



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 where kids and adults can learn and give back to the community.

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

## Important Details

### Serenbe Farms Atlanta CSA Coordinators/Farm interns

Justin Dansby – 678-764-8273

Farm manager (back at the farm), Paige Witherington – 770-463-9319

### In-Town Pick-Up Location

Strongbox West  
1736 Defoor Place NW  
Atlanta GA 30318  
[www.strongboxwest.com](http://www.strongboxwest.com)

## Picking Up Vegetables

### What to Bring

Baskets or bags to carry home all your produce

### Please be Respectful

Strongbox West kindly donates their co-working space to our CSA group. Please respect their space and support them if you can!

### When to Pick Up

Tuesday evenings inside the lobby of Strongbox West – 4 pm until 6:30 pm

### Parking and Pick Up location:

We'll be set up in the front lobby each week. You are welcome to park in the lot across the street, or on the street itself, and use the front entrance. Upon first visit, a good way to know they're in the right place is the pirate flag, and a big red star above the door.

### What to expect at the distribution site:

We'll have a list of items that you'll gather from our table. The pick up will be quick and easy and Justin, Ryan, or Maya will be there to help you.

Upon arrival, you will sign in and gather your produce. One of our farmers will be on site to answer any questions and help you with preparation methods. We

value the connection between consumer and farmer, so please take advantage of having a farmer at distribution!

### **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 on Wednesday from the farm, please let Paige ([info@serenbefarms.com](mailto:info@serenbefarms.com)) know BEFORE noon on the Monday prior to pick up.

## **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, its 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

Don't forget to reuse your containers and bags!!

## **Farm visits and Volunteering**

You are welcome to visit the farm whenever we are working, morning till afternoon, Monday-Friday. Please let us know that you'll be visiting so we can inform you of our schedule.

We 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: 9am until 11am

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

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

## **Tips for Visiting the Farm**

- Be sure and notify your kids of the electric fence at the farm's perimeter (and around the chickens).
- 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 allowed.
- 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

(not guaranteed)

## 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          |        |        |      |