



180 Intervale Road
Burlington, VT 05401
(802) 660-0440



Welcome to the Food Basket Program! *A Project of the Intervale Center*

Welcome to the second season of the Food Basket! We hope you are as excited as we are about all the wonderful local products you are about to start enjoying! The Food Basket is a multi-farm workplace delivery program and an integral part of the Intervale Center's Food Hub, a project that is committed to building a community food system that connects Vermonters in ways that are convenient, profitable and honorable. ***The mission of the Food Basket program is to provide you with convenient access to high-quality local agricultural products, provide fair prices to farmers and increase marketing opportunities for farms.***



This year, the Food Basket has brought together over twenty farmers, two hundred shareholders and seventeen area businesses and institutions, including Fletcher Allen Health Care, Vermont Energy Investment Corporation, GE Healthcare, Burton, Gardeners Supply Company, Vermont Department of Health, Dwight Asset Management Company, Vermont Student Assistance Corporation, Ben & Jerry's, Saint Michael's College, Champlain College, PKC, Pomerleau Real Estate, Vermont Campaign to End Childhood Hunger, Key Bank, Dealer.com, and Colchester Family Practice. Through the support of these establishments, we are excited to provide you with this opportunity to conveniently support local agriculture and secure a reliable, healthy and safe source of food for you and your families. Thank you for sharing the harvest with us!



Food Basket Nuts & Bolts

PICK UP DAYS & TIMES:

Tuesdays

Ben & Jerry's - 2:00
Burton Manufacturing Center - 2:15
PKC - 2:15
180 Flynn Ave - 2:15
VSAC - 2:30
Intervale Center - 2:30
Dealer.com - 2:45
VEIC - 3:00
FAHC UHC Campus - 3:00-5:00
212 Battery Street - 3:15
FAHC Medical Campus - 3:45-5:00

Wednesdays

Colchester Family Group - 2:30
Pomerleau - 2:30
Saint Michael's College - 3:00
VDH, 108 Cherry Street - 3:00
Key Bank - 3:15
Dwight Asset, 100 Bank Street - 3:30
Champlain College - 3:30
GE Healthcare - 4:00-5:30
Burton - 4:00-5:30

PICK-UPS MADE EASY

1. If you are unsure of where your pick-up location is, please contact Jen at jen.miller@intervale.org or 660-0440 x106.
2. Please pick up your share every week. If you will not be able to make it, try to arrange an alternate to pick up your share for you. If you need to make special arrangements for a pick-up, contact Jen in advance. Shares left at the end of pick-up hours will be donated to local charities.
3. Shares will be distributed in reusable baskets this year. **Baskets must be returned to pick-up locations every week.** Each shareholder has two designated baskets for the season and shares cannot be distributed effectively if baskets do not come back. **You will be charged \$5 every week that you do not return your basket.**
4. Invoices will be sent monthly from the date of your initial deposit until your balance is paid off. All balances must be paid by September 30, 2009.
5. We place a high value on making your experience as delicious and easy as possible so please do not hesitate to contact us with feedback about your share or pick-up site.



Visit <http://www.foodbasketvt.com> weekly to find:

- The Food Basket News– your source for share contents, recipes, cooking tips, vegetable facts, and local happenings
- The Food Basket recipe database– if you would like to contribute your favorite recipes please email them to Jen at jen.miller@intervale.org
- Information and links about Food Basket farmers and other local farms
- Need-to-know details about the Food Basket

Meet the Food Basket Farmers

These 21 farms are the backbone of the Food Basket. Visit our website to find out more about each of them!

Adams Berry Farm - Burlington, providing strawberries, blueberries and raspberries. You can find Adam and his smoothie-making bicycle at the Burlington Saturday Farmers' Market.

AH Mushrooms - Colchester, providing mushrooms. You can also purchase Amir's excellent shiitake and oyster mushrooms at City Market and at the Burlington Farmers' Market.

Arethusa Collective Farm - Burlington, providing kale, squash, cucumber, eggplant, beets, celeriac and rutabaga. Be sure to visit their diversified veggie stand at the Burlington Farmers' Market.

