

Ambrose Family Farm CSA Members Handbook



OUR MISSION is to form a partnership of mutual commitment between the community consuming our fresh produce and our farm. Ambrose Family Farm will produce a wide variety of quality produce grown the safest most organic method possible. CSA Members agree to actively participate in their weekly obligations and read their emails from Ambrose Farm CSA. This partnership provides you with a consistent supply of excellent nutritional food while ensuring the survival of the local family farm's future by guarantying the farmer a fair economic return for his efforts.

KEEP IT LOCAL – KEEP IT FRESH

General Information

Ambrose Family Farm 843-559-0988

www.ambrosefamilyfarm.com

email: ambrosecsa@stonofarmmarket.com

Mailing Address: 2414 Rockland Ave., Wadmalaw Island, SC 29487

Physical Address: 2349 Black Pond Land, Selkirk Plantation Rd. Wadmalaw Island, SC 29487

Ambrose Family Farm, operated by Pete Ambrose and Sam Ambrose is 135 acres and is part of the larger Ambrose family operation - Ambrose Family Farm (559-0988-Pete and Sam Ambrose) and Stono Market LLC, (559-9999 Babs and Barbara Ambrose). Each entity is owned and operated by members of the Ambrose family and you may contact either location for information.

FAQs

How will I know what's in my box each week?

- 1) Each Monday, you'll get an email about what's expected to be harvested for the week.
- 2) Visit the web site, www.ambrosefamilyfarm.com, click on "In Your Box" on the left menu bar
- 3) This is the HARVEST list, so depending on your share size, the day of the week, the volume of each item available, and weather, expect some of the items but not all!

Will my produce be dirty?

- 1) Produce, harvested fresh and field packed, is often a little dirty, may have some blemishes, may be slightly mis-shaped, but the quality will be great.
- 2) Wash your produce carefully before you serve it, cook it, or store it. We prewash your produce slightly, but washing diminishes the quality of some items and costs a fortune in labor.

What if I don't know what some of the produce is?

- 1) Visit the web site, www.stonofarmmarket.com/inmybox.html Produce offered this week will be listed and each is a link to tons of information on each item-pictures, storage info, nutritional value, and recipes. They will introduce you and your family to new and different ways to use produce you might not be familiar with.
- 2) Don't forget to Google any item on the list. The information on produce is endless.

What if I forget to pick up my produce?

- 1) Call you pickup host and let him/her know you forgot. Make arrangements to get your share ASAP
- 2) Keep your pickup host's phone number and email handy. The information is available if you login, view the Pickup Site Info. Directions are available also.

How do I know where my pickup point is or what to do when I get there?

- 1) Google your pick up point address for directions or login @ www.stonofarmmarket.com/memberlogin.html and get the directions from the Member section of the website.
- 2) **YOU** are responsible for pickup on your pick up day.
- 3) Be timely and considerate. If you cannot pick-up for whatever reason, make sure someone does it for you or contact your host and make arrangements for later pick up.
- 4) **Sign In!** Your host will know if you've been there or not if shares are left at the end of the day. If another person is picking up for you, please instruct them to sign in next to your name.
- 5) **YOU** are responsible for changing your pick-up day or location and changing it back if it is a temporary arrangement. www.stonofarmmarket.com/memberlogin.html

How do I know which share is mine?

- 1) Small Share - packed in reusable bag. The 1st week, take the bag. Next week, return the bag and take another.
- 2) Medium Share - packed in ½ bushel box. The 1st week, there will be reusable bag in the box, Transfer your items into your bag, unfold the box(watch the video on how to unfold the box (see

video <http://www.youtube.com/user/sissyelsey#p/a/u/1/V3TdPIRX1Eo>), and store with rest of boxes/bags

- 3) Large Share – packed in ¾ bushel box. The 1st week, there will be 1 to 2 reusable bag/s in the box. Transfer your items into your bag/s, unfold the box (see video <http://www.youtube.com/user/sissyelsey#p/a/u/1/V3TdPIRX1Eo>), and store with rest of boxes/bags
- 4) Xtra Large Share – packed in a 1 1/9 bushel box. The 1st week, there will be 2 to 3 reusable bag/s in the box. Transfer your items into your bag/s, unfold the box (see video <http://www.youtube.com/user/sissyelsey#p/a/u/1/V3TdPIRX1Eo>), and store with rest of boxes/bags
- 5) PREMIUM SHARE: There will be a bag/box set aside with your name and order on it. The 1st week, there will be 1 to 2 reusable bag/s in the box. Transfer your items into your bag/s, unfold the box (see video <http://www.youtube.com/user/sissyelsey#p/a/u/1/V3TdPIRX1Eo>), and store with rest of boxes/bags.

