

**Community Supported Agriculture (CSA) is a connection between a nearby farmer and the people who eat the food the farmer produces.**

- Each shareholder pays a subscribing fee to buy a share of the harvest.
- The fee goes toward the operating costs of the farm.
- In return, the farm supplies a weekly box of produce.

**Tuscarora CSA was established by the Tuscarora Environment Program to promote sustainable agriculture. With a large membership, we can provide our Nation with a good source of fresh vegetables. Nyaweh, to the Woodbury family for their continued support of allowing the TCSA on their land.**

**As a CSA shareholder you share the risks and rewards of farming. We strive to provide an appealing and ample supply of vegetables each week so if the crop is plentiful, you'll receive an ample share, conversely if the "pickins" are slim, than your share will be too.**

**Working with the Cornell Cooperative Extension, we will have training in canning, freezing, dehydrating, and various types of meal planning.**

### Goals

- Provide fresh vegetables for members
- Newsletter with recipes and timely information
- Have work bees for canning, lying, preserving produce as it is ready
- Improve Community Health– Physical and Spiritual

### Benefits

- Supports local farmers
- Keeps food dollars in local communities
- Makes nutritious foods available to community members
- Consumers have a personal connection with food and land
- Creates an atmosphere for learning
- Strengthens community spirit

### Future Endeavors

- Increase membership
- Roadside stand or Farmer's Market
- Seed Saving
- Develop Trade/Commerce w/other Indian Nations
- Establish Greenhouses
- Help with Cayuga Share Farm
- Purchase own tractor



### Anticipated Vegetables

Tomatoes	Egg Plant
Onions	Green Peppers
Jalapeños	Broccoli
Green Beans	Zucchini
Yellow Squash	Wax Beans
Potatoes	Acorn Squash
Butternut Squash	Bread Beans
Bear Beans	Winter Squash
Beets	Indian Corn
Radish	Peas
Carrots	Cabbage

Possibly: Cut flowers, herbs

**Registration will be taken until May 15<sup>th</sup>, with full payment due by June 1<sup>st</sup>.**

## Registration

Name

Address

City

Phone #

Email address

I would be able to help with weeding, harvesting or distribution. (Check all that apply)

Weeding    Harvesting    Distribution

**Share Type:** A full share is an equal portion of each week's harvest. A half share is half of a full share.

*Early bird special- Register with 25% down before April 15, full payment due June 1<sup>st</sup>.*

Full Share \$120    Half Share \$60

Register April 16<sup>th</sup> to May 15th

Full Share \$135    Half Share \$70

Payments may be made in installments with full payment due by June 1<sup>st</sup>.

**\*Tuscarora Nation delivery available for an extra fee.**

**Payments may be made at the Tuscarora Environment Office, 2045 Upper Mountain Road, Sanborn, NY 14132**

*In late spring, we plant the corn and beans and squash. They're not just plants – we call them the Three Sisters. We plant them together, three kinds of seeds in one hole. They want to be together with each other, just as we Indians want to be together with each other. So long as the Three Sisters are with us we know we will never starve. The Creator sends them to us each year. We celebrate them now. We thank Him for the gift He gives us today and every day.*  
**Chief Louis Farmer,  
Onondaga**

For more information contact Rene' or Patti at the Tuscarora Environment Office @ 609.3810

## Tuscarora Community



## Supported Agriculture

**2010**

**Fresh locally grown  
vegetables**

TUSCARORA ENVIRONMENT  
PROGRAM  
609-3810