



## GICS CSA Is Back!

After a year and a half of wonderful farm fresh success we have received the green light from Dr. Baker to continue our beloved GICS CSA program with on campus delivery starting next week, Thursday 9/29/11. We have already raised close to \$4,000 for GICS just from this program alone! It's so easy, be one of the sharpest tools in the tool shed and join up. Everyone wins with

this program; your family enjoys farm fresh produce, our local farmer Tanaka Farms continues a local environmentally friendly & successful community project & GICS earns much needed fundraising \$\$ by simply ordering gorgeous farm fresh in season fruits & vegetables. Flexible online ordering is now available at [www.tanakafarms.com](http://www.tanakafarms.com). Choose a large \$33 or small \$23 box (box plus delivery charge). 10% of every 'Yummy Funraising' box goes directly to GICS.

Enjoy eating and making a GICS 'Yummy Funraising' contribution  
right from your families dinner table!

25 large boxes X \$3 X 52 weeks = \$3,900	GICS Fundraising \$\$
35 large boxes X \$3 X 52 weeks = \$5,460	GICS Fundraising \$\$
45 large boxes X \$3 X 52 weeks = \$7,020	GICS Fundraising \$\$

Please set up your order(s) as follows:

- Weekly Or Bi-Weekly Schedule – Please visit [www.tanakafarms.com](http://www.tanakafarms.com) and click on the CSA tab on the top of the home page and follow the directions to set up your account. Your account and orders must be placed at least four days before our scheduled delivery on Thursdays. Sunday is our cut off to make any additions or changes. If you are already a CSA subscriber and want to change your delivery and fundraising contribution to our GICS program please contact Eileen or Shannon at 949-653-2100 ext 201 or [csa@tanakafarms.com](mailto:csa@tanakafarms.com).

### Instructions:

Delivery – First, you will receive an email delivery reminder on Wednesdays. Tanaka delivers on Thursday mornings to GICS. The official delivery window per Tanaka is 10AM to 2PM but we have found they typically arrive before 11:00AM. The boxes will be stored inside the main gate where you will be buzzed in and able to pick your box up. There will be a sign out order sheet posted. Please mark the box by your name to communicate that you have picked up your box. The main office is closed between 2:30 to 3:30. When the main office is closed, please get a visitor's pass from the satellite office located inside the pickup gate and proceed to the main gate where you can pick up your box and mark your name off the list. The school gates close at 6PM so make sure to stop and pick up your box before then.

Payment – Payment is now handled online thru [www.tanakafarms.com](http://www.tanakafarms.com). Automatic payment by electronic check (bank or bank transfer) or automatic credit card (MasterCard or Visa) is available. You will receive a confirmation e-mail confirming payment after it is delivered.

Recycle Tanaka Boxes – Once you unload your produce please remember to bring your empty box back to recycle for Tanaka Farms to use again. You can also transfer your produce direct into your own bags and leave your empty box at GICS eliminating the need to bring the box back for recycling.

Invite your friends and family to join!

Plant, Eat, And Grow The GICS/CSA Way!  
Kendall Giliberti-Severson - Chair  
Cell: 310-704-4666, [kendallsev@gmail.com](mailto:kendallsev@gmail.com)

Committee: Fiona Godschalk, Susi Bachofner, Jessica Hopman-Miro

Committee Alumni: Audrey Morris, Birgit Schilcher



CSA Family Days  
Tanaka Farms, Irvine



### **WHAT IF I DON'T EAT A CERTAIN VEGGIE?**

Don't forget the veggies are seasonal. So, just because there was cabbage and lemons in this box, it doesn't mean that they will be there each week. The beauty of real farming! If you still don't like something or don't care to try a new veggie, pass it to a neighbor who might enjoy it. Perhaps they will get hooked on the veggies and want to join!

### **WHERE CAN I FIND MORE INFO ON THE FARM AND THIS PROGRAM?**

Check out the Tanaka Farms website. Farmer Tanaka has a whole lot of recipes to help you get started. <http://www.tanakafarms.com/>

### **WE ARE WHAT WE EAT – WANT TO LEARN MORE?**

- Animal, Vegetable, Miracle: A Year of Food Life (P.S.) by Barbara Kingsolver
- The Omnivore's Dilemma by Michael Pollan
- Food Inc.: A Participant Guide: How Industrial Food is Making Us Sicker, Fatter, and Poorer-And What You Can Do About It by Participant Media and Karl Weber Food, Inc.

*Food Inc - 2009 Academy Award Nominated Documentary*

## **WHAT IS CSA – COMMUNITY SUPPORTED AGRICULTURE?**

CSA is a wonderful community supported agriculture project where families eat direct farm fresh fruits & vegetables while learning what 'In Season Produce' actually means.

Over the last 20 years, Community Supported Agriculture (CSA) has become a popular way for consumers to buy local, seasonal food directly from a farmer. Here are the basics: a farmer offers a certain number of "shares" to the public. Typically the share consists of a box of vegetables, but other farm products may be included. Interested consumers purchase a share (aka a "membership" or a "subscription") and in return receive a box (bag, basket) of seasonal produce each week throughout the farming season.

This arrangement creates several rewards for both the farmer and the consumer. In brief...

### **Advantages for farmers:**

- Get to spend time marketing the food early in the year, before their 16 hour days in the field begin.
- Receive payment early in the season, which helps with the farm's cash flow and provides steady income for improved sustainable profitability.
- Have an opportunity to get to know the people who eat the food they grow.

### **Advantages for consumers:**

- Eat ultra-fresh food, with all the flavor and vitamin benefits.
- Get exposed to new vegetables and new ways of cooking.
- Usually get to visit the farm at least once a season.
- Find that kids typically favor food from "their" farm – even veggies they've never been known to eat.
- Develop a relationship with the farmer who grows their food and learn more about how food is grown.

It's a simple enough idea, but its impact has been profound. Tens of thousands of families have joined CSAs, and in some areas of the country there is more demand than there are CSA farms to fill it. The government does not track CSAs, so there is no official count of how many CSAs there are in the U.S... LocalHarvest has the most comprehensive directory of CSA farms, with over 2,500 listed in our grassroots database. In 2008, 557 CSAs signed up with LocalHarvest, and in the first two months of 2009, an additional 300 CSAs joined the site. <http://www.localharvest.org/csa/>