



DENVER URBAN GARDENS

Growing community- one urban garden at a time.

DeLaney Community Farm

A project of Denver Urban Gardens (DUG), in partnership with the City of Aurora, DeLaney is organized as a Community Supported Agriculture (CSA) farm easily accessible to the residents of metro-Denver.

The broad goals of DeLaney are to:

- Provide healthy, locally produced food for people of all economic levels, including helping challenged populations improve their nutrition and their access to healthy food
- Use and model organic growing practices that protect our environment and reconnect people with the land that sustains them
- Provide nutrition education to all shareholders and involve them in DeLaney programs as partners in growing, cooking, tasting, sharing, and marketing the produce grown at DeLaney.

Community Supported Agriculture (CSA) is a relationship of mutual support and commitment between a local farmer and community members who invest in an annual membership, which covers the farm's production cost of growing vegetables. In turn, members receive a weekly share of the harvest during the local growing season. This arrangement helps to guarantee the farm a tangible source of support.

DeLaney is a 158-acre historic property located at 170 S. Chambers Road (between 1st and Alameda) in Aurora. The Farm is situated on one of metro-Denver's most scenic and rare pastoral areas and is accessible by Highline and Tollgate Creek bicycle and pedestrian trails, car and bus. DUG cultivates approximately 1.5 acres of mixed vegetables, herbs, and flowers.

SHAREHOLDER COMMUNITY

Once a week over our 18-week growing season, shareholders receive a bounty of seasonal, sustainably grown produce picked fresh that day.

DeLaney shareholders buy into the fate of the farm each season and participate in every aspect of its operations. Shareholder participation is vital to DeLaney's success. Involvement may include a number of activities, such as helping with daily farm tasks, supervising a Pick-Up, helping at the Farm Stand, etc.

Participation is for one year. Invitations will be extended in the following year to shareholders who complete giveback hours in the previous season. Invitations to re-subscribe will also be based on cooperativeness, as well as an understanding and support of DUG's mission as a non-profit. Next, we accept members who participated in Partner Farmer Shares, and then those on the waiting list. To be placed on the waiting list, please contact Heather at heather@dug.org or 720.404.0615

DeLaney supports the equivalent of 60 full shares each season. Individuals or groups can purchase the following:

Paid Shares

Full Shares: \$600 for the season, supports 4-5 people, contributes 4 hours of work each month (20 Hours Total)
Half Shares: \$400 for the season, supports 2-3 people, contributes 2 hours of work each month (10 Hours Total)

Working Shares

Working shares are sold at a reduced cost, in exchange for weekly volunteer work hours. Working shares are available to income-qualifying applicants.

Full Working Shares: \$300 for the season, supports 4-5 people, contributes 2 hours of work each week for 18 weeks (36 Hours Total)

Half Working Shares: \$200 for the season, supports 2-3 people, contributes 1 hour of work each week for 18 weeks (18 Hours Total)



Pick-ups are once a week, mid-June through mid-October.
 Thursdays: 4:30-7:00pm

Committees: Various committees have been developed to strengthen the connection between DeLaney and the community it serves. Currently there are: the Herb, Flower & Berry Committee and Fundraising/Social Events Committee.

Potlucks, Trainings & Events: Shareholders are encouraged to attend and contribute to potlucks and other events, in order to deepen community relationships. Educational trainings offered each season have included: Composting, beekeeping, vegetable preservation, herbs, kid's classes, etc. These are free to shareholders. A \$5 suggested donation is recommended for non-shareholders.

Blog: A weekly blog is maintained for the DeLaney community. Every week, topics include: recipes, available work activities, and weekly updates. <http://dug.org/delaney-farm-blog/>

PRODUCE & AGRICULTURE

DeLaney strives to grow a variety of vegetables. Vegetables are available seasonally and natural factors such as drought, flooding, hail, and freezes affect the length of the season as well as quality, variety, and volume of produce available. A shareholder typically receives the following over the course of the season:

<u>Early Season- June/July</u>	<u>Peak- August/early September</u>	<u>Late Season- September/ mid-October</u>
Arugula	Beans	Arugula
Asian greens	Beets	Asian greens
Beets	Carrots	Beets
Broccoli	Cucumbers	Carrots
Cabbage	Chilies	Lettuce
Garlic Greens	Eggplant	Melon
Lettuce	Garlic	Pumpkin
Peas	Onions	Radishes
Radishes	Potatoes	Salad Mix
Salad Mix	Squash, summer	Spinach
Scallions	Peppers, sweet	Swiss Chard
Spinach		Squash, winter
Swiss Chard		Tomatoes
		Zucchini

Seasonal Herbs & Flowers

Sustainable Agriculture: DeLaney integrates sustainable practices into its farm operations including integrated pest management, water conservation, experiments in soil conservation, cover crops, crop diversity, nutrient management, inter-cropping, etc. To learn more about the produce grown or sustainable agriculture at DeLaney, please contact Faatma at faatma@dug.org or 720.629.7305

DeLaney Farm Stand: The public can purchase produce at DeLaney for a suggested donation on Fridays. Please call Heather at 720.404.0615 to learn about days and times.

