



Fertile Ground CSA

Inspiring people to get excited about their food

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Volume 4, Issue 4

Veggies available for winter storage

- Carrots
- Beets
- Rutabaga
- Leeks
- Celeriac
- Kale
- Garlic
- Squash (Mike & Debbie Loepe's)
- Potatoes (Traditional Foods')

Where to find local, organic produce in the winter

Bailey's Local Foods
produce, meats, grains, and much more!

Transpire Organic's
winter CSA

Garden Party's
Bulk Produce Buying Club
(St. Agatha)

Kitchener Farmers Market - Saturdays

A few end-of-season thank-yous

We've reached the end of another season - Fertile Ground's 4th. Huge thanks to all of you for your membership in our CSA. It really is the most stable way to farm that I can imagine - you play a key role in helping make this business viable and that is so appreciated. I also want to thank a few of my key workers for this season: Kim Knowles for her regular volunteering and fall role on staff; Carrie Beatty for saving us with her 6 week summer internship; Thomas Mancini for his solid volunteering 2 days each week, and members Atsuko Negishi and Esther DeGroot for their weekly help. Last but not oh so far from least I want to express my deep appreciation for Sidney Chang who worked an intense number of hours and took on far more responsibility than expected as the season progressed. Sidney's calm, solid presence was such a life-saver many times over. (Please read on for a few of her thoughts on spending a 1st season farming.) Thank-you too to our many, many volunteers. Looking forward to next season. But first..a much needed winter break!

- Angie

Field Notes from the Farm

Has it already been six months? I can hardly believe that my season interning at Fertile Ground is now coming to a close. It seems like just yesterday that I was sitting across from Angie being interviewed for the novice intern position. In hindsight, something that Angie said during our interview makes a lot more sense now: "It's going to be long days ... what will keep you motivated?" Perhaps it was my idyllic image of farming that allowed me to go unfazed by her question but now I realize just how important that question really was.

Farming is hard. You get up before the rest of the world and work for long days in all sorts of weather conditions, dealing with unpredictable and uncontrollable circumstances to bring a product to market that is often undervalued and under-appreciated. You really do need something more to keep you motivated. When Angie first asked me the question, my answer was to remember why I was doing the internship in the first place—to make a change in my life and explore new possibilities. Sure enough, when dragging myself out of bed at 5am or slogging through muddy fields in the driving rain, I would have to remind myself that this was the change I had wanted.

Fortunately, the tougher moments on the farm have been tempered with so many more positive moments. Just to name a few:

- Each early morning when we approached fields covered in mist, backed by the sunrise
- Seeing a newly transplanted bed of seedlings (especially the first—100s of chard!)
- Eating my first yummy hakurei turnip straight out of the field
- At the start of every CSA pickup and market, seeing the veggies beautifully laid out
- Biking out to the farm and picking wild raspberries
- Foraging wild apples with Kim and nearly getting stuck in a ditch!
- Finding a beautiful head of cauliflower poking out from its greens
- Every single time someone thanked me for growing their food

It's these small, seemingly unimportant moments that carried me through the more challenging times of the season.

I am so grateful to be taking all of these memories with me. I certainly got the change that I was looking for and more! I have truly enjoyed being a part of Fertile Ground, working alongside Angie, Carrie, Kim, Thomas, and all the volunteers, and meeting each and every one of you. Thanks for an unforgettable experience and I hope to see you out and about in KW!

- Sidney



last CSA pickup at the farm



garlic cracking at the pickup



beautiful new disks!

Contact us:

For questions or comments
please contact us at:
info@fertilegroundcsa.com
Phone: 226-747-2552

Where to find us:

Pickup Days

Tuesdays: 3.45 pm - 6.15 pm

21 Guelph St, Kitchener

Fridays: 4.00 pm - 5.30 pm

At the Farm, 1560 Carmel Koch
Rd, St Agatha.

Kitchener Market

Saturdays, 7.00 am - 2.00 pm

Eby Street, Kitchener

Bailey's Local Foods

Online Buying Club, Friday pick-
ups at First United Church. More
info: www.baileyslocalfoods.ca

Winter-Veggie Storage Tips

Different vegetables have different humidity and temperature requirements to store well. To keep your fall crops as far into the winter as possible, try to meet their preferences as closely as possible.

Carrots, Beets, Rutabaga, Celeriac:

These roots like it cold & humid. Aim for as close to 0C as you can get, without dipping into the negative. Leave the dirt on & pack them in a moist (but not wet!) medium such as soil, sand, wood shavings or even shredded newspaper. This will help them from shrivelling up. Your fridge will work if you don't have a cold room - just make sure they are packed in something that will help them retain moisture while still allowing them to breathe. Plastic is a bad idea unless it's well-ventilated.

Onions, Shallots & Garlic:

These like it cold but NOT DAMP. They'll be happier on your kitchen counter than they will in your humid fridge. Colder is better (as low as 0C but not below), but not at the cost of dampness... do your best!

Squash:

These like it cool but not cold. 10-12C is best if possible. They also do best with a dry environment (so again, NOT your fridge). If you have a bunch, don't stack them. They'll last longer if they're not touching each other.

Leeks:

Cold & humid works well. Jam them into damp soil/sand/wood shavings with your carrots, or wrap them in damp sheets & cover loosely with plastic. You can also slice & toss them in a freezer bag without blanching for easy frying in the winter months.

Cabbage:

Cabbage come with their own protective wrapper. Just toss them in the fridge and when you're ready to eat them, peel off the outer wrinkly layer or 2. The core will be fine. They, like many of the root crops, like it humid & as close to 0C as possible.

Winter Meat CSA

Traditional Foods (our regular CSA meat provider) is offering a winter meat CSA. The following are available for one-time (next week) or Bi-Weekly delivery:

40lb Regular Assortment Box \$240

40lb Mixed Beef/Pork Box \$240

20lb Beef Box (variety of cuts) \$125

12lb Beef Box (variety of cuts) \$80

40lb Homestead Pork Pack (approx 1/4 pig, various cuts) \$175

10-12lb Variety Pork Cuts \$50

10-14lb family pack (1 bacon, 3 sausage, 4-5lb ground beef, 1pkg ham steak,
1 beef roast) \$65

Extras that can be added to bi-weekly deliveries:

Omega Plus Eggs \$5/doz

Honey (500g) \$5

Deli Roast Beef \$5

Free Range Chicken (5-6lb) \$25

If you're interested please contact Angie so your order can be passed along.

Thanks for joining Fertile Ground CSA! We hope you enjoyed the season!