SECOND NATURE FARM

2018 CSA MEMBER GUIDE

 Photos © She of the Woods

WELCOME!

Thank you for choosing to support our farm through your membership! We look forward to providing you with vibrant, delicious vegetables over the course of the season.

This CSA Welcome Packet covers the basics of your membership, guides you through a typical pick-up, and provides storage and cooking tips to enhance your experience. If you have any additional questions, run into any storage issues, or have any suggestions for information included in next year's CSA packet, please email us at info@secondnaturefarm.com.

Second Nature Farm 2017 Crew

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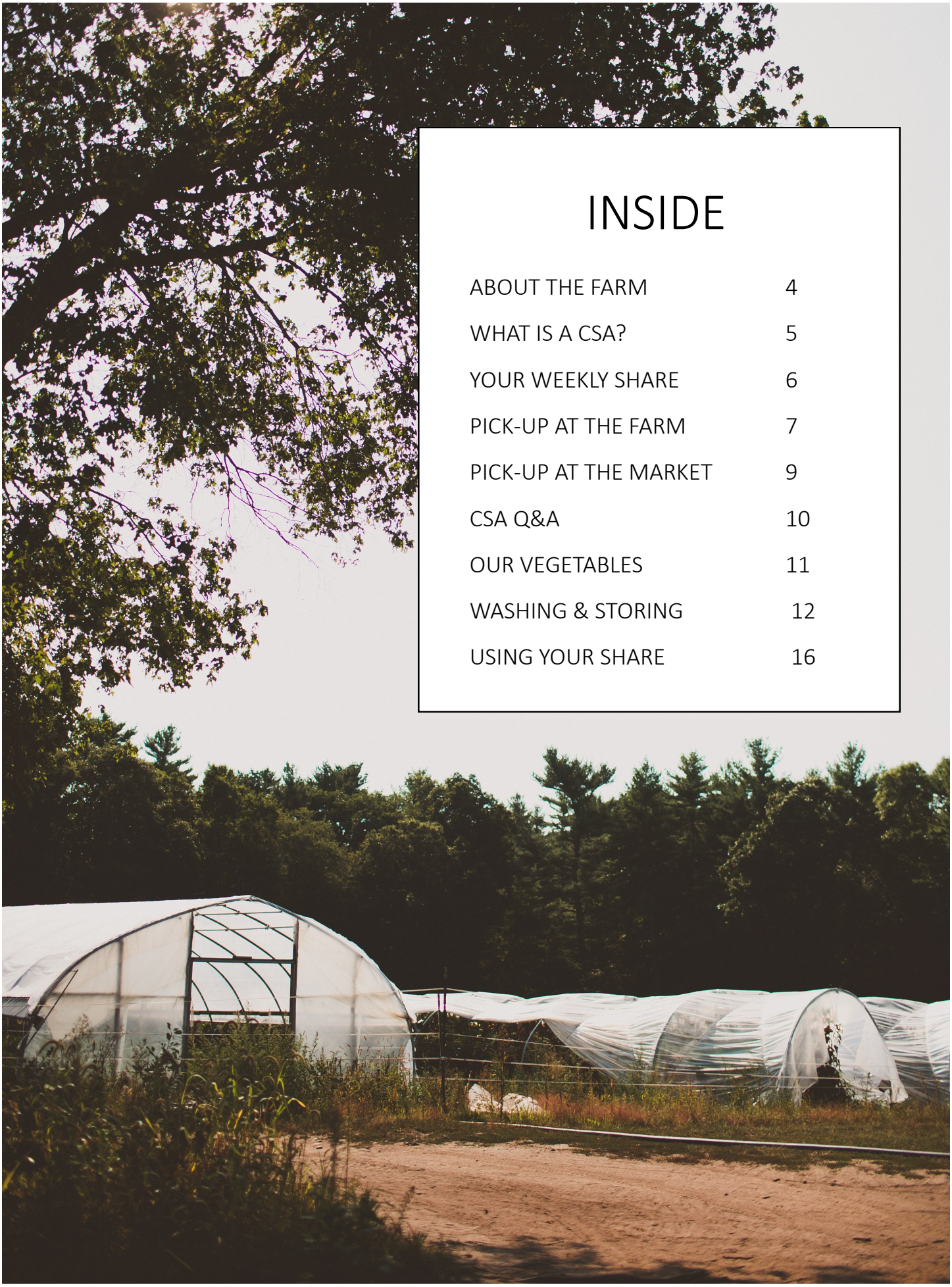

