



Care of the Earth Community Farm
a Certified Organic vegetable farm and CSA
www.careoftheearthcommunityfarm.com
careoftheearthcommunityfarm@gmail.com
(865)978-0561

2018 New Member Application

YOUR FARMERS

Care of the Earth Community Farm is owned and operated by Megan Allen and Eduardo ("Lalo") Lazaro, and our children Evan Shea (4) and Eila (infant). Megan began farming in 2003 while studying Sociology and Economics (Urban Policy) in college in Poughkeepsie, NY. Lalo grew up farming in Veracruz, Mexico, but gave it up when coming to the US. His interest in farming was renewed when he met Megan in 2005. We have been farming this farm together since 2009. Megan is a Knoxville native.

OUR FARM

As the seasons pass, I realize more and more that every farm is very different: a reflection of its farmers perhaps, definitely a reflection of the interaction between the farmers and the land they farm. The name of our farm came from a Wendell Berry passage: "The care of the Earth is our most ancient and most worthy, and after all most pleasing responsibility. To cherish what remains of it and to foster its renewal is our only hope." At Care of the Earth Community Farm, we seek to cherish and renew the earth by adhering to organic principles; to provide an alternative for our family that allows us to center our lives at our farm; and to provide fresh, healthy, and nutritious vegetables to members of our community, a relationship with the people and place that grow those vegetables, and access to both the practical and spiritual underpinnings of our farm. In practice, this means that we are a small, diverse, Certified Organic farm located in Northeast Knox County, TN. We currently cultivate fourteen acres each season, seven of those acres are fruit and vegetable crops and seven of those acres are in cover crop. We also have a young apple orchard, 2 woodland acres, 3 acres in pollinator crops (bee habitat) and 2 acres in pasture. We became a Certified Organic farm in 2015. We are certified by Oregon Tilth. Prior to that we were Certified Naturally Grown. Our farm philosophy is based on the concept of organic farming as originally defined by Lord Northbourne in *Look to the Land* in 1940: we think of the farm as a "organism" where each part plays an important role in the whole, one part supporting another part to create a functioning whole. On our farm, it looks like a cycle (although it is not yet a perfect cycle).

The foundation of our farm is our soil. We like to think of it as a pro-active approach, nurturing the soil to avoid having to use fertilizers, herbicides, pesticides, or fungicides. Each year we cultivate crops on less than half of our cultivatable acres. The other cultivated acres are maintained in a cover crop rotation. A cover crop is a crop (typically a combination of a grass and a legume) planted to improve or maintain soil fertility, improve soil tilth or quality, reduce erosion, suppress weeds, control pests, provide

nectar for bees, and increase biodiversity. We seed cover crops as our fruit and vegetable crops finish to maintain soil health and prevent erosion (as climate permits). This rotation also allows us to break weed, pest, and pathogen cycles, which makes it easier for us to grow without the use of any herbicides, fungicides, or pesticides (organic or conventional). As part of the cycle, our cover crops act as food for our chickens and sheep, who free-range on our cover-cropped land like pasture crop. Their manure, along with the nutrients provided by our cover crops at till-in allows us to rely very minimally on external fertility. We do still use Harmony organic fertilizer for our heaviest feeder crops (broccoli, cauliflower, cabbage, and brussels sprouts). This philosophy is based upon sustainability as well as self-sufficiency, and we try to base all of our farm decisions on this philosophy. That said, complete self-sufficiency is not one of our goals, as we want to be part of a larger community where we are able to both purchase locally and sell locally. As a CSA shareholder, you are always welcome at the farm. We feel it is the best way for you to really know how your food is grown and produced.

WHAT IS A CSA?

The Local Harvest website has a very thorough explanation of CSA programs, including the concept of shared risk as well as tips for new CSA members. I strongly suggest that you read their page <http://www.localharvest.org/csa/> before signing up for a CSA share for the first time.

We choose to have a farm based on the CSA model for many reasons, but most importantly because a CSA is about relationships, particularly about the relationship between the land (the farm), the farmers, and the long-term CSA members who support that farm. Over time a CSA becomes a community of equal-exchange that far exceeds an economic relationship.

