

Ambrose Family Farm CSA Members Handbook



OUR MISSION STATEMENT

It is our goal to create a partnership of mutual commitment between Ambrose Family Farm and CSA Members who consume our fresh produce. This partnership provides CSA Members and their families with the best quality and widest variety of produce grown the safest most organic method possible and ensures 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

Think Globally - Eat Locally

Thank you for your support. It is our hope that this new partnership is an exciting experience for you and your family. We look forward to many bountiful years of sharing with you the best we grow and truly welcome all feedback on how we can better serve you, our members and our community. There is no better way to feed your family and friends than to serve farm fresh vegetables, fruits, and herbs.

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

General driving directions:

From Maybank Hwy (700). Turn right onto Liberia Road, travel 1 mile, turn left into Selkirk Plantation. Take an immediate left through the metal gates onto the farm

From Maybank Hwy onto Wadmalaw Island. At fork, take right onto Bears Bluff Rd. Turn left at "Stop" sign onto Liberia Rd. 1st right turn onto Selkirk Plantation Rd and an immediate left through the metal gates onto the farm.

If you choose to use a navigational devise, please know that Black Pond Lane does not register. You must use "SELKIRK PLANTATION ROAD". DO NOT USE 2414 Rockland Ave, Wadmalaw Island, SC 29487—that is our home and the mailing address only. You will be lost!

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. Directions are available on the web site www.ambrosefamilyfarm.com.. Visit us often!

HOW TO HANDLE YOUR PRODUCE WHEN YOU GET IT HOME

- 1) Produce, harvested fresh and field packed is often a little dirty, may have some blemishes on the exterior, may be slightly mis-shaped, but the quality will be the best we have to offer. "Beauty is only skin deep".
- 2) Wash your produce carefully before you serve or cook it. We will NOT prewash your produce. Washing diminished quality and costs a fortune in labor. The less WE handle your produce, the better it is
- 3) There will be recipes each week on the web site. They will introduce you and your family to new and different ways to use produce you might not be familiar with, don't use often, or think you don't like. These recipes are good. We use them and they just might have you eating something you thought you didn't like. It happens—even to us!
- 4) We re-use and recycle. Do your part by returning plastic clam shells washed out. Think Globally - Eat Locally
- 5) When you choose to **add** items to your weekly share, remember to give us several days notice through email. Bring a cooler to carry the shrimp home in. Shrimp must be handled VERY CAREFULLY. Our shrimp are preservative free and should be frozen in water if you do not plan to cook them within 2 days. Keep them moist and cold by storing them in a leak-proof container (NOT a zip lock bag) covered with ice and refrigerated. Drain the water each morning and afternoon. You will be amazed at the difference in flavor our shrimp have because of the lack of preservatives. But they do require special handling.

OFF FARM PICK-UP
(Google your pick up point address for directions)

- 1) **YOU** are responsible for pick-up on your pick up day. Be timely and considerate. If you cannot pick-up for whatever reason, make sure someone does it for you.
- 2) **Sign In!** If another person is picking up for you, please instruct them to sign in next to your name.
- 3) **YOU** are responsible for letting us know if you need to make some change in pick-up day or location. Don't change often, but we are partners and will do our best to accommodate your needs.

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) **PARKING:** The farm stand is located on the left, just across the causeway over the pond. Parking is available on both sides of the farm stand. **PLEASE, BE CAREFUL FOR CHILDREN!**
- 3) Sign in.
- 4) Signs will be posted above each produce item indicating how much of each item you should take for your share size. There may also be a "grouped" set of produce items that you will select a particular number of products from the group. Here is an example:
In addition to all other fresh produce offered at the farm that day, you might find a 'group' of items set apart. Let's say this 'group' consists of 5 different crops - onions, collards, beets, turnips, and cabbage. Above this 'group', the sign might read, "Please select any 4(family share) or 2(individual share) items from this 'group'. For the sake of our example, with a family share, you might select 1 bunch of beets, 1 bunch of onions, 1 bunch of collards, and 1 head of cabbage. Or perhaps you might choose 2 bunches of beets and 2 heads of cabbage. Any individual share might choose 1 bunch of onions and 1 bunch collards, or for the sake of this example, 2 bunches of collards. There may be several such 'groups' on any given day at the farm.
- 5) **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.
- 6) **SAVE A TREE, BYOB** (Bring Your Own Bags): If you are scheduled for On Farm Pick-up, please bring your own bags. Consider cloth re-useable 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.
- 7) **PYO CROPS:** Plan to spend some extra time at the farm harvesting your own fresh cut flowers, strawberries, beans, tomatoes, okra, onions, etc. If you like to pick your own and wish to pick part or all of your weekly share, you may do that! If you choose to pick **MORE** than your weekly allotment of any item, we will give you a 10% discount on any PYO item if you have your CSA Membership Card. For example, your weekly allotment of strawberries is, for the sake of this example, 2 lbs. for an individual share. It is time for you to make jelly/jam and you need 20 lbs. for the project. You may PYO your weekly share amount as well as the additional 20 lbs. needed. You will receive a 10% discount on the 20 additional pounds of strawberries you picked. This discount will be honored on any items picked by you that are above the weekly share.
- 8) **ORGANIC PESTICIDES:** Organic growing practices focus strongly on prevention of disease and insect pest problems. It will be important for you to observe ALL field practice instructions given at the farm stand. The Federal Organic Standards permit the use of botanically-derived substances to prevent crop failure. Unlike some chemical pesticides, botanical compounds biodegrade quickly, leaving no harmful residue. If we should HAVE to use one of these products, for a few days we do not handle nor will we allow you to handle treated crops. It will be important for you to read all notice boards in the farm stand before you PYO to make sure there has not been a product used in the field that might be actively controlling a pest.
- 9) **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 quite possibly are 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 its 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. We cannot grow lettuce year around—only in cooler weather. We cannot grow squash or onions year around. Tomatoes are available in June, July, November, and December. Sweet corn is harvested in June and early July. Okra is harvested in mid-June through September. Strawberries are finished by the end of May. Expect to have to visit a produce market each week to supplement your families produce needs.
- 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 exclude it in your weekly share. 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. The produce items will change constantly, giving you and your family a wide variety to taste and enjoy.

PICK-UP POINTS

FM-Ambrose Family Farm (843)559-0988: Tuesday through Saturday Noon to 5pm. Selkirk Plantation, Wadmalaw Island, SC 29487

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.

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

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

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!

(We are looking for a pick up point in Mt. Pleasant close to the City of Charleston)

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: 843-881-4999 104 Cartright St, Thursday, 3pm to 6pm Welbourn Residence,

Directions: From Charleston, I-526 exit 24 Daniel Island; Right onto Fairchild St.; Left onto Corn Planters; Right onto Cartright St. ending at #104

From Mt. Pleasant: I-526 to exit 24 Daniel Island; Right onto Island Park Dr.; Left onto River Landing Dr.; Right onto 7 Farms Dr.; Right onto Daniel Island Dr.; Left onto Cape Street; Right onto Corn Planters; Left onto Cartright St ending at # 104

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 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.

Pick up Points change from season to season.

You will be informed near the beginning of each season of any changes and you will have the opportunity to change your pick up point location before beginning the season.

A 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.

Thank you again for your support.

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