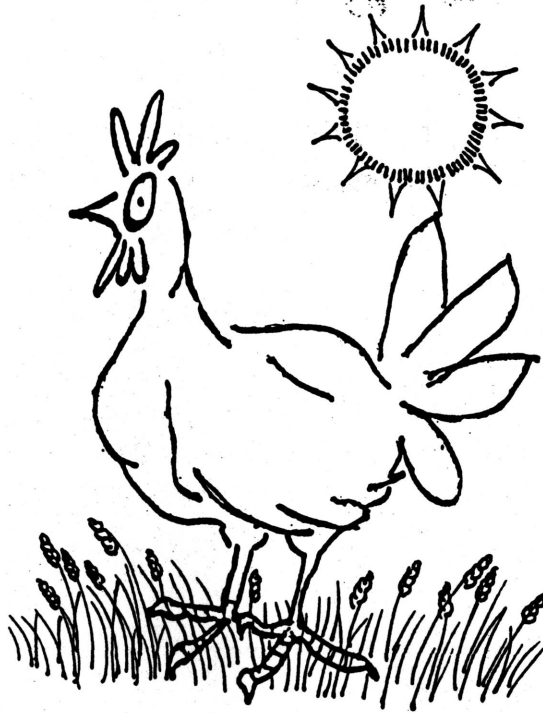


Appendix D
Information Available at the Jubilee Farm Stand

***Chicken
Raised on
Grass & Sun***



***Creative Growers'
Pastured Poultry***

Creative Growers
88741 Torrence Rd.
Noti, Oregon 97461
(541) 935-7952
cgrowers@pond.net

What is Pastured Poultry?

"Pastured Poultry" refers to birds raised most of their lives on fresh growing pasture. Our chickens spend only their first 2 weeks in a brooder in one of our greenhouses. The remaining 6 weeks they live in bottomless, protected pens which are moved around the pasture daily. Daily rotation provides our birds with fresh grass & bugs, prevents disease, and ensures these naturally lazy broilers get the exercise necessary for a healthy (& delicious) chicken.

Pastured	vs.	Free Range
Fresh Ground Daily		Access To Fixed Yard
Age: 8 weeks		Typical Age: 6 weeks
Small Groups of 60-80		Thousands in Open House
Less Total Fat;		
More "good" Fats (omega-3)		
More Vitamin A		
More Texture & Taste		

What Our Chickens Eat

Our pasture provides about 10% of the nutrition for our chickens. The rest is provided by a custom grain ration containing: corn, roasted soybeans, soybean meal, wheat, oats, kelp, fishmeal & oystershell. We use organic or transitional grains whenever possible.

Where is Pastured Poultry Found?

Creative Growers raises Pastured chickens April through October, and they are available every other Thursday from June 15 through October 19. Pastured chickens freeze exceptionally well, easily lasting 6 to 9 months without losing texture or taste.

Processing

Processing is a critical step in providing safe, quality meat. We process our chickens on the farm, by hand. Although not inspected by any regulatory agency, we follow guidelines established by the USDA. Our small batches allow us to take the care the mega-facilities cannot in ensuring that dressing is done in a clean, safe, and meticulous manner.

Nutritional Analysis of Pastured Chickens vs USDA Nutrient Database as Standard Reference
Amount per 100g whole raw chicken, meat & skin

Nutrient	Pastured Poultry	Standard Reference	Variance
Calories	177.65	215.00	-17.37%
Calories from Fat	106.29	135.54	-21.58%
Total Fat	11.81 g	15.06 g	-29.47%
Saturated Fat	3.04 g	4.31 g	-30.45%
Monounsaturated Fat	4.34 g	6.24 g	-30.45%
Polyunsaturated Fat	3.82 g	3.23 g	18.27%
Omega-3 Fatty Acids	0.36 g	0.18 g	100.00%
Omega-6 Fatty Acids	3.40 g	2.96 g	14.86%
Ratio Omega-6:Omega-3	9:1	16:1	
Cholesterol	68.00mg	75.00 mg	-9.33%
Sodium	47.00mg	70.00 mg	-32.86%
Vitamin A	210.00 IU	140.00 IU	50.00%

Nutritional Analysis performed by American Westech, Inc. Harrisburg, Pa. with project funding by USDA Sustainable Agriculture and Education Program; test birds raised by 4 Pa. producers in 1999.