Our long-term CSA members have become our friends or even our family. We share meals with them in our home and in theirs. We meet for tea. We attend reading groups and Bible studies together. We attend their art gallery openings, musical performances, and their children's recitals. We share parenting advice. We talk on the phone about mundane things and very important ones. They are our community, which to us is the real point. Yes, they support our farm season after season, which is amazing, and yes, we grow them beautiful, healthy, fresh vegetables season after season, which is also amazing. But the most wonderful part is that together we are creating a community. The concept of whole food has evolved to mean something very different to me than when I started farming over a decade ago. A whole food is a food that has been grown naturally, is not processed, and contains no artificial ingredients. We, of course, produce whole foods (fruits, vegetables, herbs, eggs, chickens and lamv), but what I am suggesting is that we are also collectively, with our CSA members, helping to cultivate something much more **whole** than that. Our farm and CSA is helping to create more whole people.

Organic, "sustainable" farmers are privileged to be surrounded by the renewal of nature. I can attest that over time this process of renewal, or healing, becomes inseparable from the very act of farming, eating, and even living out our lives in our community. I am not trying to say that we somehow possess magical powers. Rather we have come to believe that by being in communion with the earth, and being intimately involved in its

renewal and recreation, and by sharing that with our CSA community, we are able to clearly see the ways in which such renewal moves beyond vegetables to help to heal selves, so that we may not only be people eating whole foods but people becoming whole selves. It is a beautiful process.

If you have more questions about this, see our article “Perspectives from a CSA Farmer” in the Fall 2016 edition of *In Good Tilth*: <https://igt.tilth.org/perspective-from-a-csa-farmer/>

IS A CSA RIGHT FOR ME?

These are not judgments, just trends that seem to surface each season.

CSA shares work really well for people who eat many of their meals at home or who prepare the meals that they take to work, for people who are committed to eating seasonally and locally, for people who are willing and excited to eat new fruits and vegetables and to eat seasonally, and for people who recognize that there may be seasons that some fruits or vegetables are not available (in fact, some of the things we grow during the summer actually need opposite conditions - hot and dry versus cool and wet - making it practically impossible to have a season when every single crop does well).

Our CSA program typically doesn't work well for people who travel a lot or who are really busy, for people who eat out a lot and are not committed to making a change to eat out less, for people who only eat a few fruits and vegetables or expect large quantities of certain vegetables (broccoli seems to commonly be an issue), or for people who do not place value on local produce and local agriculture.

OUR CSA

Our CSA program supports the work of our farm as outlined above and provides our livelihood. By participating in our CSA program, you become a shareholder of our farm, pledging your economic support at the beginning of each season so that we may be sure that our operation costs are covered. In exchange for your economic support (the cost of your CSA share), you receive your share of our farm's fruit and vegetable production (either a bin every week or every other week).

Our regular season CSA is typically 32 weeks long, from the middle of April until the Saturday before Thanksgiving. We also offer a winter share that begins the week after Thanksgiving. Your share will reflect the seasonal variety of fruits and vegetables that we are currently growing. The only fruit that we currently harvest are strawberries, cantaloupe/muskmelons, and watermelons. We hope to have apples and blueberries in the future. The first weeks of the CSA include: spring greens (arugula, bok choy, spinach, lettuce, and beet greens), leafy greens such as chard and kale, radishes, turnips, carrots, beets, and sugar snap peas. Broccoli, cabbage, Napa cabbage, fennel, new potatoes, scallions, onions, leeks, garlic scapes, herbs and celery, early summer squash, early green beans, and strawberries are usually ready in May. Summer crops include: summer squash, cucumbers, cantaloupes, watermelons, tomatoes (several types), tomatillos, eggplant, sweet and hot peppers, sweet corn, okra, potatoes, onions, green beans, shelling or Cranberry beans, garlic, herbs, carrots (early summer), beets (early summer), cabbages (early summer), lettuce (early summer), and any greens that are still available. Fall veggies include: most of the summer veggies until early-October,