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ABOUT THE FARM

Second Nature Farm began as a 1/3 micro-farm in 2009, and now, 8 years later, is up to 3 acres and 6 employees. We grow a wide variety of colorful vegetables, with hopes of bringing passion and creativity into your kitchens.

Second Nature Farm is proud to be Certified Naturally Grown (CNG). Founded in 2002, the same year as the National Organic Program, CNG is a grassroots alternative to organic that minimizes certification fees and paperwork. **Second Nature Farm, in accordance with CNG guidelines, abstains from using any pesticides, chemical fertilizers, or GMO seeds.** We feel strongly that our customers should be able to eat our produce straight from our fields, free from worrying about whether or not it contains toxic chemicals.

At Second Nature Farm we recognize disease and insect pressure as symptoms of a problem, not a problem itself. Healthy plants have natural disease-fighting mechanisms similar to the way humans have an immune system to ward off disease. And plants, like humans, are most susceptible to disease under periods of stress. In this way, unhealthy plants are ultimately plagued by stress-inducing soil conditions. By balancing soil nutrients and adding organic matter we have drastically decreased our insect and disease pressure, and each year work towards the goal of eliminating these issues entirely.

WHAT'S GREAT ABOUT A CSA

Signing up for a CSA (Community Supported Agriculture) program is a great way to support small farmers while at the same time receiving the freshest, most flavorful vegetables at an unbeatable price. CSA members commit to receiving a mix of vegetables weekly or biweekly, from either our farmers' market stand or our farm in Norton, MA.

In exchange for a CSA member's investment in our farm, they receive not only preferential variety and selection (the first tomatoes of the season always go to CSA members), but also more vegetables for their dollar!

YOUR WEEKLY SHARE

What's in a CSA Share?

As we've learned from previous years, each CSA member has different needs and tastes. While one member may want beets each week, another member may not like beets at all, and yet another may want beets every couple weeks. **In order to satisfy most, we allow members to choose the majority of their CSA share's contents.** Each week there are 2-3 "core" items that all members receive, and 4-5 "you choose" items that members select from our produce display.

We realize that occasionally there may be a core item that a CSA member is allergic to, is inundated with from their garden, or simply can't stand. If this is the case, they are welcome to swap that core item for an extra you-choose item instead. We calculate our inventory assuming that almost all CSA members will be taking core items, so we appreciate members not swapping whenever possible!

Need just a few sprigs of thyme or dill? No problem. **CSA members access our self-serve herb crate to select whatever fresh herbs they need during the week, free of charge.** Selection varies based on season, and may include basil, cilantro, dill, parsley, mint, rosemary, sage, and thyme.

Members also **receive 10% off any additional produce** during their CSA season.

Approaching Pick-Up

1 week before each CSA season begins, Adam sends out a reminder email with the starting date and pick-up window.

