



Serenbe Farms is certified organic and operates within the principles of biodynamic agriculture. Our 5-acre intensively grown space is blossoming with vegetables, herbs, fruits, and flowers grown for CSA members, restaurants, and our weekly farmers market. Our mission includes growing the highest quality organic produce, providing hands on education for all ages, and ensuring the farm is a place for meaningful recreation with a focus on building community around food.

We treat our land respectfully and don't add any chemical fertilizers or pesticides. As a living system, we feed our soil the best nutrients, organically derived and place a large emphasis on the future of our land. We use many different soil-building techniques that improve the health and biodiversity of the land.

We are here to answer questions, educate, and assist. We love getting feedback, so please keep it coming! Please treat the farm as your own, wander through the fields as you wish and feel free to pay us unexpected visits. We're off to a great start this season and look forward to growing with you.

See you in the fields!  
Paige Witherington

# Picking Up Vegetables

## What to Bring

- Baskets or bags to carry home all your produce
- Scissors for cutting herbs (or flowers) and a water container to keep fresh

## Times, location, and parking

Member pick-ups will be at Serenbe Farms. **Farm distributions** are held on **Tuesday's from 5:00-7:00 p.m.**

To get to Serenbe Farms from Palmetto, go WNW on Hutchinson Ferry Road about 4 Miles, turn left onto Atlanta Newnan Road, go about a mile, the farm is on your right (8715 Atlanta Newnan Road).

When you turn into the driveway, bear left and park on your left along the trees. Distribution will be held in the market shed further up the driveway.

## In the Distribution Shed: How to Pick-Up Your Vegetables

When you first walk in, there will be a large chalkboard listing the vegetables and quantities of vegetables in your share for this week as well as which pick your own (PYO) crops can be picked.

The vegetables in your share (all except PYO) will be in bins on tables, clearly labeled and scales will be nearby. Some items will be bunched; some you will weigh out for yourself.

Our weekly newsletter and recipes will be emailed to you weekly. Please let me know if you don't receive our emails.

Finally, picking up your produce is meant to be an exciting, leisurely, grateful time. Take a moment to get to know other shareholders, exchange recipes and greet the farmers.

## **What to do if you can't make it**

You have a couple of options if you know that you'll miss a CSA pick up.

If you'll be out of town, you can have a friend or neighbor pick up your share, OR you can let us know and we'll donate your share to our local food bank. Please let us know that someone will be coming in your place or that you'd like your food donated.

If you miss a farm share, we cannot double your share for a future distribution; or if you're a half share, we cannot allow you to switch dates for picking up.

If you'll be available to pick up your share after hours on Tuesday or on Wednesday, please let Paige ([info@serenbefarms.com](mailto:info@serenbefarms.com)) know BEFORE noon on the Monday prior to pick up. Shares will not be available after Wednesday at noon.

## How To Pick Your Own

Pick your own (PYO) crops include cherry tomatoes, hot peppers, flowers, and herbs. These items will change location frequently for crop rotation, but we'll have signs to lead you in the right direction. You can pick during the hours of distribution, so you may want to come early to allow yourself enough time.

### How to pick your own:

Please first check in at the distribution room for what pick your own crops are available and how much. Also grab a bag and scissors for harvesting herbs (or flowers)

Cherry Tomatoes: pick with or without stem

Hot Peppers: grab the fruit and twist upwards while holding the main stem or snip with scissors; be sure and wash your hands after handling hot peppers

Herbs (and flowers): cut stems with scissors and place in fresh water container if you have one, when you get home trim the ends at an angle for ample water absorption

# Crop Storage

Most vegetables have many storage techniques that work. We've listed several suggestions to help you keep your produce fresh.

