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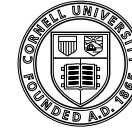
Choosing a CSA in the Greater Binghamton Area:

The farms listed here have different kinds of CSA's. Read their descriptions to see which appeal to you, but also call to talk with the farmer, preferably in winter or early spring.



**Cornell Cooperative Extension
Broome County**

840 Upper Front Street Binghamton, New York 13905-1500



Cornell Cooperative Extension
Broome County

Guide to:

CSA Farms

Area Community

Supported Agriculture



A Guide to Area Community Supported Agriculture

*This section was written by the South
Central NY Agriculture Team*

What is **Community Supported Agriculture?**

Community Supported Agriculture (CSA) was introduced in New England in 1986 as a new and innovative approach to agricultural marketing. It is based upon a mutually supportive and cooperative relationship between the producer and the consumer. The consumer pays for a crop “share” in advance, guaranteeing producers a market for their goods. In return, growers commit themselves to supplying fresh, quality produce to shareholders on a weekly basis throughout the growing season.

How does CSA benefit **producers?**

Community Supported Agriculture offers a means of survival to small farms that are at risk of disappearance. Share payment in advance eases the growers’ financial burden in the early growing season and guarantees them both a market and an income.

Because they already know their market, they are less likely to over or under produce.

CSA farmers are also less likely to be devastated by unexpected weather conditions because they grow a wide range of crops. While certain conditions may not be ideal for one crop, they are likely to produce an abundance of another.

How does CSA benefit **consumers?**

Shareholders have a lot to gain from their share payment. First, they are guaranteed a supply of fresh, quality produce during the growing season, and possibly longer.

Secondly, they have the unique opportunity to connect with the land on which their food is grown by assisting in production or just visiting the farm on a regular basis (for pick up or shareholder events.)

Finally, community is fostered as a result of cooperative work, shared responsibility, and keeping the food dollars within the local economy.

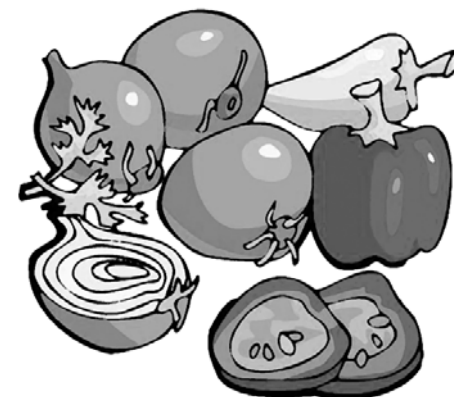
How does CSA benefit **the earth?**

CSA farmers are committed to respecting and preserving the natural beauty and of their land. All the CSA farms listed in this brochure employ sustainable agricultural practices including organic farming (using no chemical pesticides, herbicides, or fertilizers), diversifying crops, minimizing waste by avoiding overproduction and reducing packaging and transportation.

In addition, customers who spend time at the farms will become aware of and sensitive to the fragile beauty and natural richness of their ecosystem.

How do I participate in CSA?

Look through this listing to find out which CSA farm in the area best suits your needs. Consider visiting the farm to meet the owners and see the land. Review the share price(s) (*call farms for current prices*), pick up times and locations, length of season, products available, and special features of the CSA. Then contact the farm to join. Please note that most CSA’s require you to purchase your share in the spring, before the season begins.



CSA Farms in the Greater Binghamton Region

Barbour Farms

Jim Barbour
1250 Barbour Hill Rd
Hallstead, PA 18822
(570) 967-2372
<http://www.barbourfarms.com>

Share Options: Full (\$500) and Half (\$250)
Shares available

Pick-up Options: On Friday afternoon & evening at the farm, or by appointment

Season : 20 weeks, extended season options

Special Features: *Barbour Farms has been in the family for 70 years. Our desire is to serve You, our family, friends, and neighbors. Our farm was originally a dairy farm, but now we are a PRODUCE farm with our goal being fresh produce as close to year around as possible. We are practicing sustainable agriculture. We are not certified organic, but we prefer using organically approved methods for naturally grown, environmentally friendly, healthy produce. Greenhouses and cold-frame tents are greatly increasing the length of our growing season.*