Who is Creative Growers?

Established in 1996, Creative Growers is the loving taskmaster of Aaron Silverman and his wife Kelly. Along with pastured chickens, they raise quality vegetables, herbs & cut flowers in Noti, 20 miles west of Eugene. These are raised organically (registered with the State of Oregon) and sold to fine restaurants, as well as through our subscription programs.

Every year we are asked whether we can deliver our wonderful chickens to town. Unfortunately, the rules limit our ability to transport chickens from our farm to your neighborhood. After spending much too long racking our brains over this, we realized that while we can't bring our chickens to you, YOU can!!

Introducing...the Neighborhood Chicken Sponsorship Program!!

Here's how it works:

Neighborhood Sponsors come to the farm, pick up their own order, as well as pre-boxed orders for the folks picking up chickens at the their house. Sponsors may host a site for one batch, or throughout the season. For the honor (and troubles) of hosting a pick up site for your neighborhood, you will receive 2 free chickens per batch sponsored.

For those whose schedules limit their ability or desire to come to our farm, the sponsorship program may help out. We will match you with a sponsored site, and you will make arrangements with them about pick up times. Orders through this program will require a \$6 deposit, and we will send you an invoice for the balance after each batch.

If you would like to learn more about our Sponsorship program, either to be a sponsor or to pick up at an off-farm site, fill out the form below, and send in with your order. We'll give you a call with the details.

I am interested in learning more about:

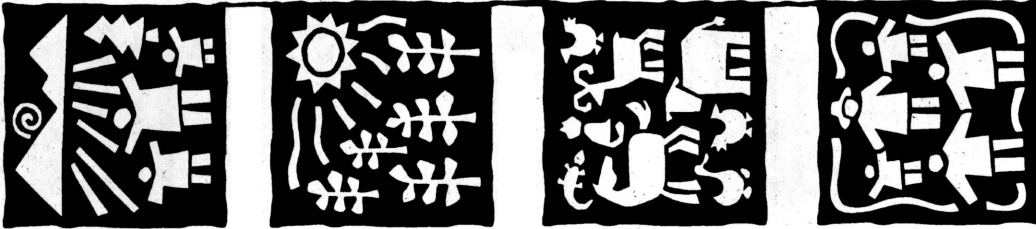
- ☐ Sponsoring a chicken pickup site.
- ☐ Picking up chickens at a sponsored site
- ☐ Flower Subscription Program.
- ☐ Vegetable Subscription Program

Grass Fed: Beef ☐ Lamb ☐ Pigs ☐ Turkeys ☐

We will give your name to the producers of these meats

Winter Green Community Farm

Fresh locally grown organic
produce for the community



You are
invited
to share
in the
harvest




Winter Green Farm
89762 Poodle
Creek Road
Noti, OR 97461

Phone
(541) 935-1920

Fax
(541) 935-3615

E-mail
folks@
wintergreenfarm
.com

Website
www.
wintergreenfarm
.com

Printed on
recycled paper 

Presorted
Standard
U.S. Postage

PAID

Noti, OR
Permit #02

Please help us by sharing this information. Thanks.



**We'd love to
hear from you!**

**Farm Office
(541) 935-1920**

**Mary Jo or Jack
935-3615**

**Wali or Jabrila
935-7676**

**Fax
935-3615**

**E-mail
folks@
wintergreenfarm
.com**

**Website
www.
wintergreenfarm
.com**

**Winter
Green Farm
89762 Poodle
Creek Road Noti,
OR 97461**

**Booklet art by
Teri Robertson**

connection to the farm and the people growing food for you. If you like, you can come and get your hands in the soil, walk the farm, or attend our many farm events. The Community Farm is an affirmation of the kind of world we want to live in. It is a positive choice for the future.