winter squash and pumpkins, sweet potatoes, potatoes if we still have enough, carrots, beets, spinach, collard greens, kale, chard, broccoli, green and savoy cabbage, Napa cabbage, bok choy, arugula, lettuce, other salad greens, radishes, turnips, fennel, scallions, leeks, dry beans and heirloom, stone-ground gluten-free cornmeal. Our winter share varies year to year based on weather but typically includes: lettuce, escarole, radicchio, cabbage, arugula, spinach, greens (kale, collards, chard, turnips, mustards), Romanesco, cauliflower or brussels sprouts, beets, turnips, rutabaga, storage radishes, sweet potatoes, carrots, parsnips, dry beans, peanuts, and cornmeal. We may also have other processed foods like sun-dried tomatoes or grits. The most difficult crops for us to grow here season after season are potatoes, broccoli, cauliflower, and brussels sprouts. They are the most ill-suited to our climate and also the most vulnerable to pests.

We grow a balance of heirloom and open-pollinated fruits and vegetables as well as non-GMO, organically approved hybrid varieties. We prefer heirloom varieties for philosophical reasons as well as taste and beauty. We have also discovered that some of these varieties are better able to grow in our unpredictable East TN climate; some are also more resistant to insect pressure as well as lower fertility. We typically only choose a hybrid variety of a fruit or vegetable over an heirloom or open-pollinated version when the hybrid greatly out-produces the heirloom or the heirloom is too prone to insect damage or disease. Every season we plant more and more heirlooms and less and less hybrids. One of the reasons for this is that many of the hybrids are created for and trialed in California or the Pacific NW, whose climates, disease pressures, and insect populations are incredibly different from ours, leading to crop varieties that are not particularly suited to our area. There are a few fruits and vegetables for which I wish locally adapted hybrids were available: tomatoes, cantaloupes, and broccoli (Clemson University is supposedly working on a heat-resistant broccoli). If you ever have a question about a variety, just ask.

CSA MEMBER POLICY

1. As a CSA member, you have agreed to pay the full share price for your share for a full season of vegetables. You must pay in full regardless of whether you pick-up your vegetables. If you are unable to complete the season because of an extenuating circumstance (move, illness, etc.), please let us know as soon as possible. If you choose to stop your CSA share and notify us before July 1, we will refund the remaining portion of your share. We will not refund shares after July 1 because by the end of July we have already purchased all of our supplies and planted 90% of the fruits and vegetables for the season. We have had problems with members stopping their CSA share without notice and without paying every season. Please do not do it. If you sign your application, you are agreeing to pay the full CSA share price. We will pursue non-payers in court for CSA share price, legal fees, and court costs.
2. Pick-up: you must come to your assigned pick-up location each week, on-time. For this reason, we ask that you chose a pick-up location and time that is convenient for you. Members that come to pick up their CSA shares in person have a much better understanding of the farm and their vegetables. If you cannot come to your assigned pick up, we ask that you send someone in your place, or you may pick-up your share at the farm that week. In either instance, we ask that you notify us in advance. If you pick-

up anywhere besides our Webb location, we will also gladly leave your bin at your pick-up location if you are unable to make it at your designated time **if we receive prior notification from you!** Prior notification includes: email notification at least 24 hours in advance of your pick-up time, by phone at anytime, or in person (either to Megan or to your pick-up host family). Notification can even include leaving your gray bin with your name on it at your pick up location (this works well) or a phone call right before your pick-up time ends to say that you are running late and will be there in a few minutes. If we do not receive word from you and you do not pick-up at the designated time, your bin will return to the farm. You must notify us within 24 hours after your designated pick-up whether you intend to pick-up your bin at the farm. If we do not hear from you, your bin will be donated. If you miss two bins without notifying us (either before or within 24 hours after your pick up), we reserve the right to terminate your membership. We will only refund your money if termination occurs prior to July 1, and we are able to find a replacement for your share. If termination occurs after July 1, we will not refund your share price, and you will still be responsible for final payment if you are on the payment plan.

3. If you are out-of-town, we ask that you send someone else to pick up your bin. We can hold them at the farm, and you can pick them up there when you return; however, they will still be harvested on your normal day. If you ever are unable to pick-up and unable to find someone to come for your veggies, we will gladly donate it along with our other donations. We make farm produce donations each week.

