

Invest in Health 2010

Join our Community Supported Agriculture (CSA) Programs

20 week season, beginning in mid-June, of either a Protein & Vegetable Share or a Vegetable Share.

- Protein & Vegetable Share*: Pickup Mondays 2PM-7PM at Round the Bend Farm, 90 Allen's Neck Road, So. Dartmouth *2 great CSA Programs with combined distribution in one location
- Vegetable Share: Pickup Fridays from 2PM to 7PM at Brix Bounty Farm, 858 Tucker Road, Dartmouth

What is a CSA?

Community Supported Agriculture (CSA) programs have grown in popularity since their introduction in the United States in the early 90's. There are a wide variety of formats that CSA programs follow, but the general goal of most CSA's is to build a deeper relationship between shareholders and the farm. CSA programs provide a method for members to share the risk and bounty of the growing season with the farmers. When you purchase a share in the CSA you are given a weekly allotment of the season's harvest. More details about each of our CSA programs are found below.

About our farms:



Elen and Antone " T " Vieira have been farming together since 2007.

After three years of employment/collaboration with farm owners Leslie and Rutgers Barclay building Round the Bend Farm we are now able to lease the 52 acres for our own herds, flocks and drifts of cattle, sheep, goats, chickens and pigs. We maintain a common goal with the Barclays of conscientious land stewardship, animal husbandry, and community development.

Elen and T currently offer a wide variety of pasture based USDA certified meats for retail purchase from porterhouse beef steak and lamb chops, to smoked bacon in the sale barn at Round the Bend farm--- 90 Allen's Neck Rd, So Dartmouth, Ma.

Ellis' Eggs (named after our two year old son) are available at fine retail establishments and our raw milk dairy products are currently available through a private buying club.

Our goal as farmers and as a family is to continue to do good work, love our craft and improve the fertility of the land we farm.

Brix Bounty Farm was founded in 2008 by Derek and Katie Christianson, with a focus on producing and promoting nutrient dense foods. We farm land leased from the Dominican Sisters of Hope on Tucker Road in Dartmouth. Brix Bounty Farm focuses on producing and promoting nutrient dense foods using sustainable growing practices. For more information about our growing practices we encourage you to read our Growers Statement (see www.brixbounty.com). Before moving to Dartmouth, we lived and farmed at Hawthorne Valley Farm in New York, where Derek co-managed a 250-member CSA. Back in 2002 and 2003, Derek started farming at Waltham Fields Community Farm, where he was introduced to the CSA model. This year, we have decided to respond to repeated requests from community members...and thus will begin our inaugural CSA program in 2010.

Brix Bounty Farm will also be opening a self-serve farmstand in 2010 that will open in June. The farmstand may offer a higher level of flexibility for purchasing produce; however not all crops that we grow for our CSA program will be available at the farmstand. We will also continue to participate in the Thursday afternoon Farmers' Market at Wing's Court in New Bedford.

Stewarding the Land...

In 2010, Brix Bounty Farm will be growing our vegetables on two pieces of land: 1) our home farm on Tucker Road and 2) a field nearby at the King Farm on Bakersville Road. Our home fields have been managed using biological growing methods for the past two seasons and the field on Bakersville Road had conventional corn silage grown in 2008 and 2009. We are not certified organic, but we follow growing practices that focus on restoring health and vitality to the earth. Central to this effort is a focus on building soil fertility through natural methods including the use of cover crops and rock mineral fertilizers which will become the foundation of our sustainable production. We do not use any pesticides, herbicides, or fungicides on the farm... if you see us walking the fields with a backpack sprayer we are likely applying a compost tea, biodynamic preparation, or fish fertilizer – all of which are included in our fertility plan on the farm.

What is Brix and Nutrient Density?

The movement to focus on growing nutrient dense foods has been growing strong over the past couple of seasons. Recently the Campaign for Real Food has been working alongside others to develop a certification process to assist consumers seeking nutrient dense foods. Our goal at Brix Bounty Farm is to produce and promote nutrient dense foods. This is not a quick process, building up the soil biology and mineral content of our soils takes time, and therefore we are in the early stages of our journey toward high brix crops.

Brix is a measurement using a basic refractometer, which indicates the total dissolved solids in a liquid. In our case it measures the sugar levels of the plant sap. In general a higher brix level will indicate a higher level of minerals in our crops. Working toward high brix crops not only brings a focus on quality and taste, but it also emphasizes growing healthy crops that are more resistant to pest and disease pressures.

Brix Bounty Farm in the community...

Increasing local capacity for growing healthy food is one of farm's goals. To this end we are actively engaged in the community through hosting apprenticeship programs, supporting community garden development, and offering a wide array of community workshops through our Know Your Vegetables and Roots Down New Bedford Projects. Additionally, in 2010 we will continue to provide surplus produce to the Hunger Commission of SE Massachusetts through our partnership with Sharing the Harvest, a terrific community farm located at the Dartmouth YMCA on Gulf Rd.

Why Invest in our CSA programs?

We are pleased to join a terrific group of CSA programs currently offered on the Southcoast. The variety of CSA programs offer different items in the share, days for pick-up, and subsequently fill slightly different niches. All of us are committed to growing and supplying high quality local produce to our community. We highly recommend considering the following farms and checking SEMAP's wonderful on-line farm guide – www.farmfresh.org for others in the area.

