

Save the Date

Farm Trip

The farm trip is traditionally held in October at the end of the season. We get a tour of the farm and even get to help out a little!

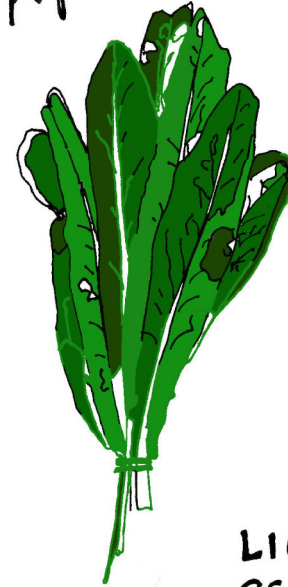


Core Group Meetings

First Wednesday of each month at Hour Children.

The LIC CSA Core Group is made up of volunteer members just like you. We have a few key roles to help divide and conquer everything that goes into making a CSA run smoothly (most of the time). Please come and share your thoughts!

*Long Island City
Community Supported
Agriculture*



LIC
CSA

**WELCOME
to the
2011 Season**

What is the LIC CSA?

• Community Supported Agriculture (CSA) links people in our community to local farmers. Our mission is to make inexpensive, fresh, organic, and locally-grown vegetables available to everyone in our community and to support local agriculture. The farmer benefits because we provide a direct market for his goods. The community benefits by getting delicious and healthy food at a super cheap price! No middleman means that you pay much less than in the supermarket.

• The Long Island City CSA program is a partnership between the residents of Long Island City and the Farm at Miller's Crossing in Hudson, NY. We have developed additional partnerships in order to provide extra items such as beef, poultry, dairy, and coffee.

• Fresh organic vegetables are not just for the rich. We are proud to be a mixed income CSA, ensuring access to good food for people of all income levels. To ensure this, we have set up our CSA so that anyone can participate regardless of his/her income. We accept a variety of payment plans including food stamps.

• By becoming a member of the LIC CSA you have embarked on a gourmet adventure. Enjoy the trip!

Special Programs

Lewis Waite Farm

Unlike extra item "shares", LWF allows you to purchase a range of farm fresh products such as: beef, lamb, chicken, duck, eggs, grains, cheese and honey without committing to a share. You buy exactly what you want when you want. You can view their website for a full list of products.

To order go to www.csalewiswaitefarm.com and login using user name: Long Island City and password: licmarket and select "Long Island City" from the CSA dropdown menu. You will be prompted to create your own personalized user name and password. This is the use name you will use to make all your orders.

You pay by either using Paypal or by bringing a personal check when you pick up the. Orders must be placed 5 days before the pick up date. Pick up Thursdays at LIC Market 21-52 44th Drive, LIC, NY 11101 3-9:30 pm.

Composting

This year composting will be available at the distribution site.

Membership

Your membership is an investment in our Partnership Farms, in your community, and in your health.

Volunteering

- All Long Island City CSA members are asked to contribute a small amount of time to help the CSA run smoothly by volunteering 4 hours per household during the 2011 season.
- Most members fulfill the requirement by signing up for two 2 hour shifts at the distributions site. This includes setting up, weighing and giving out items, clean up, and composting support.
- While volunteering is essential for the operation of weekly pick up, there are other volunteer opportunities. Questions and ideas can be directed to our Volunteer Coordinator, Abigael Burke at abigael.burke@gmail.com.
- Our volunteer schedule is managed online at: <http://volunteerspot.com/login/entry/110-62435705849>. A sign-up sheet will also be available during distribution.

Newsletter

Available every week online and at distribution, our newsletter provides a farmer's update, recipes, and upcoming events.

Payment

Shares (without payment plans) should be paid in full before the beginning of the season.

If you are on a payment plan, bring your payment each week. The NYCCAH representative will take payments at sign in. If you miss two consecutive payments and fail to bring your account up to date by the third week, then you forfeit the share and it will be resold to someone on the waitlist.

Pick Up

- Pick up takes place Wednesdays from 5-8 pm. Please be on time. The season is **June 8th through Nov 2nd**.
- **The Hour Children Food Pantry is located on 11th Street between 36th Ave & 37th Ave.** Enter through the parking lot. You may park here if you are driving.
F train to 21st-Queensbridge
Q69 bus to 36th Ave
Q66 bus to 35th Ave
- **Bring bags to carry all of your items.** They can get heavy, so reusable canvas bags work best. A few smaller bags are also useful for separating items. Only bags **for sale** will be available during distribution.
- When you arrive, sign in for your shares at the counter. **You must sign in for each extra item share separately.** If you are on a payment plan or paying with SNAP (Food Stamps), a NYCCAH representative will be there to take your payment.
- After signing in, move to each station. A volunteer will help weigh or count the items for a full or half share. Please feel free to pick out your own produce if you prefer.
- If you do not want a particular item, you may check the swap box. Leave your unwanted item and take something else from the box.
- If you cannot attend a pick up date, ask a friend to pick up for you. If no one can pick up for you, your share will be donated to the Hour Children Food Pantry. We do not have the space, refrigeration or volunteers to hold shares that are not picked up. We cannot refund shares.

Partner Organizations

• *NYC Coalition Against Hunger* (www.nyccah.org)

NYCCAH ensures the mixed-income and community building aspects of the CSA by providing funding for subsidized share prices, outreach, and administrative support to residents through the Farm Fresh Initiative. This program provides families with choices while connecting small local farms to low and middle income New Yorkers in traditionally under-served communities.

• *Hour Children* (www.hourchildren.org)

A multi-faceted family service organization that provides housing, permanent and transitional, and a wide array of supportive services that transform the lives of women and their families involved in the criminal justice system. The LIC CSA distribution site is the Hour Children food pantry.

• *Just Foods* (www.justfood.org)

The leader in connecting local farms to NYC neighborhoods and communities since 1995. Their mission is to unite local farms and city residents of all economic backgrounds with fresh, seasonal, sustainably grown food.

• *Western Queens Composting Initiative*

WQCI works to increase capacity for, acceptance of, and participation in composting in Western Queens. They provide composting infrastructure for Greenmarkets, CSA's, community gardens, and urban farm and public events.

• *LIC Market* (www.licmarket.com)

A local restaurant and market owned by two of our volunteer members. They work closely with local farms and fine purveyors to create a menu of seasonal American fare. The space serves as the distribution site for Lewis Waite Farm extra items as well as host to a number of CSA events throughout the season

Partner Farms

• *The Farm at Miller's Crossing*

(www.farmatmillerscrossing.com)

Weekly vegetable shares along with extra item beef shares.

• *Hepworth Farms*

(hepworthfarms.com)

Weekly fruit shares.

• *Argyle Cheese Farm*

(www.cheesefarmer.com)

Weekly extra item dairy shares of yogurt & cheese.

• *Brookside Farm*

(brooksidefarm.biz)

Extra item poultry shares of eggs and chicken.

• *Red House Roasters*

(www.rhrcoffee.com)

Biweekly extra item shares of whole coffee beans.

• *Lewis Waite Farm*

(www.csalewiswaitefarm.com)

Extra items such as beef, lamb, chicken, duck, eggs, grains, cheese and honey, that are individually ordered online.

Pick-up Thursdays at LIC Market