4. Returning members should have paid a \$75 bin fee last season. If you returned both your bins at the end of the season, then you do not need to pay another bin fee. However, if we do not have your two gray bins, you will have to pay \$37.50 for each bin that you have not returned. New members will pay a one-time \$75 bin deposit as part of their initial CSA share cost. In exchange, you will all be assigned 2 gray, USDA- and FDA-approved plastic gray bins. In order to receive your bin each week, you must return the bin you received at your prior pick up. If you will be picking up late at any of the pick ups except Webb, you must leave your empty bin from the previous week **PRIOR** to your pick up time in order to receive your bin. If you do not have your bin or did not leave your bin, we will put your veggies in a cardboard box **AND YOU WILL BE CHARGED \$6 FOR THE BOX. This season I will send monthly invoices for cardboard boxes. I will no longer leave our plastic harvest bins!**

Your \$75 deposit will be returned to you when you leave the CSA assuming you have returned both of your bins. If you have only returned one bin, we will return \$37.50. If you have not returned either bin, then you will not be refunded. Similarly, deposit will carry over from season to season. If you have returned both bins, then you will not pay a deposit the following season. If you have returned one (and can't find the other one), you will pay \$37.50. If you have not returned either (and can't find them), you will pay \$75 deposit again. **ALSO**, you will now be responsible for cleaning your bins. This is a large part of why we have decided to do this. Some members meticulously clean out their bins each week and some don't. We will wash them out with water, but otherwise their cleanliness is your responsibility.

5. If you choose to pay in payments, please pay on time. Late payments will be charged \$10 per week, and we will not deliver shares whose payments are not up-to-date.

6. We strongly encourage you to come out to the farm at least once a year to see where

your food comes from and how it is grown. You are welcome to come any time, just call to make sure we are here. During the main growing season (Feb.-Nov), we are almost always here. The Farm Open House will be April 7, 2018. We will also host two potlucks. One will be April 7 with Open House and the other will be November 3.

CSA Options:

- **Full, regular season (April-November) share:** you receive a weekly box of veggies and some fruits that represents your share of the farm's produce that week (averages approximately 10 pounds per box, although varies by season). Cost paid in full is \$925 due 1/15/18, which includes \$75 refundable bin deposit.
- **Full, regular season by payments:** (same as above but paid by payments) Cost paid by payment plan is \$1000, which includes \$75 refundable bin deposit (\$400 due by 1/15/2018, additional payments of \$300 due by 5/15/2018 and 8/15/2018 for a total of \$1000)
- **Every-other-week, regular season (April-November) share:** you receive a box of veggies and some fruits that represents your share of the farm's produce EVERY OTHER WEEK (averages approximately 10 pounds per box, although varies by season). Cost paid in full is \$550, which includes \$75 refundable bin deposit, due 1/15/18.
- **Every-other-week, paid by payments:** (same as above but paid by payments) Cost paid by payment plan is \$625, which includes \$75 refundable bin deposit (\$275 due by 1/15/2018, additional payments of \$175 due by 5/15/2018 and 8/15/2018 for a total of \$625)
- **Winter share (approximately 8 weeks in December and January):** you receive a weekly box of fresh veggies plus storage crops and value-added products from the week after Thanksgiving until the middle of January, plus access to pick-your-own at the farm after we stop deliveries in January. See list of items above.
\$250 flat fee due 11/15/18. You do not have to sign up for this until fall.
- **Sustaining Members Share: This program is open to returning CSA members.** You receive the regular season share, the winter share, weekly extras (most weeks) and/or trial varieties for a \$1050 flat-fee. You also are able to pay in 4 \$262.50 installments. We also ask that you attend our "Sustaining Member" potluck and help to provide feedback about certain varieties or farm decisions. This is a way to formalize your commitment to our farm and our commitment to providing you and your family what you need. We will host this season's "Sustaining Member" potluck on Saturday,

February 10, 5-7pm, at the farm for those of you who plan to participate and/or participated this past season. Half shares may become Sustaining Members by pairing up with another half share member. Please contact me for information.