When does the Season start/stop?

- 1) Start/stop dates are ESTIMATED only. Several weeks before each season starts/stops, you will be notified by email.
- 2) Each season is priced according to the number of weeks anticipated it will run. Most seasons are 11 to 13 weeks long. The season length is noted on the sign up form.
- 3) Occasionally, there is enough of 2 to 3 produce items for CSA Members to share, but not enough for the farm to make deliveries. When these items are available, you will be notified by email that you may come to the Stono Market or go to the farm for these surprise ‘pickups’! Watch your emails.

If you have other questions, please contact us by email or phone. We available for you!

ON FARM PICK-UP

- 1) **Come on your designated day.** We do not harvest more than is needed for each day’s scheduled pick-up.
- 2) Sign in. The sign in book is at the farm stand.
- 3) Signs will be posted above each produce item indicating how much of each item you should take for your share size.
- 4) **WANT NOT-WASTE NOT!** The quantities indicated at the farm stand are maximum allocations. Since your share is priced considerably below retail value, you will still be getting a great value if you choose to take less of an item you will not use.
- 5) **SAVE A TREE, BYOB** (Bring Your Reusable Bags): Please bring your reusable bags. A laundry basket or a large cooler are great containers for your car too. Greens, in particular, can suffer in the heat, and a cool ride home may keep your produce fresher, longer.
- 6) **FACILITIES:** Hand washing spigots, produce washing areas, and port-o-lets are available. Be considerate of our grounds and don’t leave a mess. Trash cans are placed around the farm for trash and mulch piles are near produce washing areas for debris. Picnic tables are available in the shade and we welcome you to enjoy the farm for as long as you have time. Bring your own food and spend the day if you choose.

ON FARM SAFETY

There are lots of fun and invaluable experiences to share on the farm. But on the same hand, there are dangers that those of you who are not familiar with farm life may not be aware of. Things can get rather hectic some days with members and PYO customers coming and going, each trying to deal with their own children, carrying heavy containers of produce in and out of the field and farm stand, equipment traveling from one place to the next, and cars parking and backing up to leave. **PLEASE, KEEP AN EYE ON YOUR CHILDREN!**

Most farm equipment is dangerous, loud, and dirty. Attachments have sharp edges, blades, and spokes used to cut and turn the soil. Tractors are large and loud, making it difficult for the staff to hear and see small children who may be playing in the dirt and enjoying the open spaces! A great respect and serious caution

for safety will ensure that your visit to the farm will be enjoyable and SAFE. Please be mindful and follow these rules:

- 1) DO NOT leave children unattended-any time or anywhere on the farm. A farm can be a dangerous place for an unsupervised child!
- 2) DO NOT allow children to play on farm equipment, tractors, harvest bins, carts, wagons, or any other farm equipment.
- 3) DO NOT allow children to throw rocks, gravel, dirt, or produce.
- 4) DO NOT allow children to play in or around the pond.
- 5) DO NOT allow children to play on the hills of dirt around the pond. There may be snakes, bugs, and very hurtful brambles in, on, and around these piles of dirt.
- 6) DO NOT cross any fence-around the chicken yard, the pond, or along the road.
- 7) Please leave your dog at home. Dogs behave unpredictably on the farm and should not be brought, even with a leash.
- 8) Please, treat our growing crops with great respect and care. Be careful not to damage growing plants and un-harvested fruits and vegetables. Use roadways and paths, taking care to watch for cars and farm equipment.
- 9) Please, no smoking in the greenhouse, fields, or in the farm shed. There are certain crops that are susceptible to diseases caused by tobacco. Dispose of cigarette butts properly. They are not biodegradable.

RECOMMENDED TOOLS:

It's important for members to be equipped with tools necessary for proper harvesting of PYO crops as well as tools necessary for caring for and preparing your produce on the farm and at home. Keep tools used on the farm in your car.

- 1) Wide brim work hat and sunscreen to protect you from the sun.
- 2) Work gloves to protect your hands from dirt and injury
- 3) Pruning shears-absolutely necessary if you plan to gather fresh cut flowers and herbs
- 4) Good quality peeler and knives-an essential part of harvesting, cleaning, and preparing fresh produce
- 5) Lettuce spinner-perfect for cleaning and drying lettuces and all leafy greens
- 6) Large, handled flat-bottom basket will be invaluable for PYO crops and/or at home for storage of items that do not require refrigeration or freezing
- 7) If you want to jar your excess produce, you will need to have a pressure canning pot and canning jars.

