

## What is the Food Hub ?

The Food Hub is modeled after Community Supported Agriculture (CSA) programs in which people from a community pledge to support their local farms by becoming members or “shareholders” of a farm. However the Food Hub differs from the traditional CSA model in two key ways.

1) The Food Hub is a multi-farm program in which produce and products from about 20 core farms are combined to create the weekly shares. 2) Members of the Food Hub are not shareholders of any of these farms; meaning that while they are supporting local farms, they do not share in the bounty or scarcity of any particular crops. Farmers receive fair prices for their crops while members receive the retail-equivalent of the value they pay for in those crops, delivered to their workplace.



### As a member, 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:

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

## Why Buy Local?

**Taste** — Most food today travels an average of 1300 miles from farm to plate. Buying local means getting tastier and more nutritious food onto your plate, sometimes less than 24 hours after it is picked!

**Economy**— Buying local means that your food dollars are reinvested in your community and local economy at least twice as much as when you buy out-of-state products from big chain stores.

**Small Farms**— Supporting small farms preserves the health and well-being of the farmers, the land and the surrounding communities.

**Health** - Know exactly how your food was grown and who grew it. Enjoy the power of choice to avoid food grown with harmful chemicals and practices.

**Environment**— Most states import 85-90% of their food supply. Buying local cuts down on pollution from trucking, extra processing and conventional agriculture.

## Farm Share Program

The Food Hub is proud to be participating in the Vermont Northeast Organic Farming Association (NOFA-VT) Farm Share program. Farm Share assists limited-income Vermonters in obtaining farm fresh organic fruits and vegetables.

Food Basket relies on member donations to help fund the Farm Share program for qualifying individuals and families. If you would like to make a tax-deductible donation, please send a check made payable to **NOFA-VT** and send it to the Intervale Center anytime.

The Food Hub is a program of the Intervale Center, a non-profit organization that supports Vermont farmers.



# Intervale Food Hub 2010 Summer Share Program



## A Local Multi-Farm Workplace Delivery Program

Our goal is to provide you with convenient access to high quality local foods while returning a fair price to farmers.

Intervale Food Hub  
180 Intervale Road  
Burlington, VT 05401



## Meet Your Farmers

Adam's Berry Farm  
 AH Mushrooms  
 Arethusa Collective Farm  
 Bella Farm  
 Brotherly Farm  
 Champlain Orchards  
 Does' Leap Farm  
 Dragonfly Sugarworks  
 Farm Between  
 Hazendale Farm  
 Jericho Settlers' Farm  
 Maple Wind Farm  
 Maplewood Natural Organics  
 Mt Mansfield Creamery  
 Old Stillhouse Farm  
 Open Heart Farm  
 Pitchfork Farm  
 Riverberry Farm  
 Rockville Market Farm  
 Screamin' Ridge Farm  
 Stray Cat Flower Farm  
 Sugarsnap Farm  
 Valley Dream Farm  
 Willow Hill Farm



Photo by member Meredith Evans

## Summer Food Hub Shares

<b>Vegetable</b>	<b>\$525</b>
This 21-week plan brings together growers from around the region to showcase the delicious Vermont harvest. Each week, receive fresh greens and a mix of 7-10 vegetables, ranging from mushrooms and carrots to cabbages and onions. The share will easily feed a family of two to three veggie-friendly people.	
<b>Small Vegetable</b>	<b>\$350</b>
This 21-week share is a smaller version of the Vegetable share, perfect for one to two people. You will receive most of the same veggies as the larger version, just in smaller quantities.	
<b>Fruit &amp; Berry</b>	<b>\$295</b>
From June through September, enjoy the best organic and/or ecologically grown fruits and berries in Vermont. This share will take you through the local season, starting with strawberries and cherries and finishing with apples and cider.	
<b>Eggs</b>	<b>bi-weekly — \$65 weekly — \$125</b>
From June to October, receive one dozen fresh, pasture-raised local eggs delivered either bi-weekly or weekly.	
<b>Cheese</b>	<b>\$200</b>
Receive one variety of local artisan cheese every week from Does' Leap Farm (goat), Mt Mansfield Creamery (cow), and Willow Hill Farm (sheep) on a rotating basis.	
<b>Bread</b>	<b>\$110</b>
Receive one loaf of artisan bread every week from either Red Hen or August 1st. Varieties of loaves will vary.	
<b>Sauerkraut</b>	<b>\$45</b>
Receive one quart of Arethusa Farm's sauerkraut every month.	
<b>Pesto</b>	<b>\$35</b>
Receive 6oz of certified organic pesto from Bella Farm every month.	
<b>Chicken</b>	<b>\$130</b>
Receive organic, pastured chicken — one 5 pound bird a month — delivered frozen from June to October.	
<b>Sausage &amp; Burger Share</b>	<b>\$215</b>
Receive a 25 lb combination of organic and grass-fed ground beef and a diversity of pasture-raised sausages, delivered frozen over 5 months.	
<b>Meat Sampler</b>	<b>\$250</b>
Receive a 25 lb combination of pastured beef, pork, lamb and two chickens, delivered frozen over 5 months.	
<b>Maple Syrup</b>	<b>1/2 litre — \$75 1 litre — \$100</b>
Receive a 1/2 litre bottle or a one litre bottle of Dragonfly Sugarworks Medium Amber maple syrup every month for 5 months.	
<b>Flower Bouquet</b>	<b>\$105</b>
Receive one \$20 bouquet from Stray Cat Farm every month.	

### How Do I Sign Up?

Sign up is easy. Simply review the options detailed in this brochure, purchase online by credit card at [www.intervalefoodhub.com](http://www.intervalefoodhub.com) or fill out the order form and return it to the Intervale Center along with a check, payable to the Intervale Center, for 20% of your total.

### When Can I Expect Delivery?

Deliveries will be weekly beginning the week of June 7th. The delivery schedule is:

Burton, 152 Industrial Parkway — Wednesdays, 4-5  
 Champlain College — Wednesdays, 3:30  
 Dealer.com — Thursdays, 2:45  
 Dwight Asset, 100 Bank St. — Wednesdays, 3:30  
 FAHC UHC Campus — Thursdays, 3:30-4:30  
 FAHC Medical Campus — Thursdays, 3:30-4:30  
 GE Healthcare — Wednesdays, 4-5  
 Intervale Center — Wednesdays, 3-5  
 Key Bank — Wednesdays, 3:15  
 Saint Michael's College — Wednesdays, 3:00  
 VDH, 108 Cherry St. — Wednesdays, 3:00  
 VEIC — Thursdays, 3:00  
 VSAC — Thursdays, 2:45  
 180 Flynn — Thursdays, 2:30  
 212 Battery St — Thursdays, 3:15

Thank you to our supporting host sites!

### How Will My Food Arrive?

Shares will arrive bundled and placed in baskets. Meats will be frozen and wrapped. 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?

Member enrollment begins in February 2010 and continues until May 15th or until all shares are sold. Membership is available on a first come, first served basis. Members can pay in full at sign up or they can pay in five equal monthly installments with 20% due at sign up and 20% 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! Balance must be paid in full by August 31, 2010.

**Questions? Contact Sona at:**  
**660-0440 x112 OR [sona@intervale.org](mailto:sona@intervale.org)**