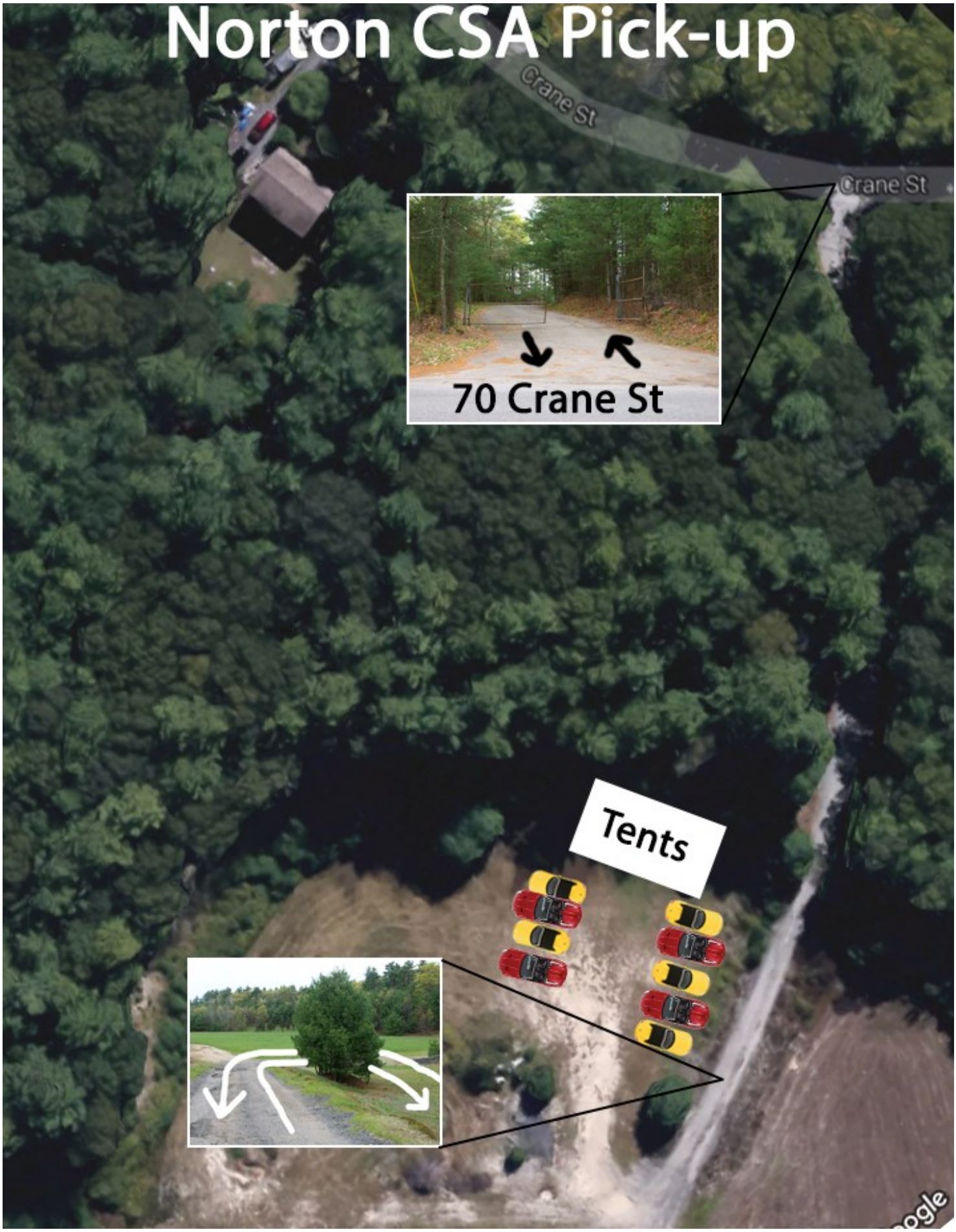
PICK-UP IN NORTON AT THE FARM

While the fields where we host CSA pick-up have no actual address, they're located around 70 Crane Street. We've included an overhead map on the next page that gives you an idea of where CSA pick-up is relative to the Crane Street entrance. We ask that if you arrive early to please remain in your car until pick-up time, as we often use every minute before set-up to ready the distribution area.

At our farm pick-up, CSA members will find tables of fresh produce under white tents, and Adam or another staff member there to greet you and talk about the week's vegetables. On the far left area of our tents, we place a check-in sheet along with a whiteboard that details the week's share. "Core" items are always placed immediately to the right of check-in, and "You Choose" items fill the remaining table space.

