

2022 AtlantiCare Farm Fresh Program

Frequently Asked Questions

1. The 2022 Farm Fresh program is a CSA share. What is a CSA and is it right for me?

CSA stands for Community Supported Agriculture. CSA's allow members to have direct access to high quality, fresh produce grown locally by regional farmers. When you become a member of a CSA, you're purchasing a "share" of produce from a local farmer.

If your priority is to purchase as much produce as possible for the lowest cost, the Farm Fresh program may not be right for you. If your priority is to support local farmers, explore new fruits and vegetables, consume primarily organic, in season produce, and you are committed to environmental sustainability, we encourage you to consider joining the Farm Fresh program.

2. What can I expect to find in my Farm Fresh bag?

New Jersey is one of the top ten producers of many fruits and vegetables including eggplant, escarole/endive, spinach, blueberries, peppers, sweet corn, head lettuce, asparagus, peaches, tomatoes, fresh cucumbers and snap beans. These are just a few examples of the items you may find in your Farm Fresh delivery. **Remember. Weather influences crop growth. Selection and availability will vary based on conditions.*

Each Share will provide different produce in terms of fruit, veggies and the specialty items.

- **Fruit Share:** fresh fruits paired with greens, veggies and/or seeds. Some produce will be supplemented from outside New Jersey for more variety but will still be Farm Fresh. Portioned to make at least 6 smoothies, with a recipe card provided based on the produce of that delivery.
- **Veggie Share:** Seasonal Jersey fresh produce.
- **Specialty Share:** Local flavored honey, tomato sauce, artisan vinegar, fruit and jams/jellies, ciders, salsas and hot sauces.
- **Flower Share:** Bouquet of locally grown flowers.

3. Why did AtlantiCare partner with Summer Wind Farms?

AtlantiCare partnered with Summer Wind Farms because of their commitment to quality produce, sustainability, and access to education and tools that support your CSA membership.

4. How often is the Farm Fresh delivered?

Deliveries are bi-weekly, starting in July through September. SummerWind Farms will deliver your share of produce to a variety of convenient AtlantiCare drop-off locations.

(Pending 10 participants per site min.)

- AtlantiCare LifeCenter
- City Campus
- Mainland
- Airport Commerce Center

5. How long will each delivery share last me?

It depends on the size of your family and your typical produce intake. For larger families that consume a lot of produce, the Farm Fresh share that you choose won't last as long as it will for a smaller family. As a rule of thumb, you should expect to fill in certain staple items that your family eats on a regular basis in greater quantity, or purchase produce that is not in season or grown in New Jersey.

6. Why do I have to pay prior to the start of the program?

In order for the farmer to plan and prepare for the growing season membership must be secured and paid prior to the start of the program.

7. The price for the Farm Fresh program seems a bit higher than what I would pay if I went to a local produce or grocery store. Why is this?

Many local produce stores purchase overstock, items that are close to expiration, or in bulk, which results in a savings that can be passed on to the consumer. Produce stores can be a good option if you consume your produce immediately, are less concerned about the way produce is grown and preserved, or are looking to purchase in bulk.

Grocery stores often slash the price of one item as a special offer in order to draw the customer in that will inevitably purchase other products to make up for the loss.

Many Farm Fresh items are handpicked or specially selected hours before delivery. The produce is mostly organic and the farm openly shares their growing practices with the public.

8. Is the Farm Fresh program organic?

Summer Wind Farms, LLC, Newfield, NJ is a USDA Certified Organic farm. The farm is staffed by a team committed to providing quality produce while remaining environmentally conscious and sustainable. Our farmer is dedicated to providing as much organic produce as possible *however* there are some items such as strawberries, asparagus and apples that are unable to be grown organically on the farm.

9. What tools and resources are included in the 2022 Farm Fresh program?

Each participant is provided with smoothie recipes if the Fruit share is chosen. Additionally, Health Engagement will provide a variety of handouts and resources on a weekly basis at your pick up location.

10. Once enrolled, can I cancel my membership?

Unfortunately, due to the preparation needed to make this program successful, refunds & program cancellations are not available.