

## Meet Your Farmers

Adam's Berry Farm

AH Mushrooms

Arethusa Collective Farm

Brotherly Farm

Butterworks Farm

Champlain Orchards

Does' Leap Farm

Dragonfly Sugarworks

Gleason Grains

Hazendale Farm

Jericho Settlers' Farm

Maple Wind Farm

Maplewood Organics

Riverberry Farm

Rockville Market Farm

Screamin' Ridge Farm

Valley Dream Farm

Willow Hill Farm



Rockville Market Farm Butternut Squash

## What is the Food Basket ?

The Food Basket is modeled after traditional Community Supported Agriculture programs, where people in the community pledge to support a local farm by becoming members or "shareholders" of the farm. Members pay in advance and receive weekly shares in the farm's harvest throughout the growing season, providing the farmer with a consistent market.

The Food Basket unites multiple farmers who together build shares for the consumer. With this program, you will benefit from receiving a wide variety of fresh food products from farms around the state, conveniently delivered to your workplace! The Food Basket program partners with local farmers and Burlington-area businesses to offer employees a variety of local farm shares. Summer shares run weekly from June through October, while winter shares run bi-weekly from November through February.

### As a shareholder, your benefits include:

- Access to high-quality, locally grown food
- Support for Vermont farmers
- Contribution to the local economy
- Convenience of a workplace delivery
- Weekly newsletter with recipes

### For farmers, participation means:

- Advanced working capital
- Guaranteed market
- Widespread marketing of their products
- Networks with other farmers

The Food Basket is a program of the Intervale Center, whose mission is to develop farm- and land-based enterprises that generate economic and social opportunity while protecting natural resources. The Intervale Center manages 350 acres of land, several sustainable agriculture programs, a conservation nursery and a youth farm for at-risk youth.



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Burlington, VT 05401 660-0440 x 112  
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## Food Basket Winter Share Program 2009–2010



Photo by shareholder Meredith Evans

### A Local Multi-Farm Workplace Delivery Program

Our mission is to create market opportunities for Vermont farmers in ways which are convenient, profitable and fair

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# The Winter Share

The Food Basket winter share program will offer shareholders a broad diversity of the best local foods available throughout Vermont's coldest months.

Is the winter share right for you? The winter program does vary from our summer program in that the deliveries are less frequent, product diversity is limited and share options are fewer. Despite its limitations, the winter share program does feature many favorites, including winter squash, garlic, onions, potatoes, apples, root crops, salad greens, mushrooms, meats, eggs, goat cheese, sheep cheese and more.



Garlic from Pitchfork Farm

The winter share will run from November to February with **eight bi-weekly deliveries beginning the week of November 9th and ending the week of February 15th.** The winter Food Basket program will complement the Burlington Winter Farmers' Market, which is scheduled on Saturdays from 10am to 2pm during the third week of every month from November to April. By purchasing a winter Food Basket share and supplementing with the Burlington Winter Farmers' Market at Memorial Auditorium, you will have convenient access to a wide variety of local foods all winter long!

# Winter Food Basket Shares

|  |  |
|--|--|
| <b>Winter Vegetable</b>  | <b>\$395</b>                           |
| This share showcases the abundant Vermont winter vegetable harvest. You will receive a variety of vegetables, ranging from fresh salad greens, mushrooms and potatoes to winter squash, carrots and onions. This share will also include apples and cider! |  |
| <b>Winter Hybrid</b>   | <b>\$690</b>                           |
| In addition to vegetables, apples and cider, this share will include eggs, cheese, maple syrup and local specialties such as frozen berries, cornmeal, sunflower oil, wheat flour, rolled oats, beans and more!  |  |
| <b>Winter Berry</b>  | <b>\$70</b>                            |
| Receive one gallon each of frozen blueberries and frozen raspberries from Adam's Berry Farm!   |  |
| <b>Eggs</b>  | <b>\$45</b>                            |
| From November to February, receive one dozen fresh, pasture-raised local eggs every other week!  |  |
| <b>Cheese</b>  | <b>\$140</b>                           |
| Receive 2 local artisan cheeses bi-weekly: goat cheese from Does' Leap Farm and sheep cheese from Willow Hill Farm!  |  |
| <b>Chicken</b>   | <b>\$105</b>                           |
| Receive organic, pastured chicken — one 5# bird a month — delivered frozen over 4 months!  |  |
| <b>Beef</b>  | <b>\$190</b>                           |
| Receive grass-fed beef from Maplewood Organics — a total of 20 pounds delivered frozen over 4 months!  |  |
| <b>Pork</b>  | <b>\$240</b>                           |
| Receive 20 pounds of pastured pork from Jericho Settlers' Farm delivered frozen over 4 months!   |  |
| <b>Lamb</b>  | <b>\$270</b>                           |
| Receive 20 pounds of grass-fed lamb from Maple Wind Farm delivered frozen over 4 months!   |  |
| <b>Meat Sampler</b>  | <b>\$245</b>                           |
| Receive 7 pounds each of local, pastured beef, pork and lamb, delivered over 4 months!   |  |
| <b>Maple Syrup</b>   | <b>1/2 litre — \$60 1 litre — \$90</b> |
| Receive either a 1/2 litre bottle or a one litre bottle of Dragonfly Sugarworks Medium Amber maple syrup every month for 4 months!   |  |

## How Do I Sign Up?

Sign up is easy. Simply review the options detailed in this brochure, purchase online ([www.foodbasketvt.com](http://www.foodbasketvt.com)) by credit card or fill out the order form and return it to the Intervale Center along with a check for 25% of your total. **Please contact Sona Desai at 660-0440 x 112 or [sona@intervale.org](mailto:sona@intervale.org) if you have any questions!**

## When Can I Expect Delivery?

Deliveries will be bi-weekly beginning the week of November 9th. The delivery schedule is:

### Tuesdays

PKC, 2:15  
180 Flynn Avenue, 2:30  
VSAC, 2:30  
Dealer.com, 2:45  
212 Battery Street, 3  
VEIC, 3:15  
FAHC UHC Campus, 3-4  
FAHC Medical Campus, 3:30-4:30

### Wednesdays

CFP, 2:30  
VDH, 3  
SMC, 3  
Key Bank, 3:15  
Dwight Asset, 3:30  
CC, 3:30  
GE Healthcare, 4-5  
Burton, 4-5

**Thursdays** — Intervale Center, 3-5

Thank you to our supporting host sites!

## How Will My Food Arrive?

Vegetable shares will arrive bundled and placed in reusable baskets. Baskets will need to be returned every delivery to keep everything running smoothly and efficiently for us. There will be a \$5 late charge for every week that your basket is unreturned. Meats will be frozen and wrapped, so if you're going a long distance or planning to stay at work after delivery, please come prepared with a cooler or make other arrangements to keep your food fresh.

## How Do I Pay?

Shareholder enrollment begins in August 2009 and continues until October 16th or until all shares are sold. Membership is available on a first come, first served basis. Shareholders can pay in full at sign up or they can pay in four equal monthly installments with 25% due at sign up and 25% due each consecutive month thereafter. Additional payment plans will be considered upon request. We encourage full payment as promptly as possible because early payment benefits farmers!

**Checks payable to the Intervale Center.**

**Balance must be paid in full by**

**January 15, 2010.**