

**Pee Dee CSA – SPRING/SUMMER 2011**  
*Community Supported Agriculture*  
*Pretty darn good groceries from our local farms!*

**What is Community Supported Agriculture (CSA)?**

Community Supported Agriculture (CSA) directly connects farmers and consumers to strengthen local food systems. Consumers become CSA members by paying an agreed amount at the beginning of the growing season, usually in one lump sum. The annual cost depends on the length of the harvest season and the variety and quantity of products provided. This upfront payment helps buy the seed and other inputs needed for the season and provides the farmer an immediate income to begin the season. *By paying at the beginning of the season, CSA members share in the risk of production and relieve the farmer of much of the time needed for marketing.* This allows the farmer to concentrate on good land stewardship and growing high quality food.

The CSA concept originated in Japan in the 1960s by a group of women concerned with the use of pesticides, the increase in processed and imported food, and the loss of farmers and farmland. By the early 1970s, farmers and consumers in several European countries, concerned about the industrialization of their food system, created the CSA model that we know today. The first CSA in the U.S. was created in Massachusetts in 1984. Today there are over 1,000 CSAs in the United States.

Our particular CSA is somewhat unique because it is made up of several farms working together offering not only vegetables, but beef, lamb, free range chicken, milk, butter, cheeses, free range eggs, as well as a variety of other products. The “shares” will be specific for vegetables, beef, lamb, chicken or a combination of beef and chicken. Discounts will be offered for our other food products. Our vegetables are certified organic; all livestock are raised on pasture and grass fed, free range, are not given hormones, and are anti-biotic free. Beef, lamb, and chicken are processed at a USDA certified facility that is also certified humane and organic by independent organizations. Meats are properly dry aged, vacuum packed, and flash frozen to ensure freshness.

In return for purchasing a share, consumers receive a variety of freshly picked organic vegetables every week at very competitive prices. Customers opting for a share of beef, lamb, free range chicken, or a combination, will receive a weekly, bi-weekly or monthly share at bulk prices. Members eat healthy, sustainably produced food and have the satisfaction of knowing where it came from and how it was grown. Plans are being made for on-farm social and educational activities for members, to further strengthen our connection to the land and farmers.

Both meat shares and veggie shares can be purchased in half or in full.

**What is in a share?**

Shares are available for vegetables or meat, or both. Meat shares are available year round in renewable six or twelve month shares. Cost for 12 month shares available on request.

Each allotment for vegetables will be a bag of fresh, organically grown vegetables from Dickson's Organics' farm in Timmonsville, SC. A full vegetable share contains roughly 6 pounds of fresh vegetables per weekly share. Each week the contents of the allotment will vary depending on what is in season and what is growing in abundance. Please note that the exact amount of each weekly allotment will vary depending upon what is harvesting at that particular time, but we will strive to ensure that each shareholder gets their fair value of the week's harvest. The typical contents of an allotment will vary, and a list of anticipated veggies will be provided. Recipes and suggested cooking instructions will be available.

The meat is pastured and sustainably and humanely raised by Charlie Caldwell at Ovis Hill Farm or John Rogers at Hill Creek Farm in Darlington County, South Carolina. Meat shares are available as animal

specific, beef or lamb, or in a beef/poultry combination. The idea behind a meat share is that the consumer is purchasing a virtual ¼ or ½ beef; a ½ or whole lamb; or chicken by case and will receive discounted bulk prices without having to take delivery of hundreds of pounds of beef, lamb and/or chicken. Customers will receive cuts of meat from all parts of the animal just as they do some of all the vegetables that are being harvested. There are a limited number of cuts (for example there are more sirloin steaks than filets, NY Strips, or rib eyes, so steaks received will vary) and because space limitations in the walk in freezer limit the possibilities for storing a particular ¼ or ½ cow per share we will likely use standard percentages to allocate distribution of cuts. Because we are operating on trust, with the aid of customer volunteers, a great deal of care will be used to guarantee fairness in distribution of the parts of the “virtual bulk purchases.” Our meats are truly excellent quality and have been available for several years at our markets and hopefully potential customers are familiar with them. Our grass fed and properly dry aged beef has excellent quality, is typically lean and more flavorful and with tender steaks (there is variation between cows). Lamb is mild, tender and wonderful. Our free range chicken is typically leaner, more flavorful, has more texture, and is excellent! Suggested cooking instructions and many recipes will be available. Please contact Charlie [Charlie@ovishillfarm.com](mailto:Charlie@ovishillfarm.com) or 843-992-9447 with questions about the meat.

