Bowdoin Street Health Center is pleased to offer the Farm to Family CSA Program to the BIDMC and MASCO communities again for the 2016 season!

Purchase a full-season farm box for $450, and you will receive a bountiful bushel of freshly harvested, local produce for sixteen, consecutive weeks from Ward’s Berry Farm, a family operated farm in Sharon, MA.

Included in the farm box price is an optional $90 donation to help cover the cost of subsidized boxes for low-income families in Dorchester.

WANT to eat more FRESH fruits and vegetables? Interested in HELPING low-income families access fresh produce at the SAME TIME?

Join the 2016 Farm to Family CSA Program

How It Works:

Dates: June 22 - October 5, 2016
Every Wednesday*

Pick-up Locations and Times:
Farm boxes will be available for pick-up 12–3 pm on Wednesdays in the parking lot of Kirstein Hall on the BIDMC East Campus (330 Brookline Ave), West Campus Rosenberg Building, at 109 Brookline Ave, BW Faulkner Hospital, and at the Bowdoin Street Health Center. *Thursday farm box pick up will be available at BID-Milton only.

Spots in the Farm to Family program will be offered on a first-come, first-served basis. To sign-up, fill out and return the attached registration form along with your check or money order payment.

Cost: $450 ($360 plus $90 suggested donation), to be paid in advance or with payment plan (2 installments). Your investment includes:

- Sixteen weeks of farm fresh produce valued at $22.50 per week
- $90 voluntary, tax-deductible donation to help provide healthy, fresh food to low-income families in Dorchester.

For questions or more information:
Grantley Payne
Bowdoin Street Health Center
617-754-0026
gpayne@bidmc.harvard.edu
What will come in my farm box each week?

You will get a selection of vegetables that are ripe at Ward's Berry Farm that week, as well as at least one fruit item per week. To see the variety of crops that Ward's Berry Farm grows during the season, visit: www.wardsberryfarm.com/crops.html.

Is the produce organic?

Ward's Berry Farm is not certified organic. They grow their produce using Integrated Pest Management (IPM) practices, which means that they apply pesticides rarely and only when absolutely needed. When they do need to control pests, they use non-chemical and low-impact applications whenever possible.

For more information on IPM practices see: www.epa.gov/pesticides/food/ipm.htm.

What if I can't pick up my farm box every week?

You can send someone to pick up your farm box for you. If your box is not claimed during the pick-up time, it will go back to Ward's Berry Farm. Your farm box cannot be held over or stored until the next week.

Can I split my farm box with someone else?

Yes! You are welcome to share your farm box with a co-worker or friend of your choice. You will need to work out your own arrangements regarding sharing payment and pick-up responsibilities. Either one of you can pick up the farm box each week.

However, if you DO NOT have someone to split a box with and would like our assistance with pairing you up with someone, please check the box below the payment selection.

Is a payment plan available?

Yes! Your check or money order may be made in full at time of registration, or you can pay half at time of registration, with the balance due by our Friday, June 10 registration deadline.

How will my donation be used?

Your $90 (suggested) or other donation amount is completely voluntary, but sponsorships are a core component of the Farm to Family CSA Program and are vital to its ongoing success. Your donation is fully tax-deductible.

Access to healthy food in the Bowdoin Geneva neighborhood of Dorchester is limited, and diet-related diseases such as obesity and Type 2 diabetes are prevalent. Your contributions help to subsidize farm boxes for participating families. Donations account for two-thirds of the cost, while subsidized participants pay one-third to provide high quality, fresh and local produce for their families.

What if I don't want to buy a weekly farm box for myself, but do want to help low-income families access fresh produce through the Farm to Family CSA Program?

Donations made to Beth Israel Deaconess Medical Center for the Farm to Family Program will go directly towards subsidizing farm boxes for low-income families.

A donation of:

- $30 will provide a subsidized farm box to a low-income family for 2 weeks
- $60 will provide a subsidized farm box to a low-income family for 1 month
- $90 will provide a subsidized farm box to a low-income family for 6 weeks
- $120 will provide a subsidized farm box low-income family for a half-season
- $240 will provide a subsidized farm box to a low-income family for a full growing season

For more information on purchasing a farm box or making a donation, please contact Grantley Payne at Bowdoin Street Health Center: 617-754-0026 or gpayne@bidmc.harvard.edu