

High tunnels are greenhouse like structures, generally without heat or mechanical ventilation. Sides of the tunnels are raised for ventilation. The heat of the sun stored in the soil, moderates the temperature at night so the temperature within the high tunnel is a few degrees warmer than the temperature outdoors. Row or crop covers are also used and help to maintain even warmer temperatures within the crop canopy.

The high tunnels favor crop development, not disease development. This is one of many methods used to produce high quality crops without the use of pesticides. We use biological control, exclusion (netting and row covers), hand picking of some pests like Colorado Potato Beetle, landscape fabric, mulching and cultivation for weed control. We plant "companion" plants (Alyssum, borage, dill, marigolds, etc.) that provide habitat and pollen for beneficial insects. Planting of those types of plants to enhance habitat for pollinizers and predators is sometimes called "Farmscaping".

Crop rotation and compost are used to keep the soil healthy and fertile. Crops are watered by drip irrigation which also helps to prevent disease development on our crops.

Spring Crops

Arugula
Beets - red or golden
Blackberries
Broccoli, Broccolini or Broccoli Raab
Carrots
Cucumbers
Green Onions/scallions
Herbs
Lettuces
Kale
Kohlrabi
Pac Choi
Peas
Radishes
Raspberries (June)
Rhubarb
Snap Beans
Spinach
Squash - Zucchini

Strawberries
Swiss Chard

Happy Valley Berry Farm *Spring 2016 CSA* *For Swarthmore Food Coop* *Members*

**Community Supported Agriculture
Pesticide Free Fruits & Vegetables**

At Happy Valley Berry Farm (HVBF) our mission is to grow fresh fruits, vegetables and herbs in a sustainable manner without the use of pesticides and as naturally as possible. We are pleased to offer a spring 2016 Community Supported Agriculture program (CSA) that will provide you with fresh, local, pesticide free fruits, herbs and vegetables each week throughout the spring. Our farm is 42 miles from the Swarthmore Food Coop located in Cumberland County, NJ about nine miles from the Delaware Bay.

Community Supported Agriculture may be defined as a group of people (members) who support a farm in advance of the growing season with a return on their investment in the form of a share of the farm's harvests on a weekly basis.



Sugar Snap Peas

HVBF's CSA is offered by seasons so we have a spring, a summer, a fall and a winter CSA. This allows our members to select seasonal CSA's based on their needs and lifestyles.. Our fruits and vegetables are produced without the use of any pesticides with much of our production in high tunnels that allows us to extend the traditional outdoor growing season. We are not certified organic.

Happy Valley Berry Farm
187 Buckhorn Road
Bridgeton, NJ 08302
856-455-0553
856-685-3784 cell
skfine13@verizon.net

The spring, 2016 CSA begins Wednesday, April 6 and continues until June 8, 2016. This provides fresh produce to you for a total of 10 weeks.

Three share sizes are offered:

- a full share for a family of 4 to 5
- a partial share of smaller size portions appropriate for two people;
- a single share with smaller amounts for a single person's use.

Generally speaking, there are approximately eight to ten different fruits and vegetables in the full share, six to eight in the partial share and single shares.

To give you an idea of the difference between share size for a single produce item, a full share would, for example, receive a quart of strawberries, peas or snap beans, a partial share would receive a pint and a single share would receive a half pint.

Pickup is at the Swarthmore Food Coop **Wednesdays** after 2:30 p.m.

The spring season starts with cool season crops such as spinach, arugala, lettuce, radish, scallions, kale, beets, carrots, Swiss chard, broccoli, mustard greens, broccolini, kohlrabi, Asian greens, Pac Choi, herbs, etc. As the season progresses, fresh strawberries and rhubarb are available with additional vegetables such as peas, snap beans, zucchini, and cucumbers being offered. Because of our high tunnels we usually are able to offer blackberries and raspberries in late May or early June.

What happens if I can't make it to the farm on the assigned day to pick up my CSA share? We keep your share in the cold room for several days so it stays fresh. At the end of the week we will get rid of the share.

CSA members know where and how their food is grown, support local agriculture, and get the freshest, finest quality produce available while supporting a local, small farm.

SIGN UP HERE

Happy Valley Berry Farm
Spring 2016 CSA
187 Buckhorn Road
Bridgeton, NJ 08302
856-685-3784 (cell)
skline13@verizon.net

(print name)

(address)

(phone)

(email)

Spring Membership
April 6 to June 8, 2016
(10 weeks)

Full share:	\$300
Partial share:	\$250
Individual share:	\$200

Make checks payable to:
Happy Valley Berry Farm

Deadline for sign up March 31, 2016.

I understand I am purchasing goods not yet produced, that all produce will not always be available, and that I am responsible for picking up my produce on the appointed days. Any produce not picked up may be forfeited.

(Sign here)