The following are approximate allotment amounts for full 6 month shares (half shares are also offered):

1. BEEF SHARE: approximately 4#/ week – ex. Steak, roast, hamburger/stew.
2. LAMB SHARE: approximately 4-6#/month – ex. Chops, kabobs/leg, soup bones, grd. Lamb.
3. CHICKEN SHARE: total 6 whole chickens and 6 cut-up chickens – 2 approx. 4 to 4.5 lb. chickens per month.
4. BEEF/CHICKEN FAMILY PACK: 6 chickens and approx. 36# beef—assorted hamburger, boneless stew, and roasts (one assortment of chicken and beef, about 10lb per month).

Please also note that upon weekly pickup of a shareholder’s allotment, a great variety of other fruits, vegetables, grains, cheeses, meats, milk, and eggs will be available for purchase. Shareholders picking up shares at the Ovis Hill Farmers Markets will receive a 5% discount on grains, milk, cheese, eggs, etc. and market and farm volunteers will receive a 10% discount. Discounts are on additional purchases and may not apply to all items.

#### How much does it cost?

<i>Share</i>	<i>Full</i>	<i>Half</i>
Vegetables	\$500	\$300
Beef	\$560	\$290
Lamb	\$230	\$120
Chicken	\$200	\$110
Beef/Poultry Combo	\$300	\$160

#### When and where do I pick up my allotment?

The allotments will be available for pickup on **Saturdays from 10 am - 1 pm** and **Thursdays from 4 pm - 7 pm** at the Ovis Hill Farmers Market at Naturally Outdoors, at 2519 West Palmetto Street in Florence, SC., and **3 pm to 1 pm Wednesday at our Myrtle Beach Market**, at the Gallery on Eight, 714 8<sup>th</sup> Ave. N., Myrtle Beach. If a share is not picked up by a shareholder and no other arrangements have been made, said allotment will be donated to a local food bank. If a vegetable shareholder knows in advance that they cannot receive their allotment a particular week, he or she should notify the CSA Administrator so that the allotment can be spread out among the other shareholders. Meat shareholder will reschedule their pick up.

Hartsville and Myrtle Beach shareholders can pick their allotments up at their respective Farmer’s Market.

Veggies are harvested on a daily basis. This means that we may be able to provide some allotments on the day of harvest if individuals are willing to pick them up at the farm in Timmonsville. Please indicate if you wish to pursue this option.

#### How long does the CSA last?

**The CSA spring/summer season will last 4 months for veggies, from April 30, 2011 to August 27, 2011; and 6 months for meat that can start at anytime.** As mentioned above, vegetable shares are currently only available for a four month period during the growing season. However, meat is available year round in either renewable six month shares or full twelve month shares. During our initial seasons we will work together to evaluate how things are working to prosper subsequent offerings.

#### **How do I pay?**

Shareholder payments are due no later than April 16, 2011. Shareholders are strongly encouraged to pay the full amount of their payment up front. This is necessary so that the producers can obtain their needed working capital for the season. If a shareholder is unable to make the full payment up front, please contact the CSA Board at [PeeDeeCSA@gmail.com](mailto:PeeDeeCSA@gmail.com). For vegetables, payment by check or cash is preferred, but if you chose to pay by credit card you will be responsible for a minor service fee.

#### **Can I volunteer?**

Yes! *Volunteers are essential for Pee Dee CSA to operate (\_\_\_).* Volunteer opportunities are available for farm work, assisting at the markets, transporting allotments, collecting allotments, and distributing allotments. A great deal of care will be taken to train and coordinate so that your time will not be wasted. Please let us know if you are interested in volunteering, and be sure to tell us how you might be able to help. Please contact Martha Pavelek at [PeeDeeCSAvolunteers@gmail.com](mailto:PeeDeeCSAvolunteers@gmail.com). While all members picking up their shares at the Markets will receive a 5% discount on additional purchases, volunteers will receive a 10% discount.