Every vegetable is tagged with an index card that clearly states how much of that vegetable constitutes an item (i.e.: 1 pint of cherry tomatoes = 1 item). If the index card has a gray area at the bottom labeled "Extra CSA" followed by a price, CSA members are welcome to purchase additional units of that item as a supplement to their regular share. If no gray box appears at the bottom of the tag, then that item is for CSA distribution only. We'll apply your 10% discount for any additional produce at the end.

Whenever possible, please try to bring a reusable bag or box in which to load the week's vegetables. We'll have plenty of bags on hand to use if you forget.


Norton CSA Pick-up
Crane St
Crane St
70 Crane St
Tents

PICK-UP AT THE FARMERS' MARKET

Both the Braintree and Hingham market are strict about customers not arriving early, and as such, we ask that you wait until the market officially opens before finding our tents to pick up your share.

Under our tents, CSA members will find a check-in sheet and whiteboard detailing the week's share. A copy of the weekly share's contents is also posted to our Second Nature Farm banner, which hangs in the middle of our tents, so that you don't have continually return to the white board. The self-serve herb crate will also be located near the check-in area.

Every vegetable is tagged with an index card that clearly states the price for our market customers. At the bottom of that same index card, underneath the price, is a gray box with the words "CSA" followed by something like "1 lb = 1 item." This means that 1lb of that vegetable constitutes an item. We place a hanging scale in the front right of our tents so that CSA members can weigh out their produce without having to wait in line to use our digital scales.

If you'd like to buy any vegetables in addition to your share, you're welcome to select from our tables and check out with our regular customers. We'll apply your 10% discount for any additional produce at the register. If you are not purchasing additional produce, once you have selected your share you are all set, and need not stand in line for us double check your share (though you're welcome to wave goodbye!). During the summer months, our stand can get quite crowded. If you'd like to avoid congestion, we recommend showing up in the first half-hour or last hour of our farmers' markets.

Whenever possible, please try to bring a reusable bag or box in which to load the week's vegetables. We'll have plenty of bags on hand to use if you forget.

CSA Q&A

Q: WHAT HAPPENS IF I CAN'T MAKE IT TO CSA PICK-UP?

A: You have 2 options: 1) You may send someone to pick up your share for you without any advance notice. 2) You can notify us at least 24 hours prior to missing a scheduled pick-up and then pick up extra vegetables in following weeks.

Q: I FORGOT TO PICK UP MY CSA SHARE, WHAT HAPPENS NOW?

A: All shares missed without 24-hour advance notice are donated to the Hebron Food Pantry.

Q: HOW MUCH PRODUCE DOES A CSA MEMBER RECEIVE?

A: On average, members receive 8 items in their CSA share in addition to whatever they need from our self-serve herb crate. An 'item' is valued at roughly $3.50, and some examples include 1lb tomatoes, 1 pint cherry tomatoes, 1 bunch carrots, 3 cucumbers, 2 heads of baby butterhead lettuce, 1 bunch of kale, etc.

Q: DO YOU OFFER HALF SHARES?

A: Yes, but only for our Summer CSA. Half-share members pick-up a full-share amount every other week during the summer season. Since our produce lasts upwards of 2 weeks, it's like receiving half the regular amount of produce every week without having to attend as many CSA pick-ups.

Q: IF I SIGN UP FOR A HALF SHARE, CAN I CHOOSE WHICH WEEKS I PICK UP?

A: Half-share members are divided into 2 groups: Group 1 begins pick-up during the week of June 17 and Group 2 begins during the week of June 24. We aim for an equal amount of half-share members picking up each week so we can manage demand and make sure everyone gets a good share.

If being in Group 1 or 2 makes a difference for your schedule, you're welcome to request that group in the additional comments field of the "splitting this share?" form that pops up when you add a CSA to your online shopping cart. We'll do our best to accommodate you, but can not guarantee your first choice.