Brotherly Farm - Brookfield, providing chicken. Craig and Angela also produce pork and beef which can be found at Healthy Living and City Market. Visit the farm to purchase meat, veggies and raw milk.

Champlain Orchards - Shoreham, providing apples, cherries, plums, peaches and cider. You can find Bill's apples year round at area co-operative supermarkets and health food stores.

Does' Leap Farm - East Fairfield, providing goat cheese. Find George and Kristan's delicious cheese and outstanding kefir at specialty and cooperative grocery stores throughout Vermont and the Burlington Farmers' Market.

Dragonfly Sugarworks - Huntington, providing maple syrup. Paul and Jennifer run this small-scale family operation and also sell syrup at the Burlington Farmers' Market every Saturday.

The Farm Between - Jeffersonville, providing rhubarb, currants and jam. Check out John's and Nancy's awesome non-profit, which works with farmers and gardeners around the world, at <http://www.seedsofselfreliance.org>.

Hazendale Farm - Greensboro, providing spinach, herbs, and winter squash. The farmstand stocks lots of veggies and other local products. Starting at the beginning of August, the farm's infamous 5-acre corn maze is open for exploration.

Jericho Settlers' Farm - Jericho, providing pork, eggs, lettuce, scallions, broccoli, basil, potatoes and leeks. Find their high quality grass-fed meats and eggs at City Market and the Burlington Farmers' Market.

Maple Wind Farm - Huntington, providing lamb, radishes, beets, turnips, garlic and winter squash. Bruce and Beth raise 100% grass fed beef and lamb, as well as pastured poultry and pork, that you can find in specialty and cooperative grocery stores and area farmers' markets.

Maplewood Natural Organics - Highgate, providing beef, celery and corn. Eric and Hannah raise certified organic vegetables and grass fed beef. Their produce is now featured in Franklin county schools.

Open Heart Farm - Burlington, providing broccoli raab, turnips, peas, broccoli, napa cabbage, potatoes, cauliflower and parsnips. Visit Josh and Rachel throughout the season at the Shelburne Farmers' Market.

Pitchfork Farm - Burlington, providing arugula, mesclun, fennel, basil, garlic and tomatoes. Find Pitchfork produce on the menu at American Flatbread—Burlington Hearth and other local restaurants and the Burlington Farmers' Market.

Riverberry Farm - Fairfax, providing strawberries, zucchini, spinach, broccoli, cucumbers, peppers, lettuce, melons, eggplant, cherry tomatoes, collards and sweet potatoes. Bedding plants, eggs, and U-Pick strawberries are also among the products you can find at this farm.

Rockville Market Farm - Starksboro, providing cabbage, onions, green beans, rutabaga, winter squash, and melons. Find Eric and Keenan selling sunflowers on Church Street as well as their veggies at local stores and the Burlington Farmers' Market.

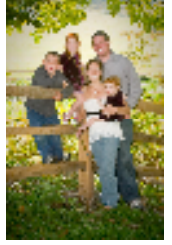
Screamin' Ridge Farm - East Montpelier, providing asparagus, cucumbers, garlic, yellow squash, cherry tomatoes, beans, cauliflower and ground cherries. Joe is a French-trained chef with over 20 years of restaurant experience so ask him to share his cooking tips and favorite recipes if you see him at market.

Stray Cat Flower Farm - Burlington, providing bouquets. Remember to get your flowers for special occasions from their impressive collection of annuals, perennials and bulbs.

Sugarsnap - Burlington, providing culinary herbs. Stop by and say hello to Abbey and her crew—and pick up some delicious, wholesome, local food at Sugarsnap Takeout and Catering, 505 Riverside Avenue, Burlington, located at the top of Intervale Road.

Valley Dream - Cambridge, providing kale, swiss chard, beets, parsley, potatoes, melons, cucumbers, winter squash and Brussels sprouts. Stop by the farmstand for a great selection of bedding plants, veggies, fruit, and many other local products.

