

JEREMY AND TRACY AMES
MAPLE RIDGE FARM
558 SUTHERLAND POND RD
SABATTUS, MAINE 04280
207-375-9090

Maine's First Combination:

COMMUNITY SUPPORTED FISHERIES (CSF) AND COMMUNITY SUPPORTED AGRICULTURE (CSA)

With our expertise in both agriculture and fisheries we would like to offer a wide range of products here on our farm.

OUR PRODUCTS FOR 2010 INCLUDED IN OUR SHARES

Casco Bay Sea **Scallops** (January –March).

Maine **Lobster** (July–October).

Pure Maine **Maple Syrup** (March–October).

Pure Maine **Honey** (Available at Extraction time TBA).

Edible Flowers (July–October).

Herbs (includes Mix of Basil, Parsley, Thyme, Cilantro, Dill (July–October).

Vegetables (includes high quality Tomatoes, Squash varieties, Cucumbers, Peppers, Lettuce, Beans, Beets, etc (July–October).

Perennials (Field Grown Hardy Varieties (June–October).

Cut Flowers (Annuals and Perennial varieties (July–October).

Our History Of Harvesting Sustainable Resources

My husband, Jeremy Ames, and I are a devoted and hard working fishing family that realize the importance of sustainable farms and fisheries in providing fresh seafood and farm products to folks in our community. We recently moved to Sabattus, Maine where we could raise our children on a larger farm and closer to the ocean. Being closer to the ocean we hope to raise our children with a better understanding of the fishing industry and share together the life style of a traditional Maine Fishing Family.

The Lobster and Scallop Business

Jeremy has been lobstering since he was 18; 19years on his own fishing boat lobstering and scallop harvesting for 13years. Working in the fishing industry he has become a steward in the mission of sustainable fisheries. It has been important to him

to work with the state's imposed regulations and restrictions. Often he would change scallop ring sizes prior to the regulation changes because he saw a need to preserve the resource as well as modifying his drag to limit bycatch. Jeremy fishes out of a smaller boat, a 37foot Repco and chooses a smaller drag than most boats that is 5 ½ foot. Jeremy is a member of the Maine Lobsterman Association and he has volunteered with Darling Marine Center, (a world renowned research marine laboratory of the University of Maine in Walpole Maine), in the research collection of Scallop "Spat" (scallop eggs).

He uses oak lobster trap runners to prevent the deterioration of the ocean bottom, increased trap vent size to allow smaller lobsters to get out faster, and biodegradable fasteners which break a panel free, letting everything escape in the unfortunate event of lost gear. Maine lobstermen have been at the forefront of their species preservation for years, providing min/max size measures and numerous gear restrictions, to insure the opportunity for future generation fisherfolk.

The Maple Sugaring Business

In 1999 Jeremy and I purchased a home in Limington, Maine where Jeremy and I built a 12X16 foot sugarhouse and 17X48foot greenhouse and operable farm stand. We participated in hosting Maine Maple Sunday several times. And, we were often featured in the local newspapers including the Maine Sunday Telegram/Portland Press Herald. Often folks from near and far would be "hooked on" Jeremy's syrup and would come back year to year looking for more. The freshness of his syrup and strong maple flavor describes his Pure Maine Maple Syrup. We have always felt that this was due to not buying in syrup as many "Sugarers" do to supply the demand.

In Limington, Jeremy operated on a 2X6foot Small Bros. raised flue, wood fired evaporator in which he tapped 350 trees with ½ on buckets and the other ½ on tubing using snowshoes to tap and collect sap. He uses the smallest sized, tree saver spouts to tap and did not tap anything smaller than 10 inches. Although, we never had our farm organically certified, Jeremy used organic practices in cleaning his evaporator, and tapping trees.

This season Jeremy will be tapping 2500 trees on tubing on 30 acres of leased property, in Lincoln, Maine. We are very excited in this project as he will be using state of the art equipment; including a 4ftX12ft Waterloo oil fired evaporator, Giles Bernard Sap Dumper, Giles Bernard vacuum Dumper, and IPL filter presses to increase production of Pure Maine Maple Syrup.

The Greenhouse and Gardening Business

Shortly after we moved to Limington, 10 years ago, we built a 17 X 48 foot greenhouse. Under plastic we grew 11,000 bedding plants, container plants, perennials yearly. We have also grown an abundance of vegetables and herbs hydroponically in the greenhouse. We sold these plants annually at the Kennebunk Farmer's Market as well as the Cumberland Farmer's Market, Naples Farmer's Market, landscape clients, wholesale accounts and at our farm stand. My husband also built a "greenhouse within the greenhouse" to extend our growing season. This proved to be quite useful especially during cold nights. We hardly ever used additional heat. Due to lack of sun, we were only able to farm on others land in which we rented.

Besides having 13 years of being self employed as a landscape gardener/designer, I also have completed my B.S. from University of Maine in which I received along with my B.S. concentrations in Landscape Horticulture and Management. Since graduation from UMaine, I have been working in the plant field for the past 20 years. Included in these years of experience, I have worked 3 years at Rippling Waters Organic Farm in Standish as well as several years conducting botanical research projects for the USFWS, USNAVY, US Nat'l Park Service, and Santa Barbara Botanical Gardens. Throughout the years we have used organic practices and respected the earth using rotational gardens, green manures, and cover crops.