Monday or Friday - Kettle Pond Farm CSA – Berkeley - www.kettlepondfarm.com

Wednesdays - Silverbrook Farm CSA – Chase Road, Dartmouth - www.silverbrookdartmouth.com

Lucky Field Organics CSA – Rochester, Mattapoisett, and a site in New Bedford!) – www.luckyfieldorganics.com

Thursday - Forbidden Fruit Farm CSA – So. Dartmouth - home.comcast.net/~forbiddenfruitfarm/

And while they don't have a CSA, [Paskamansett Farms](#) just ¼ mile south on Tucker Road has delicious raw milk!

We want to build healthy cells with a Protein Share! Whether you're an athlete in training or an artist in residence, everyone needs quality protein in their diet; no better way than by choosing local, high-quality pasture based proteins. T and Elen Vieira have been raising animals at Round the Bend Farm since 2007.



2010 Protein CSA: Limited to 20 shareholders, Monday Pickup at Round the Bend Farm 20 week season, \$600.

Weekly share (\$30 value) is built as:

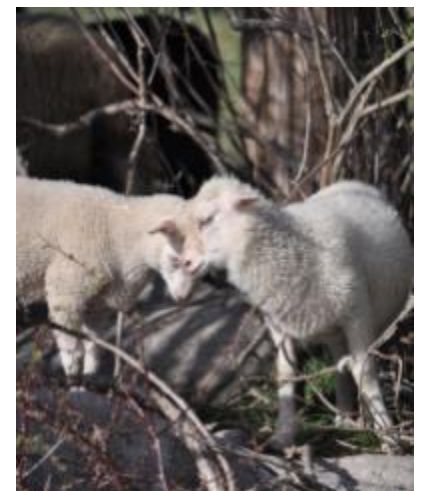
- \$16 assorted meat (your choice)
- \$ 4 1 dozen eggs
- \$10 Cultured dairy products*: including cheeses, yogurt, kefir and butter

*Weekly fluid milk shares can be organized in addition to, or in place of cultured products upon request and conversation.

Note: Elen&T have a variety of products available now at the Sale Barn at Round the Bend Farm... don't wait until June to enjoy the terrific nutrition of locally raised protein.

We are entering the fourth season of herd development. It is exciting to see the qualities that we are selecting for begin to really show themselves within the animal families. We searched, and sometimes traveled far, to bring in heritage foundation stock that we thought would point us toward a hearty and versatile menagerie, capable of thriving in our ecosystem with the minimal of inputs.

We do our best to observe our animals and their actions. Our hope is that we can continue to make good decisions with them on this land, give them the opportunity to exhibit their natural instincts and produce healthy food.



Brix Bounty Farm 2010 Vegetable CSA Details

The 2009 growing season was a classic example of a difficult season for many growers in the northeast. Consequently CSA share size may have been smaller than a typical growing season, many local growers weren't able to offer tomatoes because of the widespread outbreak of late blight. When investing in Brix Bounty Farm's CSA program it is important to realize that you are sharing the risk and sharing the bounty. We will strive to offer a balanced array of fresh vegetables each week.

What is in a Vegetable share (vegetables grouped by family)

Alliums: Garlic, Garlic Scapes, Leeks, Onions, Scallions

Brassicas: Arugula, Asian Greens, Broccoli, Bok Choi, Cabbage, Kale, Kohlrabi, Salad Turnips

Chenopods: Beets, Spinach and Swiss Chard

Cucurbits: Cucumbers, Melons (hopefully), Sugar Pumpkins, Summer Squash, Winter Squash, Zucchini

Legumes: Beans and Sugar Snap Peas

Greens, Lettuces and Herbs (Basil, Cilantro, Dill, Parsley)

Nightshades: Eggplant, Tomatoes (Cherry, Heirloom, Slicing), Hot and Sweet Peppers

Umbels: Carrots, Celery, Celeriac, Parsnips

All of these are in our planting plan and more... because of space limitations and other reasons we will not be growing Corn or Sweet Potatoes in 2010 and plan on offering a limited quantity of potatoes. If you have a specific variety you would like to see in the share, it's not too late to make a request, let us know on the registration form!

Share Options:

In 2010 we will be offering one share size, a full-size share which will include on average between 6-10 different vegetables and is suited for a family of 2 veggie lovers, or a family of four. We strive to offer a well balanced share each week of the season. Members who enjoy participating in a vegetable CSA program often have the interest and enjoy spending time preparing meals and cooking. For members who are new to seasonal eating, please note that distributions tend to be a bit smaller in June and early July as we wait for main season crops to mature.

Share Prices:

Our share prices reflect our deep commitment to growing top quality produce using sustainable practices that emphasize care for the earth. The cost of a protein share is \$600 (\$30 per week for a 20 week season). For a 2010 Vegetable Share we are requesting a \$650 investment – with a sliding scale option to \$550. At the heart of sustainable agriculture are fair prices for farm products; by joining our CSA program you are investing in the local food system and ensuring that our farms will continue to be able to provide fresh, locally grown products for our customers.

Workshares: We have a limited number of "harvest shares" available for Veggie Share barter on either Monday or Friday. The offset for workshares includes a minimum 4 hour per week commitment for 20 weeks, if you are interested in a workshare please contact Derek at 508-992-1868.

Pick Your Own: At this point, we do not expect to have an expansive pick your own patch on the farm for 2010, though we will offer a few crops (cherry tomatoes, beans, etc.) as the season allows. For many folks, a pick your own patch is one of the most cherished elements of a CSA membership – thus we are currently planning and designing a pick your own patch for future seasons, which may include fruit, herbs, and flowers.

We look forward to having you join our CSA Programs for the 2010 growing season. If you have any questions please contact us, or visit www.brixbounty.com for more information.