

One Step at a Time Gardens

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www.ostgardens.com

“Committed to raising healthy food...raising hope”

F.A.Q. ~ Frequently Asked Questions

Read on for answers to these questions:

- What are your production practices?
- How much does a Full share provide?
- What does a farm membership consist of?
- What vegetables are in Go Gourmet Add-on?
- What do our members say?
- What recipe resources are provided?
- Does membership make “cents”?

What are your production methods?

We are not “certified” organic, but do use organically approved practices.

Our farming practices provide for the health and well-being of the land, the workers and especially our farm members.

We do not use synthetic pesticide, herbicide, or artificial fertilizer.

We do use *crop rotation, cover crops, compost, and organically approved sprays.* Our garden plots are interspersed with diverse cover crop and border plantings to support beneficial insects and animals.

Members are always welcome to visit the farm and we welcome questions about production.

We include a Weekly Note with each box of vegetables to help tell the story about how we raise the produce throughout the season. Back issues of our newsletters are available on our website.

How much does a Full share provide?

Our plan averages 6-8 lb. of produce/week/box throughout our 18-week season (early June to end of September) ranging from the lighter boxes of the early season to heavy boxes later in the season. We raise over 50 different vegetables from early varieties like green onions, lettuce, and spinach to late season comfort foods like winter squash, leeks and sweet potatoes. Designed for 2 adults or a small family. Our members tell us that this is enough weekly supply for a couple, recognizing that people do eat out during the week. Supply from the farm provides a weekly base of very diverse high-quality vegetables. Some of our members do their own home gardening but are growing only a few select vegetables.

To help you imagine what our shares look like through the season, we’ve provided three **actual deliveries from the 2010 season:**

Early Delivery - 2nd Week

Lettuce (½ lb.), Spinach (½ lb.), Radish (½ lb.), Green onion (½ lb.)

Mid- Delivery - 10th Week

Cabbage (3 lb), Zucchini (2 lb.), Cucumber (1 ¾ lb.), Leek (1 lb.), Kohlrabi (½ lb.), Beans – Green & Yellow (1 lb.), Tomatoes (3 lb.)

Last Delivery -18th Week

Lettuce (1/3 lb.), Kale (½ lb.), Leek (1 lb.), Green Peppers (½ lb.), Winter Squash (2 ½ lb.), Sweet Potatoes (1 ¼ lb.)

What's a farm membership share consist of?

Look over our share levels to find one or a combination of shares that will fit your desires and schedule!

Full Share – 18 weekly deliveries from early June to end of September

Every-Other-Week Share – 9, every-other-weekly deliveries, June – September

Two Seasonal Options – Green & Sweet (first 7 weeks) as well as Savor-the-Summer (last 11 weeks)

Two late Season options – Thanksgiving Box and Winter Delivery

We have several **additional Add-on features** including fruit shares, herb shares and Kits that provide ingredients for making Pesto, Salsa, roasted tomatoes and more.

For complete details, please ask to see our brochure or visit our website – www.ostgardens.com

Note about Go Gourmet Add-on - in 2011 this Add-on feature is even more divers. Vegetables include mustard greens, pac choi, cherry tomatoes, dragon tongue beans, chard, celeriac, fennel, ground cherries, and eggplant. Approximately 10 deliveries, adds 12 -14 lbs in all.

What do our members say? On a scale of 1(low) to 5(high) our member survey ranks **Satisfaction at 4.7!**

We survey our members every year to get feedback on quantity, quality, variety, length of season, distribution site and time, and our weekly communication note. We've been farming since 1996 and are sure you will be satisfied too!

What about help in cooking with all these fresh vegetables?

It's important to us that our members get the most out of their vegetables and we provide a number of resources to help, including tips in our Weekly Note, a recipe collection available at our website, and we carry a great cookbook we carry for sale. Asparagus to Zucchini: A Guild to Seasonal, Farm Fresh Produce is a great food book with all the information arranged by vegetable. Each feature provides nutrition, storage, cooking tips and a collection of recipes. A to Z, as we like to refer to it, is available for order on our membership form.

Does a CSA membership make “cents”?

The equivalent of a Full CSA farm membership, which lasts throughout the 18-week season, can easily be spent in one weekend of entertainment. Consider what dollars invested with One Step at a Time Gardens do for you, the land, and our communities:

- **Our maximum delivery radius is 120 miles.** Conventionally raised fruits & vegetables travel an average of 1,500 miles, grown for endurance and storage rather than flavor. (Leopold Center for Sustainable Agriculture). *At One Step at a Time Gardens, we select, raise, and deliver varieties with care for flavor that our members savor, not for shelf display.*
- **One Step at a Time Gardens manages for healthy soils that feed healthy plants and we harvest for peak flavor!** Studies are beginning to reveal declining nutrient levels in produce in grocery stores. (Growing for Market, August, 2002).
- **Your investment with One Step at a Time Gardens is an investment in the local economy as well as your own health!** We are actively involved in supporting our local community as well as the state sustainable agriculture community. Approximately 80% of fresh fruits & vegetables are imported into Iowa from other states and countries. Many of our food dollars, therefore, are exported (Iowa Local Food Task Force).

*Investing in locally grown food is an investment in your health
as well as that of the land, and the community.*

If you have any further questions about farm membership, please contact us : **Phone:** 641/495-6367;

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