Heritage Hill

Scott & Leah Terry
108 Mt. Grove Rd
Lisle, NY 13797
(315) 350-9740

Share Options: Full (\$400) Shares available

Pick-up Options: Pick-up shares at the farm

Season: June through September

Special Features: *Heritage Hill Farm is owned by Scott, Leah, John, and Noah Terry. We raise pastured poultry, grow all natural fruits, vegetables, and hardneck garlic. We also make handmade soaps. Our goal is to provide fresh organically grown food for our community. We believe in local economy, local community, and being good stewards of the land. We will be growing our business little by little in the coming months and years. We will be adding products regularly. We also care for a 50 cow rotational grazing herd of Jersey dairy cows with Scott's parents.*

Karin's Organic Produce

Karin Fueher
2466 Bernice Blvd
Binghamton, NY 13903
(607) 772-0976

Share Options: Full (\$250) & Half (\$130)
Shares available

Pick-up Options: Shares can be picked up at the farm

Season: 10 weeks+, August through October

Special Features: *Karin's Organic Produce is a new CSA in Binghamton, NY. We grow all natural organic and heritage vegetables from*

seed. Using only organic fertilizers and no pesticides, we weed by hand. We use leaves and organic compost as mulch. We will be expanding to assorted fruits in 2010.

Lone Maple Farm

Michael Harris, Jr.
2001 Hawleyton Rd
Binghamton, NY 13903
(607) 724-6877
<http://www.lonemaplefarm.com>

Share Options: \$250, \$500, \$750

Pick-Up Options: Pick-up shares at the farm stand

Season: May through October

Special Features: *Lone Maple Farm is a farm market that provides the highest quality fresh fruit, vegetables, baked goods, plants, ice cream, and wine. We grow Apples, Blueberries, Broccoli, Cauliflower, Cantaloupe, Celery, Cucumbers, Eggplant, Herbs, Lettuce, Peas, Peppers, Pumpkins, Radishes, Squash, Strawberries, and Tomatoes. We grow many of our products hydroponically.*

CSA Farms in the Greater Binghamton Region *(continued-)*

Rooster Hill Farm

Gary Barger
133 Newman Rd
Newark Valley, NY 13811
(607) 659-5555
<http://www.roosterhillfarm.com>

Share Options : Full Shares available

Pick-up Options: Shares can be picked up at the farm or delivery to Cornell University

Season: Year-round

Special Features: *Rooster Hill Farm is a small farm in upstate NY specializing in pasture-raised meats and eggs. We are not organic but feed our animals with local grains and hays as much as possible, are drug- and hormone-free. We have a weekly delivery for those who work or live close to Cornell University. Sales and products are listed in weekly e-mails and sold on a first-come first-serve basis. If you are interested in signing up for our e-mail list, please see our contact page and sign up!*

Sunnyside Farm

Nichols, NY 13812
sunnysa@localnet.com

Share Options: Full or Half Shares available seasonally. Many cuts available year round

Pick-up Options: Once a month in Ithaca, Vestal or at the farm.

Season: Five months beginning in June

Special Features: *Sunnyside Farm specializes in certified organic cheese, eggs, beef and pork. We raise all of our livestock on pasture. Our unique seasonal dairy produces milk from cows fed an entirely grass-based diet (no grain). Shares include eggs, cheese, beef and pork (pork-free option available) as well as bonus items, farm newsletter and special offers for CSA members. We host farm gatherings and invite people to help support our efforts to make local and organically produced food more available to children and others in our area who might not readily have access to it.*



We have tried not to omit anyone – if you are a CSA we have not listed, please call to be added to the list! Contact us at: (607) 584-5007.

*This information is provided by:
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Binghamton, NY 13905*

