



# Do Good and Eat Well!

*Want to eat more  
fresh fruits and vegetables?  
Interested in helping low-income  
families access fresh produce at the same time?*

## *Join* the 2019 Farm to Family CSA Program

Bowdoin Street Health Center is pleased to offer the Farm to Family CSA Program to the BIDMC and MASCO communities again for the 2019 season!

Purchase a full-season farm box for \$480, and for 16 weeks you will receive a bountiful bushel of freshly harvested, local produce from Ward's Berry Farm, a family operated farm in Sharon, Massachusetts.

Included in the farm box price is an optional \$96 donation to help cover the cost of subsidized boxes purchased by low-income families in Dorchester.

### *How It Works:*

**Dates:** Wednesdays, **June 19 – Oct. 9**

(No box delivery week of July 4)

**Pick-up Locations and Times:** Farm boxes will be available for pick-up **12-3 p.m.** on **Wednesdays** on the Shapiro plaza on BIDMC's East Campus (330 Brookline Ave), at 109 Brookline Ave., BW Faulkner Hospital, and at the Bowdoin Street Health Center.

**Cost:** \$480 (\$384 plus \$96 suggested donation)

*Register online! Visit [bidmc.org/f2f](http://bidmc.org/f2f) to sign up for your farm box by our Thursday June 13 registration deadline.* Participation in the Farm to Family program will be offered on a first-come, first-serve basis. Your investment includes:

- 16 weeks of farm fresh produce valued at \$24 per week.
- \$96 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 or [gpayne@bidmc.harvard.edu](mailto:gpayne@bidmc.harvard.edu)

# FAQs:

## 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. Produce will vary from week to week but a typical box will offer a variety of fresh, seasonal produce. A sample fall box might include bell peppers, potatoes, squash, radishes, string beans, collard greens, apples, and grapes.

To see the variety of crops that Ward's Berry Farm grows during the season, visit: [www.wardsberryfarm.com/crops.html](http://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](http://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. Please list both names on the online registration form. Either one of you can pick up the farm box each week.

## How do I sign up for a farm box or make a donation?

For your convenience, the 2019 Farm to Family CSA Program **registration process is now online**. Please visit [bidmc.org/f2f](http://bidmc.org/f2f) to sign up for a box and make a donation by our **Thursday, June 13 registration deadline**.

## How will my donation be used?

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.

Your \$96 (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.

## 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:

- \$32 will provide a subsidized farm box to a low-income family for 2 weeks.
- \$64 will provide a subsidized farm box to a low-income family for 4 weeks.
- \$96 will provide a subsidized farm box to a low-income family for 6 weeks.
- \$128 will provide a subsidized farm box low-income family for 8 weeks (half season).
- \$256 will provide a subsidized farm box to a low-income family for 16 weeks (full season).