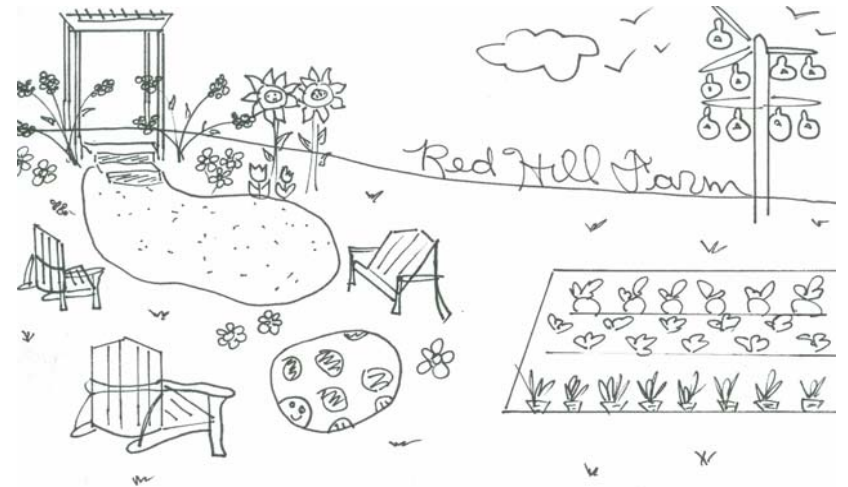




Contact Information
Abygail Ollila and Mira Kilpatrick
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MEMBER HANDBOOK



Red Hill Farm
Community Supported Agriculture

Red Hill Farm

Red Hill Farm is an expression of the environmental initiatives set forth by the Sisters of St. Francis of Philadelphia. These initiatives strengthen the congregation's commitment to preservation of the land, promotion of health, and the use of sustainable practices. Towards these goals, six acres of meadow were transformed into Red Hill Farm in 2000.

Our Vision

- We strive to be good stewards of the land by utilizing sustainable farming practices.
- We believe healthy soils are integral to healthy food and healthy people.
 - We use compost, cover crops, and crop rotations to build soil fertility.
 - We grow without synthetic fertilizers, pesticides, or herbicides.
- We encourage an ecosystem of native wildflowers, birds and pollinators.
 - We encourage a sense of place by reconnecting people with the land and with each other through community events on the farm.



Sun Safety

During the hot summer months, the sun can be brutal. Please make sure to adequately protect yourself when visiting the farm. If you are planning to linger at the farm, sunscreen, UV-protected sunglasses, hats, and long sleeves are all recommended, especially for children. This applies even on overcast days since UV rays penetrate through clouds.

Compost Your Kitchen Scraps

We encourage you to return your kitchen wastes (vegetable scraps, eggshells, coffee grounds, etc.) to the farm if you do not have your own compost pile. Do not put meat, oils, or bones in the compost. Please take your compost to the compost pile (ask us where), add it to the pile, and cover with leaves.

Newsletter

The weekly *Red Hill Root* newsletter allows us to communicate with members about the general happenings on the farm, share recipes, announce upcoming events, etc. Members are invited to submit recipes, farm poetry, etc. to our newsletter editor:

Melinda Parsons at m.boydp@gmail.com

New and old *Roots* are available can be viewed at: www.redhillfarm.org

Volunteering

We invite members to join us in the fields and experience the fun in farm work! Please contact the farm office if you are interested in setting up a volunteer shift. You are also always welcome to pull a few weeds while you're out harvesting in the U-Pick area!

Communication

You can reach Aby or Mira at the farm office at 610-558-6799. Please leave a message and we will return your call as soon as possible. You may also contact us by email: aollila@osfphila.org, mkilpatrick@osfphila.org



Parking

Please park in the designated parking area below the two sheds at the end of the driveway. Do not park on grass, in driveways or in front of the sheds or barn. We will be working while you pick up your share and need access to these areas. During special events if there is not enough room for all members to park at the farm, the Convent parking lot is available to members. If you have special needs/limited mobility, please let us know and you can park closer to the barn.

Children

The farm is a wonderful place for children to explore and to learn about plants, animals, and how their food grows! While we want children to feel at home on the farm, we also want them to be safe.