Willow Hill - Milton, providing sheep cheese. Find their cave-aged cheeses at City Market, Healthy Living and the Burlington Farmers' Market. Visit their farm to see cheesemaking in action and pick-your-own blueberries.



CHITTENDEN COUNTY 'PICK-YOUR-OWN' FARMS

Adam's Apple Orchard & Farm Market (Williston) - Apples. Open August through October.

Adam's Berry Farm (Burlington) - Certified organic strawberries, blueberries, and raspberries from June through October.

Boutin Berry Farm (Williston) - Strawberries, raspberries, and blueberries. Open June through August.

Brigante's Farm Stand (Colchester) - Strawberries and tomatoes. Open June through October

Chamberlin's Garden & Farm Market (Underhill) - Strawberries for late June and early July.

Chapin Orchard (Essex) - Apples in September and October.

Charlotte Berry Farm (Charlotte) - Strawberries, blueberries, raspberries and pumpkins. Open late June through October.

Covered Bridge Berry Patch (Underhill) - Blueberries from mid-July to mid-September.

Fat Mitchell's Pumpkin Patch (Burlington) - Pumpkins and gourds in September and October.

The Farm at South Village (South Burlington) - Flowers and pumpkins August through October.

Morse Hillside Farm (Westford) - Raspberries from July through mid-August.

Owl's Head Berry Farm (Richmond) - Blueberries from mid-July through August.

Sam Mazza Farm Market (Colchester) - Strawberries, assorted veggies, and pumpkins. Open mid-June through October.

Shelburne Orchard (Shelburne) - Certified organic and ecological, low-spray apples from late August through mid-October.

Willow Hill Farm (Milton) - Certified organic blueberries and currants in July and August.



Where else can I find local food?

Have you ever been visiting your relatives in another town or trekking across the country only to find yourself without any fresh food to eat and with no idea as to where to find it? To make for more enjoyable visits and pleasant car rides, use the following websites to locate local products all over Vermont and the country!

- www.nofavt.org - Find farms, CSA shares, farmstands and farmers' markets across the state of Vermont!
- www.localharvest.org - Search by desired product and location, resulting in a list of farms, restaurants, co-ops and farmers' markets that fit your needs, time and place!



Chittenden County Farmers' Markets

Burlington Farmers' Market

College Street and City Hall Park
Saturdays 8:30-2 — May 9 to October 31,
2009

Burlington New North End Farmers' Market

Ethan Allen Park
Thursdays 2:30—6:30 — June 10 to Octo-
ber 7, 2009

Burlington Old North End Farmers' Market

H.O Wheeler School
Tuesdays 3—6:30 — June 23 to October 27,
2009

Burlington South End Farmers' Market

208 Flynn Avenue
Wednesdays 3:30—6:30 — June 3 to Octo-
ber 14, 2009

Hinesburg Farmers' Market

United Church of Hinesburg, Route 116
(Main St)
Thursdays 3:30—7:00 — June 4 to Septem-
ber 24, 2009

Jericho Mills Riverside Farmers' Market

Mills Riverside Park, Rte 15, Jericho
Thursdays 3—6:30 — June 11 to Septem-
ber 24, 2009

Milton Grange Farmers' Market

Milton Grange Hall, Route 7
Saturdays 9:30-1:30 — June 13 to October
10, 2009

Richmond Farmers' Market

Volunteers Green
Fridays 3—6:30 — June 5 to October 16,
2009

Shelburne Farmers' Market

Shelburne Parade Ground, Church Street
Saturdays 9-1 — May 30 to October 10,
2009

South Burlington Farmers' Market at Healthy Living

222 Dorset St, across from Healthy Living
Saturdays— June 21, July 19, August 23,
September 20

Westford Farmers' Market on the Westford Green

Route 128, Westford Common
Fridays 3:30-6:30 — June 12 to October 16,
2009

Williston Farmers' Market

Route 2, On the Village Green
Saturdays 10-2 — May 30 to October 10,
2009

Winooski Farmers' Market

In front of the Champlain Mill
Thursdays 3:30-6:30 — June 4 to October
15, 2009