****If you choose to pick up at the farm, there is a \$75 discount for every-week shares and a \$37.50 discount for every-other-week shares.***

Important 2018 Dates:

Jan. 15, 2018 First CSA payment due

Feb. 10, 2018 Sustainable Member Potluck at Farm 5-7pm

April 7, 2018 Spring Farm Open House and Potluck 3-7pm, shares will start sometime in mid-April

May 15, 2018 Second CSA payment due

August 15, 2018 Third CSA payment due (last payment for regular members, 3rd of 4th for Sustaining Members)

November 3, 2018 Fall Farm Open House and Potluck 5-7pm

November 15, 2018 Winter Share payments due and final payment for Sustaining Members

November 17, 2018 Regular Season shares end, Winter shares start the week of 11/26

Application for Standard Full Shares

Applications for new members are taken on a rolling basis as of 11/1/17. Please return by email or to **Care of the Earth Community Farm**, 4314 Varnard Lane, Corryton, TN 37721. First payment (check to Care of the Earth Community Farm) due 1/15/18 (or if after that date then with application).

Name(s) _____

(Please list all members associated with share.)

Address _____

Phone numbers (preferably cell) _____

Email _____

(All members who want to receive email.)

FOOD

ALLERGIES _____

*We do not use any shellfish products.

I/We want a Standard Full Share (April-November), paid in full, full payment (\$925) due 1/15/18 (\$850 for share and \$75 for refundable bin-deposit). We agree to CSA policy and our financial responsibilities.

I/We want a Standard Full Share (April-November), paid by payment plan (\$1000). We agree to CSA policy and our financial responsibilities. Late payments will be charged a \$10 late fee. Full share payments due as follows: \$400 due by 1/15/2018, additional payments of \$300 due by 5/15/2018 and 8/15/2018 for a total of \$1000.

I/We want a Winter Share (The week of 11/26/18-mid-January 2019), paid in full (\$250) due 11/15/18.

Pick-up Location and Time:

(Please number 1 and 2 your first two preferences. Your 1st choice may not be available.)

Wednesdays at Webb, 3:30-4:30pm

Wednesdays at Island Home, 5:00-5:30pm

Wednesdays at Three Rivers Market, 6-6:30pm

Saturdays at Fountain City, 9:00-9:30am

Saturdays at Bearden Central Storage, 10-10:30am

Saturdays at Sequoyah Hills, 10:45-11:15am

Farm pickup, Tuesday/Wednesday (PRICE \$875 in full, \$925 in payments)

Farm pickup, Friday/Saturday (PRICE \$875 in full, \$925 in payments)

Your signature:

Application for Every-Other-Week Shares

Applications for new members are taken on a rolling basis as of 11/1/17. Please return by email or to **Care of the Earth Community Farm**, 4314 Varnard Lane, Corryton, TN 37721. First payment (check to Care of the Earth Community Farm) due 1/15/18 (or if after that date then with application).

Name(s) _____

(Please list all members associated with share.)

Address _____

Phone numbers (preferably cell) _____

Email _____

(All members who want to receive email.)

FOOD

ALLERGIES _____

*We do not use any shellfish products.

I/We want a Every-Other-Week Share (April-November), paid in full, full payment (\$550) due 1/15/18, includes \$75 refundable bin deposit. We agree to CSA policy and our financial responsibilities.

I/We want a Every-Other-Week Share (April-November), paid by payment plan (\$625). We agree to CSA policy and our financial responsibilities. Late payments will be charged a \$10 late fee. E-O-W share payments due as follows: \$275 due by 1/15/2018, additional payments of \$175 due by 5/15/2018 and 8/15/2018 for a total of \$625.

I/We want a Winter Share (The week of 11/26/18-mid-January 2019), paid in full (\$250) due 11/15/18.

Pick-up Location and Time:

(Please number 1 and 2 your first two preferences. Your 1st choice may not be available.)

Wednesdays at Webb, 3:30-4:30pm

Wednesdays at Island Home, 5:00-5:30pm

Wednesdays at Three Rivers Market, 6-6:30pm

Saturdays at Fountain City, 9:00-9:30am

Saturdays at Bearden Central Storage, 10-10:30am

Saturdays at Sequoyah Hills, 10:45-11:15am

Farm pickup, Tuesday/Wednesday (PRICE \$475 in full, \$550 in payments)

Farm pickup, Friday/Saturday (PRICE \$475 in full, \$550 in payments)

Your signature: _____