***Parents are expected to know where their children are at all times and keep them away from dangerous areas.**

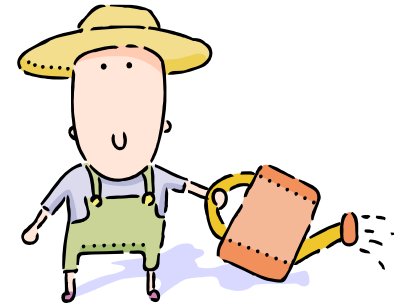
Tool sheds and the tractor area of the barn are off limits to children at all times. Hoophouses are off limits to children unless accompanied by a farmer or adult.

On the farm there are flowering plants that bees & other stinging insects help pollinate. If you locate a nest or notice aggressive behavior, let us know. There is a first aid kit with sting supplies at the sign-in table in the share room, as well as one by the front doors of the barn.

The Children's Garden is a special place for children when they are visiting the farm. We encourage you to spend time with your family here and share ideas to make it a more enjoyable space.

Pets

Pets are not permitted at the farm, with the exception of service dogs.



Farm Staff

The Red Hill Farm Crew consists of two year round employees and two seasonal employees. Abygail Ollila and Mira Kilpatrick are the head farmers. Together we manage all aspects of running the farm and couldn't pull it off without the help of our seasonal workers. Additional help is provided by the Core Group, workshares, and volunteers.

Farm Membership

- Membership is open to anyone, provided shares are available.
- At the end of the season, current members are free to join again to fill spots. After the deadline, we open up the waiting list.

Pick-Up Days

**Tuesdays or Fridays
1 p.m.-7p.m.**

- Members choose a day and must pick up on their assigned pick-up day.
- U-Pick Items** may only be picked during pick-up days and times. Please allow enough time to pick your own.



Your Farm Experience

Distribution

***Please sign in on the sign-in sheet each week when you pick up**

The total harvest each day is equally divided among the members picking up, so it is important to stick to your day. Share items and amounts will be posted on a large board as well as on each bin so you know how much of each crop to take. U-Pick quantities are also listed on the board. A farmer will be in the share room to help answer questions, restock bins and sell off-farm products.

Please bring empty bags. Paper, plastic, and cloth all work great. If you have an abundance of bags at home, feel free to bring them for other members to use, as we don't supply bags. U-Pick pint/quart containers are provided, but we ask that you transfer items to a bag so other members can reuse them. If you take them home by accident, just bring them with you the next week. Some members like to bring a cooler to keep vegetables cool and crisp on the drive home.

Missing a Pick-Up Day

In the event that you are unable to pick up on your scheduled day, we invite you to find someone else to pick up your share for the week. This could be a family member, neighbor, co-worker, etc. If you are unable to find someone, it is not necessary to contact us. Your share will simply get recycled back into our surplus.

We understand that people sometimes vacation in the summer, etc. However, the farm harvest schedule and distribution is very precise. It is difficult for us to accommodate each person who requests to switch days, and the shares can suffer as a result. Offering the share to someone you know is a nice way of introducing potential members to the farm as well.

Sharing a Share

If you share a share with another family, and you are the primary shareholder, please remember to relay any information that you may receive throughout the year to your share partner. Please pick up the share in its entirety... you may not leave half a share in the share room for your partner to pick up. Some people come together to split the share, others alternate weeks. It is your responsibility to communicate with your share partner in regard to pick-up scheduling.

Surplus

If there is more produce in a share than you need or particular crops that you dislike, place them in the Surplus Bin. Feel free to take items you'd like from the Surplus Bin. Any surplus that is left at the end of the pick-up is donated to the Convent, and to local food pantries. Or the farmers eat it. ☺ Rest assured, the food does not go to waste.

U-Pick Crops

Crops such as peas, beans, cherry tomatoes, cut flowers and herbs are grown for members to harvest themselves. U-Pick crops are all in one area behind the barn, near the Children's Garden. When a crop is ready to harvest it will have a white stake and label in front of it. U-Pick crops/quantities will be posted in the share room as well as on each stake. Please walk carefully in the aisles when harvesting U-Pick crops and feel free to pull a few weeds while you're out there ☺

Perennial herbs are in raised cinder-block beds to the left of the cinder-block garden. Please use scissors/clippers for cutting the stems to avoid injuring the plants and pick evenly from many plants, rather than taking a lot from one plant.

***We recommend keeping scissors/clippers in your car for cutting herbs and flowers. RHF provides scissors, but they're often misplaced.**

Off-Farm Products

Products such as meats and dairy are available for purchase in the barn. Please find the farmer in charge of the share room to make your purchase.

