

CSA Overview

An opportunity to connect you with where your food comes from

Why CSA?

Twin Brook Farms/Quails R Us Plus Community Supported Agriculture (CSA) is a joint venture between two neighboring farms. We have combined our resources to offer a CSA that supplies every livestock meat group. Our CSA offers a variety of "shares" of what we produce on the farms to customers in North Eastern Pennsylvania and the Southern Tier of New York. Members purchase a "subscription", and in return, receive meat from us every month. This helps our farms' cash flow and gives us an opportunity to know the people who eat the food we produce.

You might purchase a share for a variety of reasons:

- **Superior Taste and Quality**: Our meat is full of flavor, and all of our animals have permanent access to pasture. Click on the animal pages to learn more about what breeds we raise and how we raise them.
- **Buy Local**: Many of our members want more of their money to stay in the local economy. We're near where you live, and we make every effort to buy from local suppliers.
- **Know Your Farmer**:

Twin Brook Farms is a 7th generation family farm jointly managed by Erik Roneker and Cassie Schweighofer. Twin Brook Farms is best classified as a hay and livestock farm, though we do have a half acre in vegetable production, an apple orchard, and our own bee hives. We maintain over 700 acres of farmland with little to no external inputs. This means that our pastures and hayfields are fertilized with our own manure and compost and we never use pesticides or herbicides. We currently raise 30 head of beef cattle, 800 sheep and lambs, 20 goats, 30 pastured hogs, and 100 or so free range, heritage chickens. We maintain all of our own breeding stock. Our livestock are naturally raised with access to pasture all year round, with the small exception of some pigs which are housed in a barn on deep straw bedding for certain months of the year. Our beef, sheep, and goats are grass fed, but the mid-winter lambing group will often receive a small amount of grain for the first month after lambing to help maintain adequate milk production during the coldest months of the year. Over 95% of our livestock are direct marketed to consumers like you, and we pride ourselves on supplying a high quality, great tasting, product.

Quails-R-Us...Plus: Born with "Grandpa Rico" peddling poultry from horse and wagon out of Harlem, NYC, Rick Franciosa and Linda Cruz have crafted Quails-R-Us...Plus into a true farm to table experience! We have been immersed in all aspects of poultry production, live poultry markets, farming, harvesting, and marketing, for our entire lives! Upon that foundation of experience we bring you products produced with a simple goal in mind: to produce great tasting, healthful products grown by nurturing hands under humane conditions. Quails-R-Us...Plus utilizes natural techniques and special diets which are hormone and antibiotic free. We utilize all natural grains, grass, flax, and alfalfa. Certain animals are even organically fed. Our chickens and turkeys are free range and free roaming, lambs and goats are pasture raised and essentially grass fed except

for small handfuls of grain to keep them “friendlier.” Our pigs are dirt floor raised and have low stress, comfortable growing conditions. Quail, rabbit, partridge, guinea hens, brown eggs and quail eggs are also produced with the same care. We enjoy sharing the bounty from our little family farm and providing our customers with a great tasting, local, farm to table experience. Our connection to our customers is what makes all the hard work worthwhile. As Grandpa Rico always said, “When you love what you do... it’s easy.”

- **Convenience:** Our members receive their drop-offs at their local farmers' markets or other convenient locations.
- **One Month Supply is a Perfect Fit for most Freezers:** Many of our customers purchase a share because they desire the strait from the farm quality, but don’t want to purchase and store a whole animal for a year. Our monthly supply keeps the dinner table exciting, while ensuring that you will never have to purchase a huge freezer for your farm fresh meat.
- **Responsive Customer Service:** Meeting and exceeding your expectations is very important to us. If there is anything we can do better, please let us know. We are constantly trying to improve what we do.