IMPORTANT THINGS TO KEEP IN MIND

- 1) You will have to supplement your weekly share of produce with items you purchase outside your CSA weekly share. We cannot grow everything you need, every week. The CSA offers you the best seasonal produce-but we are not a grocery store. Fresh and seasonal-eat it while it's available, can or freeze it for the future, but realize your share box will not contain everything you need in the produce line every week.
- 2) If produce is in your box that you believe you don't like, we encourage you to try one of our recipes before you decide to throw it away. If you try some of our recipes and still don't like it, share it with a friend-or enemy-or simply omit it if you pick up at the Farm or Stono Market. WASTE NOT-WANT NOT!
- 3) Don't discount something you have never heard of or seen before. If it is different, we will offer you several ways to cook it so you can diversify your eating habits. Dr. Julie Peterson says, "Don't eat the same thing all the time. Eat what is in season and fresh. That will keep you healthier."
- 4) Keep in mind that we could have a crop failure for many reasons. A crop failure does not mean that the entire farm has lost the produce growing. It means that ONE crop may have failed for a particular reason and you might not receive an abundance of that item each week. Also, 'crop

failure' does not always mean that the farmer has failed in some fashion, but could be the result of extreme weather conditions at planting, during the growing season, or at harvest time. Planting, growing and harvesting a crop is similar to planning a wedding—you can do everything right, but the day of the wedding the weather could be absolutely horrible and all your good efforts are spoiled by outside elements that were completely out of your control. Mother Nature has her way with us every now and then, and there is absolutely nothing we can do about it. Welcome to the world of farming. You are now a partner in this enterprise and its bounties and failures will affect your life in a different manner than usual.

- 5) We want to grow what our Members want to eat. Communication is critical! We need and want your opinions and comments. Please, email us often with complaints, compliments, and suggestions. We can act on complaints. We can enjoy compliments. We can improve with suggestions. We will do NOTHING if you say nothing.
- 6) Shares will start with lighter volume and grow as the season progresses. The first several weeks will be lighter in volume, increase throughout the season, and then grow lighter as the season draws to an end. Don't expect to be overloaded on the first few deliveries, but get ready for much heavier loads later.

PICK-UP POINTS

FM-Ambrose Family Farm (843)559-0988: Tuesday through Saturday 10am to 5pm. Selkirk Plantation, Wadmalaw Island, SC 29487 (No delivery fee charged)

From James Island—take Maybank Hwy to Liberia Road(about 13 miles)—turn right. 1 mile on Liberia Rd, turn left onto Selkirk Plantation. Turn immediately left through the metal gates onto the farm. Drive across the causeway, turn left at the greenhouse. You will see the farm stand.

From Hwy 17—Turn onto Main Road (at the Burger King). At Maybank Hwy intersection (Piggly Wiggly Shopping Center), turn right. At Liberia Rd., turn right (about 7 miles). 1 mile on Liberia Rd, turn left onto Selkirk Plantation. Turn immediately left through the metal gates onto the farm. Drive across the causeway, turn left at the greenhouse. You will see the farm stand.

If you should find yourself on Bears Bluff Road rather than on Maybank Hwy once you are on Wadmalaw Island, continue on Bears Bluff Road to the 4-way-stop intersection (first stop sign on Bears Bluff Rd). Turn left onto Liberia Rd. Selkirk Plantation is your first right.

SM - Stono Market (843)559-9999: 842 Main Road, Johns Island, SC 29455 Tuesday-Friday 10am to 6pm Saturday, 10am to 5pm. (No delivery fee charged)

From James Island—Maybank Hwy. to Main Rd. Turn right onto Main Rd. Travel about 4 miles. We are on the left.

From Hwy 17—Turn onto Main Rd (at the Burger King). Travel 3 miles, we are on the right.

Tuesday - Pick Up Points

(Delivery Fee Charged)

MH - Maybank Highway James Island—Maybank Hwy near Folly Rd. (843)795-1267: Tuesday, 3pm to 6pm Becky and Andy Stallworth

From Folly Rd, 1836 Maybank Hwy is on right less than ½ mile. Landmarks: There are 2 concrete walls build close to the highway, the first one is pink, the 2nd is tan. The Stallworth home is NOT walled. They describe their drive as “the hole in the wall”. The double mail box clearly reads “Oliver and Stallworth”. There is an “Ambrose Family Farm U-Pick Strawberry” sign on the road just past their mailbox.

From Johns Island: 1st drive on left past the Bethany Methodist Church on the right.