Moving Forward In Sabattus

Now that we have recently moved to Sabattus, Maine, we hope to build a similar greenhouse gothic structure and a solar pit house that will be surrounded by soil in order to produce veggies year round hydroponically. Here at the farm we have 3.17 acres with several barns. We hope to garden in every space we have. We prefer to plant in black plastic using organic practices, and gardening measures to work the earth in a sustainable and respectful way. We will be using cover crops, green manures, seaweed and compost to mulch with and rototill with. We also have chickens on the farm and will use their well rotted manure and tea appropriately. We will be using organic means to fertilize using blood meal, bone meal, seaweed extracts. We will use organic bug controls when necessary but, generally, crop rotations and hand picking are the main way we combat bugs.

As we move closer to January, Jeremy is busy hauling in his lobster traps and rigging his boat over for scalloping. We are both looking forward to our operations as we are enthusiastic about sharing our space with others. As we did from Limington, we will be offering gardening classes, and participating in Maine Maple Sunday. In addition, we also would like to offer work days and pot luck dinners to members.

As you will read below we offer 5 Shareholder Options. Work days are encouraged

but not required. If 8 hours of work are completed on the farm then, an additional 10% will be taken off your share. This discount does not apply to our fisheries due to our boat insurance.

If you would like to join our CSA/CSF, please send us your name, address, email address, and phone number so that we can contact you. We will want to discuss the best shareholder match for you and your family or school. One half of the full share expense; note options below for prices, will be required one month before receiving shareholder benefits unless you are buying sea scallops. The remaining one half of the shareholder's cost will be required on the first CSA/CSF pick up date which is the first Friday of the month.

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Maine **Lobster** (July–October).

Pure Maine **Maple Syrup** (March–October).

Pure Maine **Honey** (Available at Extraction time TBA).

Edible Flowers (July–August).

Herbs (includes Mix of Basil, Parsley, Thyme, Cilantro, Dill in July–October).

Vegetables (includes high quality Tomatoes, Squash varieties, Cucumbers, Peppers, Lettuce, Beans, Beets, etc in July–October).

Perennials (Field Grown Hardy Varieties June–October).

Cut Flowers (Annuals and Perennial varieties July–October).

SHARE DESCRIPTIONS

OPTION 1 FAMILY SHARE: \$350 WITH A \$400 VALUE

Includes Items from the Entire Product List

Casco Bay Sea Scallops (Includes 6lbs of “Boat Run” Sea Scallops: January to June.

Maine Lobster (Includes 12lbs of Maine Lobster: 3lbs/month July–October).

Pure Maine Honey (includes 1 Pint of Pure Maine Raw Honey at Extraction time TBA.

Pure Maine Maple Syrup (includes 1 Quart of Pure Maine Maple Syrup March–Oct.).

Edible Flowers (includes 10–oz. of Mixed Edible Flowers in August).

Herbs (includes 10–oz. Select Mix of Basil, Parsley, Thyme, Cilantro, Dill in August).

Vegetables (includes \$100 of Tomatoes, Squash varieties, Cucumbers, Peppers, Lettuce, Beans, Beets, Carrots, etc in July–October).

Perennials (includes 5– 4”potted Field Grown Hardy Varieties: June–October).

Cut Flowers (includes 5–10 Stemmed Bouquets of Annuals and Perennials :Jul–Oct.

More shares are available in \$350 increments.

Pick up will be on the 1st and 3rd Fridays (bimonthly) at the farm.

OPTION 2 SINGLE PRODUCT SPECIFIC SHARE: \$150 WITH A \$200 VALUE

Includes 1 item (from the Product List)/Share that cost \$150 with a \$200 value. This option is available during season of item chosen but does not include seafood.

More shares are available in \$150 increments.

Pick up will be on the 1st and 3rd Fridays (bimonthly) at the farm.

OPTION 3 SEAFOOD OPTION SINGLE SHARE: \$90 WITH A \$100 VALUE

Includes \$100 worth of "Boat Run" Scallops in the winter or \$100 worth of lobsters (1.25lb lobsters) in the summer and fall.

More shares are available in \$90 increments.

Pick up will be arranged with share holder and fisherman due to weather factors.

OPTION 4 FARM OPTION SINGLE SHARE: \$150 WITH A \$200 VALUE
Includes all farm products only. No seafood items included with this option.

More shares are available in \$150 increments.

Pick up will be on the 1st and 3rd Fridays (bimonthly) at the farm.

OPTION 5 CREATE COMBO SINGLE SHARE: \$150 WITH A \$200 VALUE

Includes combination of seafood and farm products from product list to be determined by share holder and farmer/fisherman that has a \$200 value.

More shares are available in \$150 increments.

Pick up will be on the 1st and 3rd Fridays (bimonthly) at the farm except for seafood items which will have to be determined by Shareholder and Fisherman due to weather.