OUR VEGETABLES

One of the many benefits of a CSA membership is eating seasonal produce. Here is a list of vegetables we grow and the general timeline when they are available.

African Spinach (May-December)
Baby Arugula (May-December)
Basil (July-October)
Beans (June-October)
Beets (June-December)
Baby Bok Choy (May-December)
Broccoli (June-November)
Broccolini (June-November)
Carrots (June-December)
Celery (July-December)
Celeriac (October-December)
Cilantro (June-December)
Cucumbers (June-October)
Dill (June-November)
Eggplant (July-October)
Garlic Scapes (June)
Garlic (July-December)
Kale (June-October)
Baby Salad Kale (May-November)
Leeks (September-December)
Head Lettuce (May-December)
Baby Lettuce Mix (May-December)
Micro Radish (May-December)
Mint (June-November)
Onions (June-December)
Parsley (June-December)
Pea Shoots (May-December)
Peppers (July-November)
Potatoes (July-December)
Radishes (May-December)
Rosemary (July-November)
Sage (July-November)
Scallions (May-December)
Spinach (May-December)
Summer Squash (June-October)
Sun Shoots (May-December)
Strawberries (June-October)
Swiss Chard (May-December)
Thyme (July-November)
Cherry Tomatoes (July-October)
Full Size Tomatoes (July-October)
Rainbow Tomatoes (July-October)
Salad Turnips (May-December)
Winter Squash (October-December)

WASHING & STORING YOUR SHARE

Chas washing bok choy for market

HERBS

Most herbs (except basil) should be stored like greens, in a plastic bag in your fridge. Basil doesn't like the cold temperatures inside your fridge. It will keep best if you make a fresh cut of the stems and place it in a glass of water, like cut flowers, and keep it on your countertop. Fresh herbs store for 10 days.

Long-term storage of herbs
For longer-term use, herbs can be dried. We like to hang them upside-down in a paper bag until completely dry and then move to a spice canister or zip-top bag. Succulent herbs like parsley, basil, and cilantro can be blended with a little water and frozen in ice cube trays.

BAGGED AND MICRO GREENS

Unless otherwise stated, our bagged salad greens and micro greens have been rinsed and spun dry prior to bagging. We eat them straight out of the bag, but defer to you whether you'd like to rinse them again. Once washed and dried, bagged greens should be stored right in the bag in your refrigerator and should keep for 7 to 10 days.

LOOSE GREENS

Loose greens like head lettuce, chard, bok choy, and kale should be stored in the fridge in a plastic bag to lock-in moisture. For best storage life, the loose greens should be washed immediately before using. For the sake of convenience, you may want to wash an entire head of lettuce at once, and if so, make sure that you dry the leaves as thoroughly as possible. Any excess moisture on the leaves will cause the lettuce to deteriorate much faster in storage. Loose greens stored properly will last 10-14 days.

Long-term storage of greens
Greens like kale, spinach, and chard can all be blanched, cooled, and then frozen in zip-top bags for wintertime use.

WASHING & STORING YOUR SHARE

ROOT VEGETABLES

You may find some of our root vegetables, like beets and radishes, are sold with the green tops still attached to indicate freshness. However, these vegetables will last much longer if you remove the greens. Simply trim the greens as close to the root as possible and place the roots in your fridge. Root vegetables will store longer if placed in plastics bags in the fridge rather than loose in the crisper drawer.

GARLIC AND ONIONS

These will do best on your countertop or in a cool, dark place such as a pantry. The garlic we grow will eventually sprout (usually around late December). To store garlic through the winter, we suggest breaking apart the cloves, leaving the skin on, and placing in your freezer in a zip-top freezer bag. You can chop the garlic frozen when needed.

WASHING & STORING YOUR SHARE

ZUCCHINI AND EGGPLANT

If you'll use them within a day or two, zucchini and eggplant will do best on your countertop. Otherwise, transfer them unwashed into a plastic bag in your fridge. They should last about a week.