CL - Clearview (843) 795-4446 Tuesday- 2pm to 5pm JoAnn Kent 778 Clearview Drive, Charleston, SC 29412

From Harborview Road toward Ft. Johnson Rd. Turn left onto Clearview Drive near the end of Harborview Rd at the strip shopping area. Travel 1 mile-home on right, mail box clearly reads ‘778’. Landmark-green sailboat parked on left side of yard near road

MAR - Martello Dr - James Island: 843-795-5431 (Cell)843-478-5459 451 Martello Dr, James Island 29412
Lyla Ambrose Residence Tuesday, 3pm to 6pm

From Folly Rd: Turn onto Harborview Rd. 1st Left-Martello 1st home on Left

CT - Citadel: - 75 Hagood St. Tuesdays, 3pm to 6pm Tim and Tanya Hanchon Residence, MSC 153, The Citadel 843-958-8774

Directions: From James Island Connector: Take Lockwood Blvd.-South to Hagood St.(Lockwood Blvd turns into Fishburn St.) At the stop light, turn LEFT House #75 on left.

From Downtown: From Huger St.; Huger ends at Hagood St.; Turn Left. House # 75

CON - Congress Street: 843-722-1204 (Cell)843-926-1448 278 Congress Street, Charleston, 29403 Diana Yarborough Residence Tuesday 3:30pm to 6pm

From West Ashley area going North: Lockwood Blvd. turn left onto Hagood Ave. Turn Right onto Congress. House on left.

Wednesday - Pick up Points

(Delivery Fee Charged)

WIC- The Wickliffe House (843) 723-5600: Wednesday 3pm to 5pm 178 Ashley Ave, Downtown Charleston, directly across from the Medical University’s main entrance. Wendy and Jeff Gleim
<http://www.wickliffehouse.com/>

From Calhoun Street: Turn onto Ashley Ave. The building is directly across from the main entrance to the Medical University.

PW - Park West, Mt. Pleasant 843-971-6632 Elizabeth Gush residence - **BE CAREFUL FOR CHILDREN!** 3294 John Bartram Place, Mt. Pleasant, 29466 Wednesday 3pm to 6pm

From Charleston: Travel Hwy 17 N. about 4 miles past the Isle of Palms connector. The entrance to Park West is immediately past the ‘Publix’ entrance on the left-Park West Blvd. Turn left into FOXMOOR section and travel to stop sign. Turn left onto John Bartram. Last house on right.

WA-West Ashley, 763-1603 Brit Washburn, 9 Arabian Dr, 29407 Marsh Cove Subdivision - Wednesday 3pm to 6pm

From I-26, take the Sam Rittenberg/Cosgrove Ave South exit. Cross over bridge. At the second traffic light, turn right onto Orange Grove Road. Follow Orange Grove until it ends, then turn right onto Ashley Hall Road. Follow Ashley Hall Road until it ends, then turn right onto Sandcroft. Follow Sandcroft until it ends, then turn left onto Ashley Hall Plantation Road, then make your first left into the Marsh Cove neighborhood/Arabian Drive. We are # 9 Arabian, the fifth house on the left. (This is just about 3 or 4 miles total from the exit, and should take all of 5-10 minutes)

From Downtown, take Hwy. 61/Ashley River Road. Turn right onto Ashley Hall Road. Follow Ashley Hall Road until it ends, then turn right onto Sandcroft. Follow Sandcroft until it ends, then turn left onto Ashley Hall Plantation Road, then make your first left into the Marsh Cove neighborhood/Arabian Drive. We are # 9 Arabian, the fifth house on the left.

SG - Sea Gull Drive: 843-259-9889 950 Sea Gull Drive, Mt. Pleasant, SC 29464 Wednesday, 3pm-6pm
Lisa Dunlevy Residence,

Coming from the bridge: Take the exit for Coleman Blvd. and follow it over Shem creek. Prepare to take a Left after passing the Taco Bell on the Right side of the road. Make a Left onto Chuck Dawley Blvd. (there is a hardware store at the intersection). Make a Left onto Lazy Lane at the following light. The road curves a bit and then there is the subdivision sign, Shemwood II. At this point the road name changes to Sea Gull Drive. Follow the road straight and then it will veer you to the right and straighten out two times. The address is 950 Sea Gull Drive and is located on the Left side.

Coming from 17 or 526: Take the exit Chuck Dawley Blvd. or in the case of 526 the road becomes Chuck Dawley. You will cross the intersection for Bowman road. Go straight to the next light at which point you will make a Right onto Lazy Lane. The road curves a bit and then there is the subdivision sign, Shemwood II. At this point the road name changes to Sea Gull Drive. Follow the road straight and then it will veer you to the right two times. The address is 950 Sea Gull Drive and is located on the Left side.

