

Blue Heron Farm's Certified Organic Pastured Chickens & Egg SHARES.

Also available BHF Farm Fresh Milk

These chickens are a heritage breed from France (not the Cornish crosses that many producers use) hatched at a small family farm in Pennsylvania. There is more meat all around the bird and the birds are great foragers



on pasture and fed only certified



organic feed. They taste like what real chickens should taste like. There is a deposit of \$50 and then the chickens will be \$5.75 lb when they are finished. Shares are 5 or 10 birds or as many as you like - fresh or frozen. The chickens range from 3.5 to 5lbs. Available July-September. Order as many shares as you like. Egg shares are: \$100 for 18 weeks for 1 dozen a week or 1/2 dozen for \$50 for 18 weeks.

Farm Fresh Milk is available from our two sweet pastured family cows Annie and Maggie . \$5 per half gallon.

Add some bread to your share:

This year we have partnered again with **Wally's Place** to offer weekly deliveries of fresh artisan bread with your share. **Wally's Place** is a small bakery in South Hero that specializes in New York Style Bagels, fresh yeast and sourdough breads, desserts and flatbread pizza. They currently make many different varieties of bagels, bread, and French baguettes. A share would consist of one of their sliced bread loaves, a 1/2 dozen baguettes, 8 bagels, or 2 pizza dough. Matt has been working all winter perfecting some new breads for you.

Add some salad and dessert:

Our Heirloom veggies have been gracing the yummy creations of Michael Byrne, The Accidental Farmer, for a few years now. The Savory Salad Share: You will receive a savory vegetarian salad made from local and/or organic products each week. Allow your taste buds to savor his Asian Coleslaw, Mediterranean Chickpea or Cold Noodles with Sesame Dressing and other delicious salads. Salad & Dessert Share: In addition to your salads, you will receive fresh baked dessert. Enjoy desserts like his Double Lemon or Strawberry Oatmeal Bar, Lemon Poppy Seed or Blueberry-Lemon bread.

What is Certified Organic?

Blue Heron Farm is certified organic by Vermont Organic Farmers, LLC. This means that your food - our produce, eggs, meat, hay & fiber does NOT contain: harmful pesticides, synthetic fertilizers, and genetic modification (GMOs); supports biodiversity; clean and nutritious. If you would like a tour of the farm and meet the veggies and animals - give us a call.

About Us...



We established our farm in April 2004 here on Quaker Rd in the beautiful Champlain Islands. This is our 10th season with a CSA. It was the dream of landowners Roy Newton and Ev Grimes to bring the land back into active farming use. They gave us support, love, and freedom to grow Blue Heron Farm in this beautiful place. On October 31, 2012, thanks to Roy, Vermont Land Trust, South Hero Land Trust, family, countless friends and community members - we are now the stewards

of 30 acres on Quaker Rd. Buying this land and conserving it from development, has secured our future, our children's future and the future of agriculture in Grand Isle. A lot has, can and will happen on this small acreage - feeding many people, from all walks of life.

This year we are going continue to use the knowledge and skills we have been honing to grow our/your food more holistically and provide the best, most nutrient dense food we can grow. Over the last few years, our soils have taken quite a beating with the extreme weather conditions. By working toward balancing soil minerals and fostering a thriving soil biology, we can take our farm to the next level-not to get bigger, but to grow in a more symbiotic way with our farm's life and soil and protect against future weather extremes. This means we will grow even tastier and more nutritious vegetables, eggs, milk and meat! We have already seen marked improvement in our land and food.

With your continued support, we can keep feeding you and your family, our family and our community at large. We continue on working our dream of growing a diversified family farm with produce, grazing sheep for fiber and meat, sweet cows for raw milk and beef, poultry for eggs and meat, apprenticeships, and educational programs. We strive to have our farm have a symbiotic relationship with the people, land, grazing animals, and produce of the farm.

Supporting Our Community:

We offer supported shares through the VT Farm Share Program. Community members' contributions are matched by NOFA-VT to help households who have limited means secure a CSA share. If you are interested in a supported share or making a contribution, please contact us. We also offer Senior Shares to the residents at the Round Barn here in Grand Isle in partnership with the USDA & NOFA-VT. We donate organic produce to the Food For Thought Program - a community based summer breakfast/ lunch program for children & their families in GI County & GI Foodshelf nearly year round, we believe in Food for all! We also look forward to helping conserve more farmland here in Grand Isle County with VT Land Trust and South Hero Land Trust.

BLUE HERON FARM

2016 CSA Shares

18 weeks of Fresh, Local, Organic Food at an Affordable Price!



Adam Farris, Christine Bourque
Sadie & Delia Farris
34 Quaker Road*Grand Isle, VT 05458
802.372.3420 * harmonyvt@yahoo.com
www.blueheronfarmvt.com
Established 2004

**Celebrating 11 Years of our CSA*
*2005- 2016**

How does a CSA work?

In a CSA, community members pay for their season's produce (a share) upfront in the spring, and receive fresh, seasonal, certified organic produce throughout the harvest. In farming, most of our costs of production are incurred in the spring, with seed purchases, seedling production, and soil preparation. In a CSA, members of the farm help out by helping the farm pay for some of these upfront costs.



This is a **mutually beneficial relationship** between you, the member, and us, the farmers. In return for

your help, we provide you with great organic produce at a lower than market price, as well as the opportunity to know where your food comes from, to know the people who are raising your food, and the opportunity to be able to ask questions about your food and see where it is grown. While a share entitles you to the bounty of the harvest, it also means a share of the risk. On occasion a crop may fail due to weather, pests, disease, or other conditions beyond our control. As a CSA member, you share the risks of farming with us, your farmers, the way it should be in a **local** food economy. You get to eat like a farmer, with the season.

