

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

Due to circumstances beyond our control, we are taking a year off from egg and chicken shares. We accrued a huge loss of income due to bird predation, organic feed costs and weather in 2022. We hope to bring it back in 2024. There will be some eggs and frozen chicken available by chance at pickup and at the Champlain Islands Farmers Market.

### Add Perky Planet Coffee to your share:

We are partnering with Perky Planet in BTV to offer fair trade coffee shares to your Monday or Thursday. Perky Planet is a Vermont owned Coffee roaster with a mission of employing individuals with disabilities. We proudly deliver mountain grown, 100% arabica bean coffee, sustainably sourced and fresh small-batch roasted to extract delicious coffee in every cup. You would receive 1# lb of fresh medium roasted coffee ground or whole bean per week. \$14 per week x 18 weeks = \$252

### Delivery to Milton, St Albans & BTV

Other Dropoff/pickup sites can be arranged in Colchester at Fort Ethan Allen, Burlington, or the UVM Med Ctr on Thursdays starting mid June, You would need to find 10 or more members that were full/indiv shares to make it work. Please call us for more information on possibly delivering to your home/workplace.

### What is Vermont 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 and grown in organic soil. 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 18th 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 Pay what you can shares - so anyone can afford a CSA share. We also offer Senior Shares to the residents at the Round Barn in Grand Isle, Milton, Swanton and Pine Manor in Alburgh in partnership with the USDA & NOFA-VT. We are partnering with local health centers to provide shares to Franklin and Grand Isle County. 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!

# BLUE HERON FARM

**2023  
CSA  
Shares**  
18 weeks  
of Fresh,  
Local, Organic  
Food at an  
Affordable  
Price!



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Sadie & Delia Farris  
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802.372.3420 \* [harmonyvt@yahoo.com](mailto:harmonyvt@yahoo.com)  
[www.blueheronfarmvt.com](http://www.blueheronfarmvt.com)  
Find us on Facebook & Instagram  
Established 2004

*\*Celebrating 18 Years of our CSA\*  
\*2005- 2023\**

## 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 or Thursday nights from 4-6:30 PM at BHF in Grand Isle. Also, we will be Delivering to Milton, St Albans and Burlington on Thursdays. Other locations available with 10 or more shares to be delivered.



## What can you expect?

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

AND Pick your own flowers almost everyweek.

### 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!

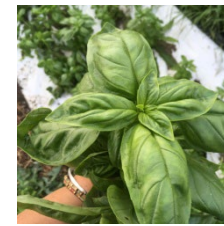


hopefully a second harvest of peas and spinach. And plenty of other veggies, PYO herbs, veggies, and flowers throughout the season.



### Sept. & Oct.:

Onions, tomatoes, potatoes, lettuce, broccoli, green beans, pumpkins, salad greens, cabbage, kale, brussel sprouts, winter squash, and



## 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. **ASK about our PAY WHAT YOU CAN SHARE.** We will not turn anyone away from inability to pay.



**Blue Heron Farm CSA  
2023 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.  
 Checks payable to Blue Heron Farm.

Full Share - \$575/\$625/\$650	
Individual Share - \$375/\$425/\$450	
Salad Share - \$200 (not available for del)	
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	
Perky Planet Coffee Share 18 weeks=\$252 – circle ground or whole bean	
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 \$50.00 off farm Circle St Albans, Milton or _____	
Additional proc fee for a credit card - \$10.	
Total Enclosed	

On FARM PICKUP: MON OR THURS (please circle)

Please Initial the following that you have read this:  
 \_\_\_ I am sharing in the reward & risk of my CSA membership as described on this brochure. I understand that I must pick up my CSA share on the appropriate dates & times or my share may be donated. I understand that this CSA has an honor system sliding scale and will respect it. I understand that the farm will send important communications to me via email.

We prefer payment with check, EBT or cash but we do take credit cards now. Please enter info below.

Name on Card \_\_\_\_\_  
 CC # \_\_\_\_\_  
 CCV code: \_\_\_\_\_ Expiration: \_\_\_\_\_  
 Mail this form and payment to: Blue Heron Farm, 34 Quaker Rd, Grand Isle, VT 05458  
 Signature: \_\_\_\_\_ Date \_\_\_\_\_

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