HOW YOU CAN HELP!

COMMUNITY PARTNER SHARES (CPS): One of the primary objectives of DeLaney is to help challenged populations improve their nutrition and their access to healthy foods. CPS is a program that links DeLaney with organizations that serve those in-need, low-income groups and individuals.

Businesses, organizations, and individuals can purchase CPS, which provides an organization with a full season of fresh, local produce.

CPS: \$500 for the season.

Sponsors can choose to support one of the following organizations through CPS:

Colorado AIDS Project: The mission of Colorado AIDS Project (CAP) is to improve lives affected by HIV and AIDS and to prevent HIV infection. CAP offers clients support for their nutritional needs through a food bank. Each week, clients may pick up assorted groceries, which build into one-third of their nutritional needs for the week.

Project Angel Heart: Project Angel Heart promotes the health, dignity and self-sufficiency of people living with HIV/AIDS, cancer and other life-threatening illnesses by providing nutritious, home-delivered meals with care and compassion.

The Gathering Place: The Gathering Place exists to support women and their children experiencing homelessness and poverty by providing a safe daytime refuge and resources for self-sufficiency. The Gathering Place services include serving three nutritious meals per day.

The Community Partner Fund: A donation of any amount is welcome and beneficial! The Fund will be used to develop Community Partner Share programs and needed resources for our in-need participants.

WOMEN, INFANTS, AND CHILDREN (WIC) PROGRAMS at DELANEY

WIC's mission is to improve the nutrition and health status of low-income women, infants, and preschool children by providing nutritious foods, nutrition and health education. DeLaney and Tri-County Health Department (TCHD) have partnered for nearly 10 years, allowing WIC clients to participate at DeLaney.

WIC as CPS: WIC participants can provide one hour of work each week at DeLaney in exchange for a half share of freshly harvested produce.

WIC Taste-Testing Demonstrations & Nutrition Clinics: DeLaney staff provides demonstrations at WIC's prenatal and breast-feeding clinics. Various dishes are offered for clients to taste, primarily using seasonally fresh vegetables and minimal ingredients from DeLaney. Clients are given the recipes, highlighting the nutritional information of the vegetables used. The goals of the outreach include: increasing awareness of seasonal harvest, the nutritional value of vegetables, and the availability of the CPS program at DeLaney.

REFUGEE FARMING at DELANEY

DUG is partnering with Lutheran Family Services of Colorado in 2011 to re-instate DeLaney's Refugee Farming Program. 5 individuals will participate as 1st year interns at DeLaney.

INTERNSHIPS

DeLaney offers individuals, of all ages and backgrounds, multiple opportunities for job training and education. Each season DeLaney hosts full and part-time internships. Interns that successfully complete a full season will have an opportunity to apply as 2nd year seasonal farmers. Please see <http://dug.org/intern.asp> for details.

PUBLIC EDUCATION AND OUTREACH

Volunteers: Volunteer opportunities are available April-September, Tuesdays-Fridays from 9am-Noon. Youth and adults are encouraged to help in the growing of the produce, help maintain compost, and participate in the Farm Stand and other events.

Tours: Guided educational tours are provided from June through September. These must be scheduled. Suggested Donations for Tours: \$5 Individual Tours, \$25 Group Tours

To inquire about volunteer opportunities or schedule a tour, please call Heather at 720.404.0615

PARTNER FARMERS

DeLaney seeks to support local farmer's, while making various foods available to shareholders. Shareholders have the option to purchase the following share options, which are delivered to DeLaney:

Ela Family Farms Fruit: located on the Western Slope outside of Hotchkiss, CO. Ela is a 99-acre organic fruit farm, family owned and operated for four generations. <http://www.elafamilyfarms.com/>
\$180 co-op membership

Western Colorado Honey: owned and operated by Paul Limbach in Silt, CO, honey is available in gallon containers and delivered to DeLaney one time at the beginning of the season.
\$32, 1 Gallon of Alfalfa Honey, or
\$35, 1 Gallon of Wildflower Honey from the Flattops

Eastern Plains Eggs and Meat: provided to DeLaney by Dallas Gilbert at Eastern Plains Natural Food Cooperative, membership comes with one of several humanely raised poultry products, available seasonally. Shareholders are also awarded one food item free in appreciation for DeLaney support. <http://www.easternplains.com/>
\$80 co-op membership

Dougan Farm Goat Milk: located in Strausburg, CO, goats are free of antibiotics, hormones, and steroids, and are tested monthly for safety. Goats are fed grass hay, alfalfa (pasture when available), natural grain (when milking), sunflower seeds, and organic oats. State Registered and a member of RMAC (Raw Milk Association of Colorado). \$40, one time fee for an undivided share + a \$40 monthly boarding contract (this fee is subject to change); Half shares are also available.

**Share purchases, delivery and payments must be arranged with owner Sharron Dougan at sharrondougan@yahoo.com or 303.622.9772 as goat milk shares cannot be stores at DeLaney!

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