $550 Couple - $450 Single - $350

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Scott's Berry Farm *Winfield, PA* *Union County* Whitney Scott 153 Scotts Drive Winfield, PA 17889 (570) 274-3703 **scottsberryfarm@earthlink.net**	Fruits, Vegetables, and Herbs Fruits- Strawberries, Blueberries, Raspberries (Black, Red, Yellow), Rhubarb, Peaches, and Apples Vegetables- Multiple varieties of tomatoes, lettuce, peppers, potatoes, squashes, onions, and beans as well as Beets, Spinach, Peas, Cucumbers, Pickles, Sweet Corn, Zucchini, Cabbage, Broccoli, Cauliflower, Eggplant, Celery Herbs- Basil, Oregano, Thyme, Sage, Parsley Rosemary, & Dill	20 Weeks	Pick-up at the farm or Deliveries to a drop-off point	Full Share (4 People approximately 20lbs/wK) $595 Half Share (2 People approximately 10lbs/wk) $299 Payment Options Available
Shaffer Family Farm – New Life CSA *Sunbury, PA* *Northumberland County* Matthew and Rebecca Shaffer RR 5 Box 285 Sunbury, PA 17801 (570) 988-3484 or call Laurie Knight (570) 522-0362 www.shafferfarmcsa.com	Organic vegetables raised on a 4th generation family farm; additional "egg share" of eggs from free-range, organically fed hens available; whole, free-range, organic chickens available at a 15¢/lb discount to members; free-range beef, pork and turkeys available at a discount	20 to 25 weeks June through November	Pickup locations on the farm in Sunbury or at Ard's Market on Rt. 45 ($50 more per share per season for Ard's pickup)	Full share (4-6 people) *-2008 $450* Half share (1-3 people) - *2008 $250* Egg share: Half share (1/2 doz/wk) *-2008 $20* Full share (1 doz/wk) - *2008 $35* Whole chickens - $1.80/lb, available 4 times during the season. Free-range beef, pork, and turkey. Share prices for 2009 have not been set, but they should be available sometime in April, if not
Spring Bank Acres *Rebersburg, PA* *Centre County* Raymond Fisher 531 Millheim Narrows Rebersburg, PA Kyna Mackey, contact (kynab11@yahoo.com) **http://www.statecollegefarmers.com/fisher_r.html**	Raw Milk Dairy Products: milk, cream, butter, yogurt, cheeses, sour cream, buttermilk, cottage cheese, buttermilk, whey, kefir, fruit yogurt smoothies, beet kvass, kombucha All made with raw milk from free-range, grass-fed cows Eggs from free-range, no-grain chickens	Year-round 13-week, quarterly shares	Thursday delivery to Lewisburg $1.50/wk delivery charge or Service of 1pick-up/qtr	Share Prices: A small share is $3.75 per week. A large share is $6.50 per week. Small units: 1 dozen eggs, 1/2 gal milk, 1 quart yogurt, 1 pint cream, etc. Large units: 1 gallon milk, 1/2 gallon yogurt, 1 quart cream, etc. Contact Kyna for more information
Tewksbury Grace Farm *Muncy, PA* *Columbia County* Leah and John Tewksbury 168 Yeagle Rd. Muncy, PA 17756 (570) 437-2620 Tewks1@aol.com **www.localharvest.org/farms/M20370**	Variety of vegetables, herbs, mushrooms and dried goods, grown with organic methods. Opportunities for preordering eggs, pork, chicken and ground beef from neighboring farmers.	18 weeks June through early October late-season produce deliveries from October to December available a la carte, online	*Home delivery in Lewisburg Borough * Pick up at Cherry Alley Café *Delivery to Gina's house in Muncy *Call the farm for other arrangements.	Super size share - $720 Full share - $486 Half share - $243
The Three Sisters Buying Club *Selinsgrove, PA* *Snyder County* Carla Hine 2 Bogar Circle Selinsgrove, PA 17870 (570) 374-1671 ThreeSis@ptd.net **http://threesistersbuyingclub.com/**	A variety of locally-and-sustainably-produced food is available. Raw milk, eggs, and artisan breads are available weekly. Meats, poultry, farmstead cheeses, wild-caught salmon, honey, maple syrup, and fruits are available monthly when in season.	Year-round and seasonal local foods are available. Most, if not all, dairy products, eggs, and meats are from pasture-raised animals.	*2 Bogar Circle, Selinsgrove *Sweet Meriam's Farm, Beaver Springs Other delivery locations are possible. Contact Carla Hine for more information.	Delivery Fees: $45/13-Week Quarterly $20/5-Week Monthly $16/4-Week Monthly $5/ Single-Week Call Carla or visit the website for product and pricing details -- Ex. Raw milk from grain-free, pasture-raised cows is $2/half gallon.

Sweet Meriam's Farm in Beaver Springs, Snyder County, is offering a community garden option in 2009 in lieu of a CSA. Please contact Kristin Markley for more information. (570) 658-8512 www.sweetmfarm.com

Buying and eating local produce is good for your health and the health of the environment. The Community Supported Agriculture model is also good for the health of the local agricultural economy. These may not be the only options for good, fresh, local food in the Central Susquehanna region, but this list a great place to start. If you know of others, please let us know, so we can update the list.

This list is a service of the Local Action Network (www.LocalActionPA.org) and Slow Food Susquehanna River Valleys (http://slowfoodSRV.blogspot.com).