

Farm Fresh Vegetables

*We make it easy for you; We grow it. We deliver it,
and You enjoy it!*

Participating in our Summer CSA means you receive fresh vegetables usually within 24-36 hours of being harvested and you don't have to drive anywhere to pick them up. Over 80% of our CSA shares are delivered directly to our member's employer. We will deliver to any location in Chittenden County if we have 5 members at that location. Several businesses have already taken advantage of this benefit. Feel free to contact us about delivering to your employer. Members also have the option to pick up at one of our Farm Market locations or the Farm itself if more convenient.

Our members are always welcome and encouraged to visit the farm. We are developing a perennial herb garden in addition to growing annual herbs like basil, parsley, cilantro and dill. We also have 300 Raspberry plants right next to the perennial herbs. These are included in your share and available on a "pick-your-own" basis.

Early Bird Discount until 3/15/2014!

The number of shares offered this year is limited (especially the beef). We anticipate being sold out by mid-April. Preference is given first, to our existing members and then on a "first-come first-serve" basis. A 25% deposit in each share type secures your participation. The balance of your share is due on May 1st. If you need more flexibility we do have a monthly option available which is slightly more expensive.

**For more information take a look at our
website or send us an email:**

www.mrharvest.com dave@mrharvest.com

David

Certified Organic Farming
"Naturally Nature's Best"



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LET US BE YOUR GROWER

Certified Organic Vegetables

Our vegetable CSA distributions will begin on or about June 18th and will continue for 18 weeks. Plan on 6-12 different vegetables with each distribution. Our goal is to provide you with a value of 115-120% of retail.

Veggies	Pre 3/15	Post 3/15
Small (2 people)	\$315	\$360
Medium (2-4 people)	\$520	\$620
Large (4+ people)	\$740	\$850

Vegetables include: *tomatoes, lettuce, greens, carrots, cucumbers, onions, beets, peppers, squash, melons, broccoli, cauliflower, and much, much more.*

Shares are limited this year.

Additions Available with your Vegetables

Fresh Local Eggs from Savage Gardens in No Hero

Greatest tasting eggs come from pastured free-range chickens that are able to forage for insects, grass and grain. The eggs in your share will come from happy hens that are free to roam on managed intensive pasture during the spring, summer and fall. During the winter the pasture is brought to them. No antibiotics or chemicals are used.

Eggs	
Small (1/2 dozen/wk for 18 weeks)	\$40
Medium (1 dozen/wk for 18 weeks)	\$70
Large (2 dozen/wk for 18 weeks)	\$135

Dessert and Salad Share from The Accidental Farmer

Each week you will receive a savory salad and sweet baked goods made from local and/or organic products. Savor the Farmers Asian Coleslaw, Mediterranean Chickpea or Cold Noodles with Sesame Dressing. Top off your meal with a Double Lemon Bar. Then enjoy a scrumptious slice of Lemon Poppy Seed or Blueberry-Lemon bread with your morning coffee.

18 weeks	
Salad Only	\$180
Salad and Dessert	\$270

Local Chicken from Savage Gardens

Your chickens are raised in small groups of moveable shelters. They are moved every day to fresh grass where they can scratch, eat grass, bugs and worms and run around. Your broilers are processed on the farm in the Islands. No antibiotics or chemicals are used and the broilers will average 4.5 lbs. The chicken will be delivered every third week beginning in mid-June and continue for a total of 6 deliveries.

Chicken	
Small (1 bird/delivery)	\$150
Medium (2 birds/delivery)	\$265
Large (3 birds/delivery)	\$360

Local Beef from Canamak Farms in Grand Isle

The cows (Herefords) are grass fed on an intensive, rotational grazing system over 17 paddocks. Grain is given to the young in the first couple months and absolutely no antibiotics or chemicals in these animals.

There will be a mix of both familiar cuts (ground beef, sausage, K-bobs, stew beef, etc.) and steak cuts (sirloin, sirloin tip, round, etc.) with a goal of a 2/3-1/3 ratio. Deliveries will be every 3 weeks alternating with the 3 week chicken delivery schedule. Our target weights are 30, 50 & 75 lbs. Shares are priced just above what most stores sell ground beef alone for.

Beef	
Small (28-32 lbs)	\$265
Medium (48-52 lbs)	\$425
Large (73-77 lbs)	\$625

Fresh Bagels and Bread from Wally's Place-Bagel and Deli

Wally's is a local bakery right here in South Hero. They specialize in bagels, and breads handmade in small batches. The bagel share consists of 8 bagels per distribution. Different flavors each week. The bread and bagel share will alternate between breads and bagels. Flavors include, but are not limited to: Cinnamon raisin, Blueberry, Garlic, "Everything", wheat, and plain. Breads such as Honey Oat, Challah, Wheat, White, and many others including Baguettes.

18 weeks	
Bagels	\$110
Bread and Bagels	\$110