For long-term storage, zucchini can be frozen. Cut into desired shape and size and freeze on a cookie sheet, then transfer to a zip-top bag. These pieces can be added directly to winter soups, but keep in mind that the texture will be soft once defrosted. Zucchini can also be frozen grated for baking.

TOMATOES

Our tomatoes are picked ripe and you will retain the best flavor by storing at room temperature. If you don't think you'll get around to eating your tomatoes for a few days, store them in a cooler place like a pantry or cellar. We generally do not recommend storing tomatoes in the fridge (unless absolutely necessary) as the cooler temperatures reduce flavor.

Tomatoes can be easily frozen whole or in large pieces for winter time use. Once defrosted, the peel comes right off and then they're ready to use for sauces or soups.

WASHING & STORING YOUR SHARE

POTATOES, SWEET POTATOES, AND WINTER SQUASH

These fall vegetables will do best stored in a cool (50-60 degree) area without too much humidity. If only storing for 1-2 weeks, they can be stored on the countertop, and for longer-term they can be stored in paper bags in your basement (ideally with a dehumidifier running).

MISCELLANEOUS VEGETABLES

Scallions, celery, broccoli, green beans, cucumbers, and sweet peppers store best in a plastic bag in your fridge. Broccoli and green beans can all be blanched and frozen. Sweet peppers also freeze well and can be sliced or diced, frozen on a cookie sheet, and transferred to a zip-top bag. Throw frozen peppers right into soups, stews, or fajitas.

USING YOUR SHARE

KEEP IT RAW. Simple preparation can be the best way to let the flavors of each vegetable speak for themselves. Lettuce, spinach, pea shoots, arugula, and baby salad kale all make for delicious salads. Add our micro greens for an extra crunch and peppery hit. Tomatoes, peppers, carrots, radishes, and salad turnips make great salad additions or tasty veggie snacks.

ROAST IT. Try any of our root vegetables roasted. Radishes are especially delicious as roasting brings out more of their sweetness. Cut roots into desired size, coat with olive oil, salt and pepper and roast at 425˚ until fork tender. Beets can be roasted whole in a foil pouch and peeled once cooked.

THROW IT IN A PAN. Our greens are delicious with just a quick sauté. Try our bok choy or swiss chard with garlic, ginger and chili flake. Sauté in a hot pan for 1-2 minutes or just until soft.

GRILL IT. The bounty of CSA comes in the summer, so while the grill is out throw your veggies on it. Zucchini, eggplant, and peppers are a summer staple and grilling garlic scapes or scallions is a delicious addition to a grilled veggie platter. Quickly grilling a head of romaine can take your Caesar salad to the next level.

BLEND IT. Pesto can be made with more than just basil! Broccoli, arugula, and garlic scape pesto are all delicious additions to your pasta dinner. We make big batches for the freezer all summer long. Many of our vegetables are also delicious added to a smoothie. We love to add pea shoots, baby salad kale, cucumbers, and beets.

A FEW OF OUR FAVORITE RECIPES

Thomas Keller's Bouchon House Vinaigrette

Our favorite salad dressing at Second Nature Farm.

1/4 cup Dijon mustard
1/2 cup red wine vinegar
1 1/2 cups canola oil

INSTRUCTIONS

Whisk to combined mustard and vinegar. Slowly drizzle in oil while continuing to whisk until completely combined. This dressing can store up to 2 weeks in refrigerator.

FOR MORE RECIPES, VISIT WWW.SECONDNATUREFARM.COM

Basic Frittata

A frittata is a great way to use up your weekly share as almost any vegetable makes a delicious addition. Follow the basics below and then get creative! Some of our favorites are swiss chard, boiled potatoes, and red peppers.

6 eggs
2-3 fillings of your choice (bunch of swiss chard ribboned, a sliced onion, a sliced or diced red pepper, etc.)
1 cup shredded cheese (parmesan, mozzarella, and cheddar all work well)
2 tablespoons chopped fresh herbs, such as parsley, basil or chives
Fine sea salt and freshly ground black pepper
1 tablespoon extra-virgin olive oil

INSTRUCTIONS

Preheat the oven to 350°F. In a large bowl, beat eggs and season with salt and pepper.