When does it happen?

The CSA will run for 18 weeks, from early June until October. Members pick up their weekly share on Monday nights from 4-6:30 PM at BHF in Grand Isle.



Dropoff/pickup sites can be arranged in Colchester at Fort Ethan Allen, Burlington, UVM Med Ctr, or Plattsburgh, NY area. You would need to find 10 or more members that were full/indiv shares to make it work. Instead of us deciding where to drop off, we are putting it out to you. There would be a nominal fee for

delivery along with the share cost. Please call us for more information on possibly delivering to your home/workplace.

What can you expect?

This is just a sampling of the veggies we grow - many of the veggies are heirloom and open pollinated varieties.

Here is *a sample list*:

June: The first fruits of the season, such as carrots, beets, beet greens, spinach, sugar snap peas, arugulas, lettuce, chard, kale, salad greens, pac choi, bunching onions, & garlic scapes.

July: As the **summer heat** comes on favorites will arrive, such as squash, zucchini, tomatoes, sungold cherry tomatoes, eggplant, onions, potatoes, carrots, cucumbers, kale, chard, green beans, herbs, red cabbage, broccoli, and limited pick your own flowers & veggies.

August: All tomato varieties, sweet and hot peppers, more potatoes, beans, pears, salad goodies, sweet corn, cucumbers, zucchini, summer squash, ground cherries and onions, cantaloupe and watermelon; garlic, PYO veggies & more!



Some of our Heirloom tomatoes we grow - ready for CSA pickup on a sunny Monday afternoon.

Sept. & Oct.: Onions, tomatoes, potatoes, lettuce, green beans, pumpkins, salad greens, cabbage, kale, brussel sprouts, winter squash, and hopefully a second harvest of peas and spinach. And plenty of other veggies, PYO herbs, veggies, and flowers throughout the season.



How much is a share?

Our membership prices are based on a sliding scale honor system. We believe people of modest means should have access to wholesome organic food. We also have to make a living ourselves. So, we have three prices for the Full & Individual Share offerings. If you can pay the highest price, please do. If you cannot, then choose a lower option. You also receive a newsletter each week full of recipes and BHF happenings.



***Full Share.** This share provides an average of \$40 worth of produce per week at market prices (That's more than \$700 worth over 18 weeks.)

Full Share: \$575/\$625/\$650

***Individual Share.** This share provides an average of \$25 worth of produce per week at market prices. (That's more about \$450 worth over 18 weeks.) **Individual: \$375/\$425/\$450**

***Salad Share.** This share provides an average of \$12 of produce per week at market prices. This share is perfect for those who want some salad greens, some quick snacking veggies or simple veggies/fruit that have little fuss. **Salad: \$200**

***Prorated Summer Resident Share.** Here for the summer and still want to be part of our farm this is the share for you. The number of weeks you are here are multiplied by full share cost (\$40) or individual share cost (\$25) equals the amount you owe.

*During the growing season there are times of adequate and then over the top production - that is just the way the season goes - so there maybe times you maybe going over the average - it is not unheard of to have the option of filling your basket with heirloom tomatoes, cucumbers, etc or go pick cherry tomatoes, ground cherries & green beans to your heart's content. That's the beauty of being part of our farm -you get to share in the bounty just as much as we do. There are working shares available for a reduction of \$50 per share (work 5 hours a month June, July, August, September). Limited payment plans are also available. There are supported shares available for folks who financially need help in obtaining a share. Supported share members pay half the cost and BHF fundraises the other half from the community and NOFA-VT. If you can, please think about contributing to the supported share program.

Blue Heron Farm CSA
2016 Member Agreement Form

NAME _____
 ADDRESS _____
 TOWN _____ STATE _____ ZIP _____
 PHONE _____
 EMAIL _____

Please pick appropriate amount and put in space. Payment arrangements can be made upon request.

Full Share - \$575/\$625/\$650	
Individual Share - \$375/\$425/\$450	
Salad Share - \$200	
Pro-rated share for summer residents (\$40 per week for full share or \$25 per week for indiv share) X the weeks you are here = amount you owe	
Additional Fee of \$25 after 4/15/16	
Certified Organic Egg Share \$45 for 1/2 doz OR \$90 for 1 doz per wk	
Certified Organic Chicken Share \$50 deposit/ \$5.75lb finished 5 or 10 birds (please circle 5 or 10 birds)	
Farm Fresh Milk \$5 per 1/2 gal x18=\$90	
Wally's Place Bread Share \$5.00 X 18 weeks=\$90	
Accidental Farmer's Savory Salad Share \$10.00 x 18 weeks= \$180	
Accidental Farmer's Sav. Salad & Dessert \$15.00 x 18 weeks= \$270	
Contribution to the VT Farm Share For Blue Heron Supported Shares	
Contribution to Food For Thought produce- Summer lunch program	
Working Share – deduct \$50.00 from share cost – 5 hrs of work per month	
Delivery charge \$35.00 off farm	
Additional processing fee if using a credit card - \$10.	
Total Enclosed	

Signed: _____ Date: _____

Please make checks payable to Blue Heron Farm. We prefer payment with check or cash but we do take credit cards now. Please enter information below.

Name on Card _____

CC # _____

CCV code: _____ Expiration: _____

Mail this form and payment to:

Blue Heron Farm,
 34 Quaker Road, Grand Isle, VT 05458

Thank you!

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