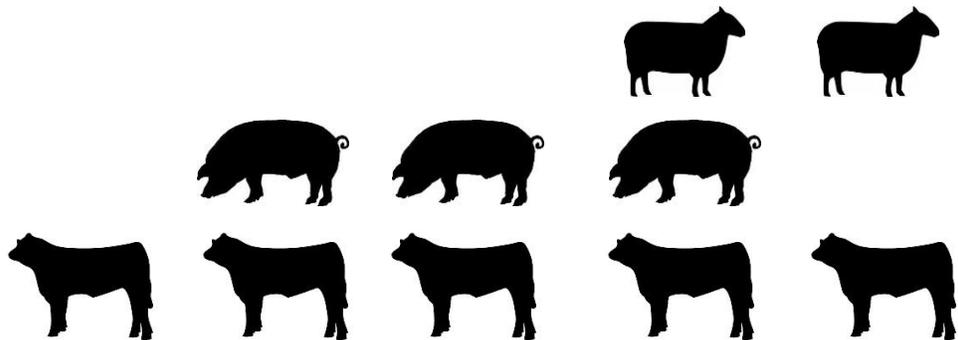
Meat CSA Seasons

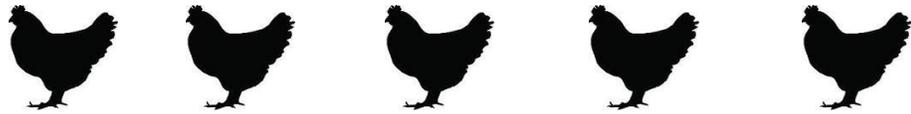
Our delivery season is five months, running June to October. We have a second season that runs five months from December to April. You can join at any time point in the season, but we ask that you commit to the rest of the season. We are happy to pro-rate shares.

Meat CSA Share Options and Full Season Pricing

We offer a variety of meat options for CSA shares. We recognize not everyone likes to eat pork or lamb. Please refer to the handy chart for an overview of our 9 share pricing options, where we list our full, five-month season prices. But, again we do pro-rate shares if you're reading this and the season has already started! In our experience, a 1-2 person family can work their way through a Medium Share, and a 2-4+ person family can handle a Full Share.

CSA Share Options and Pricing





	Beef & Chicken Share	Basic Value Standard Share*	Standard Share	Everything Share	Pork Free Share
Full 100 total pounds	\$640	\$517	\$670	\$782	\$783
Medium 50-75 total pounds**	\$340	\$270	\$351	\$503	\$492
Small 40 total pounds	N/A	N/A	N/A	\$386	N/A

* Basic Value Standard Share is our low cost CSA share. The Chicken is All Natural. Customers receive only ground beef, ground pork and sausages.

** Beef & Chicken Medium and Standard Medium are 50 lbs, and Everything and Pork Free Medium are 60lbs

What an Average Member Can Expect

Let's say you ordered a Medium Standard Share, which means you will have paid in advance for 12 pounds of Chicken, Pork and Beef for five months at a price of roughly \$70 per month. We can't promise any specific cuts, but your monthly bag will be composed of 5 pounds of chicken, 3 pounds of beef and 4 pounds of pork. Overall, that turns out to be less than \$20 per week, or a quarter of an average 2 person family's weekly grocery bill.

A Full Everything Share is 20 pounds of Chicken, Pork, Beef and Lamb for five months at a price of roughly \$156 per month. This works well for four person families and meat eating 2 person families. Again, we can't promise any specific cuts, but your monthly is likely to include 8 pounds of chicken, 6 pounds of pork, 3 pounds of beef, and 3 pounds of lamb. We don't know about you but we can make a lot of meals out of that much meat.

And again, *we can pro-rate shares every month*. Sign up today!

CSA Delivery Sites and dates:

The current CSA season runs December through April. The CSA shares will be delivered monthly for five months.

Please see a list of drop off locations below:

Milford

The Columns Museum
Milford Farmers Market
608 Broad St., Milford PA

6/18 from 10am-2pm

7/16 from 10am-2pm

8/20 from 10am-2pm

9/17 from 10am-2pm

10/15 from 10am-2pm

Wilkes Barre

Public Square
Wilkes-Barre Farmers Market

6/29 from 10am-3pm

7/13 from 10am-3pm

8/17 from 10am-3pm

9/14 from 10am-3pm

10/12 from 10am-3pm

Hawley

Bingham Park
Hawley Farmers Market

6/16 from 2pm-5:30pm

7/14 from 2pm-5:30pm

8/18 from 2pm-5:30pm

9/15 from 2pm-5:30pm

10/13 from 2pm-5:30pm

Scranton

South Side Indoor Farmers' Market
509 Cedar Ave, Scranton

6/17 from 10am-2pm

7/15 from 10am-2pm

8/19 from 10am-2pm

9/16 from 10am-2pm

10/14 from 10am-2pm

On Farm

At Twin Brook Farms or Quails R Us Plus

Other Possible Drop Off Locations:

- Cooperage Farmers Market
- Anywhere (with a minimum number of sign ups)

An important difference between our deliveries and some vegetable CSAs is that Twin Brook Farms/Quails R Us Plus will not leave any shares for customers to pick up. Because this meat is frozen, it is important that our product is in our hands or yours at all times. We will hand your shares directly to you.

Note: Please contact us for alternative arrangements if you can't make one of our delivery times. If you miss your delivery, please contact us so that we can arrange to bring your share to another delivery point or to hold it until the next month. If you want to change your delivery point, please contact us within one week's notice.