Beans and Peas: Put in a plastic bag in the refrigerator

Melons: Tap, when it sounds like a low thud, it's ripe. If ripe, store melons in refrigerator, if still unripe, leave on counter (we'll try our best to pick all the melons while ripe)

Cucumbers, Eggplant, Peppers, Summer Squash: Wipe off until dry and store in refrigerator in a plastic bag

Herbs: Put in plastic bag without water in the refrigerator or with the stems in a cup of water on the counter

Leafy Greens & Green Veggies: Put in plastic bag with paper towel to absorb the moisture (so they don't get slimy) and refrigerate, or wash off first, roll up in clean kitchen towel, and place in a plastic bag (they last long and are ready to eat)

Onions, Potatoes, and Tomatoes: Place in a paper bag on the counter or in a dark, dry place that is not too cold, but don't store onions and potatoes together. If trying to ripen tomatoes, leave on windowsill. (Don't wash dirt off of potatoes, they keep longer with soil on them)

Winter Squash: Keep uncovered in a well-ventilated, cool, dark place

Root Crops (beets, carrots, celeriac, radish, turnip): Put in plastic bag in the refrigerator with the soil on - don't wash until ready to use

# Farm visits and Volunteering

You are welcome to visit the farm whenever we are working, morning till afternoon, Monday-Friday. Please let us know before you stop by so we can expect you.

We also invite you to help out on the farm during our regular volunteer hours. We do all sorts of tasks in the fields and always have fun, please join us!

## Volunteer Hours

1<sup>st</sup> Wednesday of the month 9-11 am (please let us know at [info@serenbefarms.com](mailto:info@serenbefarms.com) if we can expect you)

## Free Farm Tours (in conjunction with the Farmers Market)

3<sup>rd</sup> Saturday of each month, 9:30 am, meet at the farm

## Reminders

- We now have an outhouse! Please drop a handful of woodchips in the toilet when you finish. Also, lift the seat to check for spiders!
- Be sure and notify your kids of the electric fence at the farm's perimeter. We will turn it off during distribution, but make sure that they are aware.
- When walking through the fields, be sure to walk in between the beds of the plants, in the rows. We take care not to compact the soil of the vegetable beds.
- No dogs.
- And finally, as Georgia residents, I'm sure you know to look out for poison ivy and fire ants. Please be aware of these two pests and steer your children away from the anthills.

## Events

We have several events that you can add to your calendar. Please stay tuned to our newsletters for more information.

A weekend in June (TBD) and a weekend in October (TBD)

### **Farm CSA Potluck!**

Bring a dish to share, a chair or blanket, and enjoy a farm tour and games for kids.

**Serenbe Farmers and Artists Market:**

Saturdays from May until October, 9am until noon

Purchase more produce, value added products, arts and crafts, and enjoy entertainment and events each weekend!

Sign up for the Serenbe mailing lists:

[http://www.serenbecommunity.com/signup\\_list.html](http://www.serenbecommunity.com/signup_list.html)

Don't forget to add the farm updates to the list!

## **Recipes and Newsletters**

Our weekly newsletter will be emailed out each week. Please let me know if you haven't received emails from me.

We're also starting a recipe column on our blog. If you have photos of a recipe that you've prepared, please send photos and the recipes along and we'll include it on our blog. You can access the different recipes in the Recipe drop down menu on the right hand side of the blog homepage. See [www.serenbefarms.wordpress.com](http://www.serenbefarms.wordpress.com) and sign up for our updates!

We also love having guest articles, send in your creative writing, poetry, or farm tales.

**See next page for estimated harvest times for crops.**

# Estimated Harvest Times

## Serenbe Farms Harvest

CROP	SPRING	SUMMER	FALL
BEANS			
BEET			
BOK CHOI			
BLUEBERRIES			
BROCCOLI			
BROCCOLI RAAB			
CABBAGE			
CARROT			
CHARD			
CHINESE CABBAGE			
COLLARDS			
CUCUMBER			
EGGPLANT			
GARLIC			
GARLIC SCAPES			
GREENS			
HERBS			
KALE			
LEEKs			
LETTUCE			
MELONS			
OKRA			
ONIONS			
PEA			
PEPPERS			
POTATO			
RADISH			
SCALLIONS			
SQUASH, SUMMER			
SQUASH, WINTER			
SWEET POTATOES			
TOMATO			
TURNIP			