Logistics

Once a week we pack boxes of fresh produce for you to pick up. Boxes picked up at the farm will be ready by 2 p.m. Eugene pick up starts by 5 p.m. Members are responsible for picking up their produce at the agreed upon site. If you would like to be an additional pick up site or if you have suggestions for one please let us know. Bi-annual newsletters and weekly notes with your boxes will keep you in touch with the farm.

The Core Group

In 1996 a "core group" was formed from our membership to work with visioning, planning and decision making for the Community Farm. The core group is a tremendously rewarding experience for both the farmers and the members involved. All members are welcome to join.

www.wintergreenfarm.com

Check out our website for more information and pictures of the farm. You can even fill out the Community Farm membership form and we'll hold your share until we receive your check in the mail.

To Become a Member

Simply fill out the enclosed membership form and send it to us. Thanks for your interest!

Yes, I would like to share in the harvest!

Name _____ Phone _____

Address _____ City _____ Zip _____

e-mail (if appropriate) _____

Number of people who will regularly eat from your box _____

Will you be splitting a share with someone? If so please include their name, address and phone number.

Name _____ Phone _____

Address _____ City _____ Zip _____

e-mail (if appropriate) _____

HARVEST SHARE OPTIONS (Check all applicable boxes)

Full Season Harvest Share

(24 weeks mid-June through Thanksgiving)

Delivery to Eugene

Delivery to Florence

Home Delivery

LARGE

☐ \$595

☐ \$35

☐ \$65

☐ \$130

SMALL

☐ \$405

☐ \$35

☐ \$65

☐ \$130

Regular Season Harvest Share

(19 weeks mid-June through mid-October)

Delivery to Eugene

Delivery to Florence

Home Delivery

LARGE

☐ \$475

☐ \$25

☐ \$50

☐ \$100

SMALL

☐ \$285

☐ \$25

☐ \$50

☐ \$100

Buy a box (see reverse)

☐ \$5

☐ \$5

Discount Options

Payment in full by 4/15

or Initial payment by 4/15

☐ -\$20

☐ -\$10

☐ -\$15

☐ -\$5

TOTAL DUE FOR THE YEAR \$ _____

(see below for payment plan examples)

EDUCATION PROGRAM OR FINANCIAL ASSISTANCE DONATION \$ _____

AMOUNT ENCLOSED \$ _____

PAYMENT OPTIONS (check one)

To set up a payment plan or to discuss financial assistance call Alisha at 935-1920.

☐ Payment in full on signing

☐ Half now and half by August 15

☐ Monthly payments. The details of this will vary by your needs, your choices, and when you sign up.

The idea is to be paid by October 15. Please structure a plan that will work for you and send in a copy.

FOOD FOR LANE COUNTY I wish to support this program. I am enclosing a separate check made out to Food for Lane County for \$ _____



**By joining, you
receive fresh,
locally grown
vegetables and
have a direct
connection to
the farm and
the people
growing food
for you.**

Share in a Vision of a Better World, and Eat Well Too

For the 9th year in a row we offer with pride and joy the Winter Green Community Farm:

- receive a box of fresh, organically grown produce weekly throughout the growing season
- enjoy over 35 different vegetables and berries all grown on our farm in Noti
- make a positive choice for the earth and the future
- participate in fun events and activities on the farm such as garlic braiding, hayrides and potlucks.
- support a local family farm committed to a healthy community
- provide fresh, organically grown produce for those in need

By joining you receive fresh, organically grown produce weekly from the middle of June through either the middle of October or Thanksgiving. Each week's box will contain a seasonal selection from the approximately 35 vegetables we grow. Near the season's end member families also receive a healthy supply of winter storage vegetables.

Shared Crops, Shared Abundance

The crops grown for the Community Farm belong to its members so over and under production both belong to the members. This means that if there is a bumper crop members will share in the bounty. When appropriate, some overabundance is shared with those in need in our community. If production of a particular crop is low, members will receive less. When possible we will substitute another vegetable. We also plan extra production that is distributed through



**Together the
members, the
farmers, and
the community
share the
joys and the
challenges of
the growing
season.**

Food for Lane County, (see FfLC insert) and for bulk sales to our members. This means that together the members, the farmers, and the community share the joys and the challenges of the growing season.