Share Sizes and Cuts

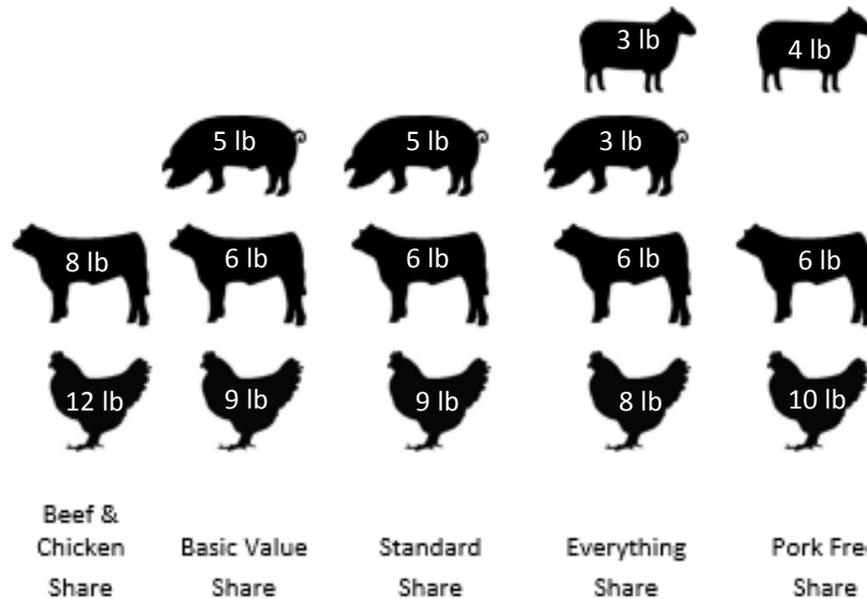
Share Sizes and Contents

A full share is 20 pounds of meat each month, and a half-share is between 10-12 pounds a month, depending on the share type. Our small everything share is 9 pounds of meat each month.

Full Shares

Full-size shares work well for families and groups of 3 or more people, and 2 people if you are heavy meat eaters and cook at home most days. You can make a lot of delicious, healthy meals out of 20 pounds of meat each month! Here are the weight distributions you can expect from each full share option.

Monthly Full Share Weight Distributions



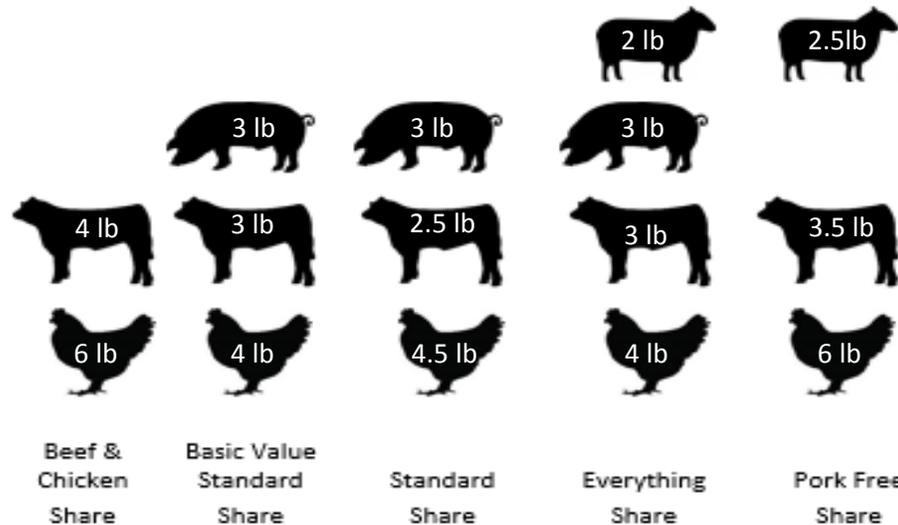
	Beef & Chicken Share	Basic Value Share	Standard Share	Everything Share	Pork Free Share
Monthly Share Weight	20	20	20	20	20
One Month Average Price	\$128	\$103.40	\$134	\$156.40	\$156.60
Total Season Weight	100	100	100	100	100
Total Season Price	\$640	\$517	\$670	\$782	\$783

Medium Shares

Medium-size shares work well for 1-2 people. Our medium shares translate to less than \$20 per week, or about a quarter of an average \$80 weekly trip to the grocery store. Here are the weight distributions you can

expect from each medium share option.

Monthly Medium Share Weight Distributions



	Beef & Chicken Share	Basic Value Standard Share	Standard Share	Everything Share	Pork Free Share
Monthly Share Weight	10	10	10	12	12
One Month Average Price	\$68	\$54	\$70.20	\$100.60	\$98.40
Total Season Weight	50	50	50	60	60
Total Season Price	\$340	\$270	\$351	\$503	\$492

Small Shares

We also offer a Small 9 lb Everything Share. With this share, you receive 3 lb chicken, 3 lb pork, 1.5 lb beef and 1.5 lb lamb. It runs about \$77 per month or \$386 over the course of a 5 month season.