#### **How do I sign up?**

An order sheet is attached. Please do not hesitate to contact us with questions. You may email a completed order sheet to [PeeDeeCSA@gmail.com](mailto:PeeDeeCSA@gmail.com), see us at market, or call one of us. Payment may be made at one of our markets. Charlie Caldwell can be reached at 843-992-9447 or Jannie Dickson at 843-245-0407. If you call, if you receive voice mail, please leave a message stating that you have a question about the CSA. *Please continue to the following page.*

### **ORDER/CONTRACT SHEET ON NEXT PAGE**

**Contract may be emailed, hand delivered at market, or mailed to  
Ovis Hill Farm, 1501 Weaver St., Timmonsville, SC 29161**

#### **Pee Dee CSA Order Sheet – Spring/Summer 2011**

The very nature of a CSA is a partnership of shared risk and benefits between customers and farmers. You know us and have been coming to our markets. We would not be making this proposal without careful planning and proven production skills and reasonable back up plans, but we ultimately have no control over disasters such as severe drought, hurricanes, etc. were we could lose a portion or even our entire crop. Questions please contact us at [PeeDeeCSA@gmail.com](mailto:PeeDeeCSA@gmail.com) or call 843-992-9447.

For the spring 2011 veggie shares payments are due no later than April 9 and payment in full is preferred. If that is not possible, please contact the CSA Board at ([PeeDeeCSA@gmail.com](mailto:PeeDeeCSA@gmail.com)) with questions.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Vegetable Option for 4 month period (4/30/11 to 8/27/11)**

( ) Full Share: \$500 Amount enclosed \_\_\_\_\_  
*Pickup day (please circle one): Thursdays, Saturdays, Wed. (MB)*

( ) Half Share: \$300 Amount enclosed \_\_\_\_\_  
*Pickup day (please circle one): Thursdays, Saturdays, Wed. (MB)*

Full vegetable share will average 6 lbs per week of all that is being harvested that week which means actual amount received will vary seasonally. Vegetable shares are payable with cash or check payable to Jannie Dickson or PeeDeeCSA.

**Meat Option for 6 month period, may begin anytime and is renewable.** Meat shares are usually **picked up monthly** at one of the markets. **Please circle full or ½.**

( ) Beef, full share \$560, ½ share \$290: Amount enclosed \_\_\_\_\_

( ) Lamb, full share \$230, ½ share \$120: Amount enclosed \_\_\_\_\_

( ) Chicken, full share \$200, ½ share \$110: Amount enclosed \_\_\_\_\_

( ) Beef/Poultry Combo, full \$300, ½ \$160: Amount enclosed \_\_\_\_\_

Payable by cash, check (payable to Ovis Hill Farm or PeeDeeCSA), or Visa Card, Master Card, or Discover Card.

Beef shares (about 4 lb per week) are based on a virtual ¼ beef or approximately 104 lb of packaged beef (from a virtual 1/2 beef carcass weighing 346.6 lbs at \$3.25/lb carcass weight - when cut and packed yield is about 60% - about 208 lb packaged meat for the ¼ beef).

Lamb shares (about 4 to 6 lb per month) are based on a virtual 45 lb whole lamb carcass at \$3.50/lb carcass weight plus \$70 processing yielding about 65% (about 30 lb of packaged meat) when cut and packed. Please note we are charged processing cost per animal for lamb but per lb for the beef which allows beef processing to be included in the per lb price for bulk beef but not for lamb.

Chicken shares (about two chickens per month – one whole and one cut up) are based on whole birds weighing about 4.5 lb allowing for a 10% discount for bulk purchase.

The beef/chicken combo is about 10lb per month and is based on the value of a whole chicken (about 4lb), a beef roast, hamburger and stew with about 10% discount off retail price. Customers were very pleased with earlier sales of this package.