



All about U-Pick at Oxbow

Anticipated 2019 U-Pick crops

Below is an estimated timeframe of when we're expecting crops to be ready for U-Pick. Farming is unpredictable! Weather conditions, pests, and other variables can change the crop forecast at any time throughout the season. We'll let you know what's ready for U-Pick in each weekly Member/CSA Shareholder email – please be sure to add members@oxbow.org and/or farmers@oxbow.org to your contacts list to ensure that you receive timely updates!

Oxbow U-Pick 2019						
Anticipated Crops & Availability						
June	July	August	September	October	November	December
			Apples			
	Green Beans					
		Grapes				
Sugar Snap Peas						
			Pears			
	Raspberries					
	Tomatoes, Cherry & regular					
	Herbs, various throughout season*					
	Flowers, various throughout season**					

* herb varieties include: basil, cilantro, dill, parsley

** 11 different flower varieties including: sunflowers, zinnias, marigolds, and more

U-Pick Guidelines

Is it ready? How do I pick it? Here's what you need to know about u-picking at Oxbow.

Whether you're picking sugar snap peas or herbs, there's a proper way to harvest. Mindful harvesting protects the plants and helps ensure that you're getting the tastiest, most nutrient-dense foods possible! Staff will be available to assist you, but we've included some tips on the next page.

Where to harvest

- Items that are ready to be u-picked will be marked with signage and flags – please only harvest from marked sections. If there isn't much left to harvest in the marked area, please check with a staff member to see if another section can be opened.
- Stay in the walkways when u-picking so plants are not damaged.
- Please harvest only what you need, being mindful of our other Members.

How to harvest

- Cherry tomatoes, raspberries, and pears will come off the plant easily when they are ripe. If you have to pull hard, they are not ready!
- Harvest peas, beans, tomatoes, grapes, and orchard fruit with 2 hands so plant parts are not torn off. Hold the item to be harvested with one hand and the stem with the other, and gently remove the item from the plant.
- Try to only harvest items that are ripe. Farm-fresh produce is often so flavorful because it is harvested only when ripe, once the plant has given the fruit its last burst of nutrients and flavor. If you're unsure, staff will be available to help you determine ripeness.

U-Pick supplies

- You will receive a reusable "basket" (basket + bucket hybrid) at the Farm Stand when you U-Pick for the first time. We will provide one basket per Membership/CSA Shareholder.
- Baskets hold 4 quarts (1 gallon). If you'd like to harvest more than that, please bring your own harvesting basket or container from home. We will also have extra baskets available for purchase at the Farm Stand.
- Pruners and buckets will be available to borrow when harvesting flowers and herbs.
- We will provide flats with pints to pick raspberries. **Please bring your flats and pints back to re-use during your next raspberry u-pick adventure!** You're also welcome to bring small containers from home.
- If you are planning to spend time exploring after you harvest, consider bringing a cooler or insulated bag to keep your produce fresh (especially raspberries).

Pricing

Pricing on U-Pick crops will be posted at the Farm Stand each week and is structured as follows:

- Per pound: sugar snap peas, green beans, and grapes
- Per pint: raspberries
- Per item: orchard fruit
- FREE: flowers and herbs

Most important of all: Snacking is encouraged while u-picking – enjoy!