SUS - Susan Dr.- West Ashley: 843-556-8418 (Cell) 843-637-1733 341 Susan Drive, Chas, 29407 Jennifer Brown Residence Wednesday, 3pm to 6pm Directions: Turn onto Betsy Lane, next to Palmetto Ford on Hwy. 17. Turn right onto Susan Dr (2 speed humps to cross) House on right-brick ranch with blue shutters and BMW Wagon in drive. WATCH FOR CHILDREN!

Thursday - Pick Up Points

PC - Park Circle, N. Charleston, 29405 (843) 412-9666 Thursday, 3pm to 6:30pm: 1155 North Blvd. Susan & Dave Klugman residence **BE CAREFUL OF CHILDREN!**

From Interstate 526: exit #19 N. Rhett-turn right onto N. Rhett toward Montague. North Blvd. is several blocks on the left, clearly marked. The Klugman home is on the right and is clearly marked

From Spruill Ave: Travel Spruill to North Blvd. Klugman home is on the left-2nd block.

SV - Summerville 843-813-3399 Thursdays, 3pm to 6pm Bob and Noreen Mitchell' s residence @ 234 Eagle Ridge Road, Summerville 29485

West-Interstate 26: Take exit 205A Hwy 78West. Turn Left onto Ladson Rd; turn right onto Miles Rd.; Turn left onto Beverly Dr.; Turn Right onto Eagle Ridge Rd. Single Story-Yellow House on Cul de Sac (CSA Sign Posted)

Hwy 52 East: US 78 ramp to Interstate 26 Merge onto NAD Street, and take a slight right onto Hwy 78; Left onto Ladson Rd.; Right onto Miles Rd.; Left onto Beverly Dr.; Right onto Eagle Ridge Rd. Single Story-Yellow House on Cul de Sac (CSA Sign Posted)

Dorchester Road-East or West: Turn either Right or Left onto Old Trolley Road; Right onto Beverly Rd.; Left onto Eagle Ridge Road. Single Story-Yellow House on Cul de Sac (CSA Sign Posted)

DI - Daniel Island: michel.yvonne@gmail.com 843-509-5943 Yvonne Michel 115 Brady Street, Daniel Island, 29492 Thursday, 3pm to 6pm

Directions: From Mt. Pleasant exit I-526 on Seven Farms Rd, turn right on Daniel Island Drive, turn left on Brady Street, 115 is the second house on the second block on the left.

From North Charleston exit I-526 on River Landing Drive, turn right on Seven Farms Rd, turn right on Daniel Island Drive, turn left on Brady Street, 115 is the second house on the second block on the left.

GC - Goose Creek: 843-875-7742 444 Ashburton Dr., Goose Creek, 29445 Peggy Wassung Thursday, 3pm to 6pm
Directions: From Hwy 52 - Turn left onto Hwy 176, St. James Avenue. Turn Left onto Devon Blvd. Turn Left onto Penzance Blvd. Turn Left onto Ashburton Dr. House on left.

LP - Long Point Road, Creative Spark: 843-696-5747 Creative Spark Center for the Arts, 757 Long Point Road, Mt. Pleasant, SC 29464 Kristin Zeaser-Sydow is the hostess for this Pick up point. Thursdays, 3pm to 6pm

Directions: From Hwy 17 N. in Mt. Pleasant, exit onto Matthis Ferry Road and travel to Whipple Rd. Turn left onto Long Point Road and right at 757-Creative Spark.

From I 526: Exit onto Long Point Rd and travel to 757-Creative Spark Center on the left.

WILL - Williamson Street: 723 Williamson Street, Mt. Pleasant Kris Bradford 843-971-0608 Cell 870-3497 Thursday, 3pm to 6pm

Directions: Hwy 17, Mt Pleasant, turn onto S. Shelmore and bearing left onto the frontage road. Turn right at Hopewell Ct and continue onto Williamson Dr. After 1st hump, 723 is on the right and has an umbrella Tree in the yard and is clearly marked with a sign-723.

Special thanks to ALL who have volunteered their homes, businesses, and time as
Ambrose Family Farm CSA Pick Up Points.

We are excited about having you and your family as Members of the Ambrose Family Farm CSA. We hope to have you as members for many seasons to come.

Pete, Babs, Sam and Barbara Ambrose
Ambrose Family Farm and Stono Farm Market
Farm 843.559.0988
Market 843.559.9999