

White Oak Valley Farm

Spring/Summer CSA Information 2020

What is a CSA Membership/Subscription?

CSA stands for Community Supported Agriculture. When you choose to become a member of a specific farm's CSA, you are investing in the future of a local family farm. A CSA membership allows you to purchase a "share" of the farmer's harvest and enables both you and the farmer to share in the rewards and risks of farming. Your purchase helps the farmer initially offset the numerous start-up costs that are incurred in the early spring at the start of each season and in turn, you will receive a regular supply of farm fresh, locally grown produce throughout the growing season ahead.

Each week of the season, a variety of fresh vegetables, fruits and/or herbs is harvested from the farm and put into "CSA Boxes". These boxes will be distributed the same day to pre-determined pick-up locations where each CSA member meets the farmer and collects their box of produce. The customer receives a wide variety of the freshest produce possible and the farmer is able to grow a larger variety of vegetables and fruits to share with CSA members.

About our CSA:

Our 2020 spring/summer CSA will run for 16 weeks from early May through late August. Although our exact starting date depends somewhat on early springtime weather, we are tentatively planning to begin the CSA season the first full week of May.

Each weekly box will have a variety of fresh vegetables and herbs with additional fruits such as blueberries, strawberries & raspberries depending on the season. There will be, on average, 7-8 types of seasonal produce in each box. We will do our best to insure that each box has the best variety of produce possible.

Depending on individual eating habits, full CSA shares supply fresh produce for 2-3 adults (or a family of 4) and half-shares are great for an individual or a couple who cannot use a full share of produce each week. We do our best to insure that you receive adequate quantities without it becoming overwhelming.

At certain times during the growing season when we are harvesting a bounty of produce, we may occasionally offer exclusive extra u-pick opportunities to our CSA members at reduced prices. From time to time, we also offer to our CSA members the option of purchasing bulk quantities of produce for canning/preserving. These options are perfect for those wanting to preserve extra produce for the fall/winter (can tomatoes, make salsa, freeze green beans, strawberries etc).

Each CSA subscription comes with a membership discount card that can be used at any time throughout the season to shop at our booth at any of the area farmers markets we attend. This exclusive discount card will give you 10% off any of our products including: vegetable plants, heirloom seeds, vegetables, fruits, jams & jellies, honey, & home baked goods. This card is good for the entire 2020 market season (any time we are set up at a market in 2020) and can be used before, during, and after the CSA season ends.

Types of CSA Memberships:

Full CSA Membership: (\$400) This option is great for families. A typical box provides adequate fresh produce for 2-3 adults or a family of 4, depending on cooking habits.

Half-Share CSA Membership: (\$260) Depending on eating habits, this option is best for singles or couples looking to supplement their regular grocery shopping with some fresh, local produce. Each box will contain about half as much produce as a full membership box.

Why choose our CSA?

Our farm is a small, family farm in McDonald, TN which means that your food is grown, harvested, packaged, and delivered locally. Your food is traveling typically less than 50 miles from farm to table, depending on where you live.

The food we grow is some of the freshest food you will ever eat. We harvest, pack, and deliver as quickly as possible so that our customers can receive only the freshest produce. Our goal is to harvest the same day that the CSA box is delivered!

We provide only the best quality fruits, vegetables & herbs. Quality and flavor is very important to us and we work hard to insure that the food we grow is top quality and tastes great! In order to provide our customers the best tasting produce possible, many of the varieties we grow are heirlooms selected for their superb flavor. We also regularly conduct soil nutrient tests and plant tissue nutrient analysis to insure that our crops are receiving the nutrients they need to produce a top quality, flavorful, & nutrient dense harvest!

We grow & harvest only non-GMO vegetables and fruits! Many of our varieties are unique heirloom varieties passed down from generation to generation.

Our farm is committed to being environmentally responsible and sustainable. Our goals for the farm focus on providing more nutritious fresh foods to our customers, protecting and improving the environment through our agricultural practices, and working towards long-term sustainability, both for our future and the future of our land. One example of our commitment to environmental sustainability is our on-farm efforts to reduce water usage, preserve soil moisture, and reduce non-recyclable waste. Our farm utilizes state-of-the-art technology to help us reduce our water needs and preserve soil moisture. All of our crops are irrigated with an irrigation system that delivers water directly to the root zones instead of other more wasteful and ineffective methods of irrigation. In 2015, we began exclusively using biodegradable plastic mulches around many of our crops. This special mulch is made by a unique process from non-GMO corn starch and will naturally biodegrade in the soil over time instead of leaving behind large quantities of trash that must be discarded at the end of the season.

We love to share recipes and information with our customers! Most CSA boxes will come with info sheets and/or special recipes that we ourselves enjoy preparing.

We have been growing vegetables for customers since 2008 and our family has been farming/gardening for over 4 generations. Over the years, we have learned a lot about growing things and continue to learn new things that benefit us and our customers every year. The knowledge and experience that we have gained over the years helps us to be able to provide a top quality, reliable supply of vegetables all season long, despite the many challenges facing farmers today.

About our farm:

We are a small traditional family farm located in McDonald, TN on 16 acres of fields, pasture, and woodlands. We currently have around 7 acres in crop production and have been growing vegetables for our customers since 2008. We utilize many of the same growing methods on our farm that our grandfather used on his family farm 80+ years ago. Along with these traditional growing methods, we are constantly striving to utilize the latest technology to better care for the soil and the environment. We combine traditional farming methods such as the use of cover crops, crop rotation, composting, manure for fertilizer, and natural insecticides when possible with new technological advances such as the use of biodegradable plastic mulches, insect barrier crop covers, and state-of-the-art irrigation techniques to provide great tasting, safe, and healthy foods for our customers and ourselves.