This grower-consumer cooperation is the basis of our Community Farm concept. People are nourished by the farm with healthy food and a direct connection to the land. Farmers are nourished by a fair economic return and respect for their skills and labor. Everyone is nourished by reestablishing the vital link in our local community between food, farm, and families.

The Harvest Shares

We offer two types and sizes of harvest share. Please see the sign up sheet and projected crops list for quantities and seasonal availability of produce. A large share will feed about four people. Some families choose to share boxes. Historically, Community Farm shares have been a good value when compared to organic prices. Included in the Community Farm budget is \$4.00 per share to help fund our education and financial assistance programs. The financial assistance program discounts share costs for those who need help with the full price. If you would like to donate more to these programs please include it with your payment. It is our intention to keep Community Farm Harvest Shares available to people of all income levels.

Regular Season Harvest Share (lg. \$475, sm. \$285)

The regular season share runs from the middle of June through the middle of October. Boxes are delivered weekly on either Tuesdays or Fridays to pick up sites in the Eugene area. Florence deliveries are on Fridays. (See sign up sheet for locations.) Regular season shares also include a large box of storage vegetables



**We believe
that it makes
more sense to
grow food for
the local
community
than for
distant
markets.**

(potatoes, onions and winter squash) at the season's end.

Full Season Harvest Share (lg. \$595, sm. \$405)

Members that sign up for this option receive the regular season of weekly boxes, the storage crops, plus an additional five weeks of fresh, local, in-season produce. Using hardy vegetables, storage, and in-field season extension methods we will provide members with a variety of fresh greens, roots and vegetables from October 23 until Thanksgiving. The five additional weeks will be one size only and available for pick up or delivery on Tuesdays.

Bulk Produce

To help make Community Farm Harvest Shares better suit our members' needs, some of our crops are available in bulk. Check the sign up sheet for available crops, minimum quantities, and prices. Simply indicate on the bulk sign up sheet how much of each item you would like and we will deliver the veggies with your box and bill you upon delivery. We do have production limits on some crops so orders will be filled on a first-come, first-served basis.

Home Delivery

All of our Community Farm options are available delivered to your home for an additional \$100 for the Regular Season Harvest Share and \$130 for the Full Season Harvest Share. Availability of this service will be dependent upon sufficient interest and your location.

Who We Are

Winter Green Farm is a 76 acre two family farm on Poodle Creek Road in Noti, Oregon.



**You can come
and get your
hands in the
soil, walk the
farm or attend
our many
farm events.**

**The
Community
Farm is an
affirmation of
the kind of
world we want
to live in.**

The Wade/Gray family of Mary Jo Wade and Jack Gray started the farm in 1980. They have two children, Sam and Meg. Jabrila and Wali Via and their daughters Kachina and Noora joined the farm in 1985. We are legally organized as WGF, L.L.C. In addition, this year's non-resident farmers will include Sharon Meddings, David Hoyle, Christopher Overbaugh, and Alisha Taylor.

Winter Green Community Farm is a part of a diversified farm that, over the years, has grown a variety of organically grown vegetables and herbs for the wholesale market. This year, our primary wholesale crops will be blueberries, cauliflower, goldenseal, stinging nettles, skullcap, echinacea, gobo (a.k.a. burdock root) and a variety of other medicinal and culinary herbs. We are excited about the integrated fertility system we have developed using compost, farm animals including a small herd of beef cows, crop rotation and Bio-Dynamic farming methods. Our crops have been certified organic since 1984 by Oregon Tilth.

Education Program

Educating people about where their food comes from and how it's grown is an important goal supported by the Community Farm. We have an ongoing education program that brings members of the community and local students from pre-school through college to the farm on field trips. Call for more information.

Why the Community Farm?

To further our vision of becoming "a productive farm creating balance with the earth, humanity and ourselves" we want to build the link between ourselves and the people who eat the food we produce and to help reestablish the role of agriculture in the community. We seek to provide an environment where families can strengthen their connection to the earth that sustains them. Last year, over 250 families participated in the Community Farm. We believe that it makes more sense to grow food for the local community than for distant markets. By joining, you receive fresh, locally grown vegetables at a good price and have a direct