Low Cost Shares

Our Basic Value Standard share is our low cost share. In this share you can expect Quails R Us Plus signature all natural chicken. Our grass fed beef will come entirely as ground, and the pastured pork will be either ground pork or sausages. We hope that giving low income families a cost effective option for local, all natural /grass fed meats will make their buying choices easier and their families healthier.

CSA Cuts

While we can offer customization on share types, we need to maintain a little bit more control over what types of cuts are contained in your monthly distribution, in order to ensure the whole animal is put to use and not wasted. This sometimes results in cuts you may be less familiar with, which you may find scary or you may see as a new cooking challenge. Either way, we advise investing in a copy of "[How to Cook Everything](#)" by [Mark Bittman](#) or "[American Cookery](#)" by [James Beard](#).

What types of cuts can you expect?

CSA Meat Cuts

Organically Fed Chicken

- Whole and half chickens
- Cornish hens
- Cut up chicken

Grass Fed Beef

- Ground beef and beef patties
- Steaks (Porterhouse, T-bone, Sirloin, Rib Eye, Round)
- Roasts (Chuck, Round, Rib, Short Ribs, Shank, Neck)
- Stew cubes, London broil

Pastured Pork

- Chops (rib, center cut, blade, shoulder, hickory smoked)
- Ribs (spare, country style)
- Cured and fresh ham steak
- Roasts (shoulder, ham, loin)
- Hickory Smoked Bacon
- Sausage or Ground

Grass Fed Lamb

- Ground lamb, stew, and kabobs
- Chops
- Ribs
- Leg steaks and shoulder chops
- Roasts (shoulder, neck, leg)

CSA members can regularly expect whole chicken and about 50% ground beef in each monthly delivery. We do keep track of what cuts we have previously provided to each member to ensure everyone gets an interesting and fair rotation of cuts over the course of a season.

FAQ about our CSA

What is a CSA, and what does it stand for?

CSA stands for Community Supported Agriculture. We offer a "share" of what we produce on the farm. Members purchase a "subscription", and in return, receive meat from us every month. This helps our farm's cash flow and gives us an opportunity to know the people who eat the food we produce. And our members tell us they get more flavorful, healthier food and learn more about how food is produced.

What if deliveries have already begun, can I still join? Are there any deadlines?

You may register to join Twin Brook Farms/Quails R Us Plus CSA at any time during the season. We will pro-rate costs monthly. However, you may not join one month at a time. Registrations are for the remainder of the season. If this feels like too much commitment for you, then please purchase individual cuts from the many farmers markets we attend. There are no deadlines.

Can we choose which meats and cuts are in our share?

Our shares are customizable by meat, but not by cut. We are able to plan how many chickens or pigs we raise, but we can't plan for a scenario where, say, everyone wants only chicken breasts without wasting a lot of chicken legs and thighs, which we don't think is fair to the animal. We do make an effort to keep track of what cuts we provided to you the prior month, so that you get a rotation of familiar and new cuts.

What would I do with cuts that I am unfamiliar with, don't use enough of or like?

Many of our members have been pleasantly surprised to try out recipes with new cuts, which they previously had never considered. If there are still some cuts that you don't like, you can share them with family/friends/co-workers. If there are too many cuts that you dislike in our sample CSA meat cuts list, then Twin Brook Farms/Quails R Us Plus CSA may not be for you. We can't promise specific cuts per individual tastes. Alternatively, order from us at the farmers market.

Where do you deliver?

We deliver to sites at various farmers markets across NE PA and the Southern Tier of NY.

Milford

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Other Possible Drop Off Locations:

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- Anywhere (with a minimum number of sign ups)

Can I change delivery sites once I register?

Yes, you may change delivery sites any time during our season. Contact us at cms346@cornell.edu to do so.

Can I pay by credit card?

No, unfortunately we are unable to accept online credit card payments at this time. Please pay via cash or check. We should have a credit card payment option in place by June of 2017. Check in with us if this is your preferred method of payment.

Do you have an installment plan option?

Yes, contact us to set up a month to month payment plan.

If I go on vacation, how do I deal with my share?

Email us to let us know, and we'll switch you to an alternate site, or hold it for you until the next month.

Can I order smaller quantities for a single person?

We suggest you try a medium-share, or perhaps split a medium-share with a friend, co-worker or neighbor.

Do you ever need new CSA delivery sites?

Yes, there are times when we seek a new delivery site. For members who are interested in offering their home, church, or place of business as a potential delivery site please contact us to discuss this possibility. Contact us at cms346@cornell.edu for more information.

Is it possible to visit the farm?

The farms are ALWAYS open to visitors. We believe it's important for people to know where their food comes from, and we, like many other pasture-based farmers, have nothing to hide. Just email or call ahead of time so we can make sure that one of us is available to give you a tour.