Heat a 10-inch ovenproof skillet over medium heat for 2 minutes. Add oil and swirl around to completely coat the bottom and sides of the skillet. Add in your vegetables and cook until soft. For “wet” items like tomatoes, peppers, or greens, allow most of the moisture to evaporate.

Add egg mixture and half the cheese. Stir to evenly distribute. Sprinkle remaining cheese on top. Transfer the skillet to the oven and bake until eggs are completely set and frittata is golden brown, about 15-20 minutes.

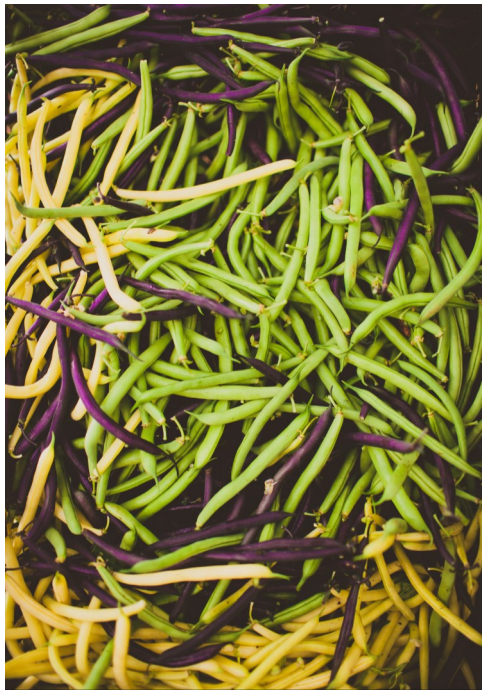
Remove the skillet from the oven. (The handle will be hot!) Loosen edges with a knife or spatula. Slice and serve.

FOR MORE RECIPES, VISIT WWW.SECONDNATUREFARM.COM

Successful Stir Fry

A stir fry is an amazing way to use up a number of vegetables all at once. Follow these simple tips for surefire success every time.

- Do all your chopping and prep work before you turn on the pan.
- Use a large enough pan. A wok is best, but a large skillet can work too. Just be sure you give your ingredients enough space to really fry, rather than steam. If you're making stir fries for several people, we suggest working in batches and making each serving individually.
- Make sure your wok or pan is really, truly HOT before you start cooking.
- Use an oil with a high smoking-point like canola or peanut.
- Use a mix of vegetables with different colors and textures.
- Cook your protein first. Remove it and add it back at the end to avoid overcooking.



Vegetable Stir Fry

3 tablespoons vegetable broth
2 tablespoons Chinese rice wine
1 teaspoon sugar
1 teaspoon cornstarch
1 teaspoon salt
2 tablespoons vegetable oil
1/4 teaspoon sesame oil
1/2 pound carrots, cut into julienne strips
2 cups green beans, roughly chopped
1/4 pound shiitake mushrooms, stems discarded, thinly sliced
1/2 pound your choice of green (kale, chard, etc.), thinly sliced (about 4 cups)
2 large garlic cloves, minced
2 teaspoons minced peeled fresh ginger
2 scallions, thinly sliced on the bias

INSTRUCTIONS

In a small bowl stir together broth, rice wine, sugar, cornstarch, and salt until smooth. Set aside.

Heat a wok over high heat until hot. Add vegetable and sesame oil and heat until it just begins to smoke. Stir-fry carrots 3 minutes. Add beans, mushrooms, cabbage, garlic, and ginger and stir-fry 2 minutes, or until carrots are crisp-tender. Add broth mixture to vegetables. Stir-fry vegetables an additional minute to coat. Add scallions and stir to combine. Serve immediately.

FOR MORE RECIPES, VISIT WWW.SECONDNATUREFARM.COM