



WELCOME! TO THE

Member Guide 2016

INTERVALE COMMUNITY FARM



ICF Farm Team 2016

Back Row (L to R): Kathie Sullivan, Leila Rezvani, Cy Kupersmith, Brian Shevrin, Maya Bower, Silas Branson, Jill Rotondo.

Front Row (L to R): Andy Jones, Samantha DuPont, Aly Martelle, Sarah Howe, Erik Rehman.

Not pictured: Hannah Baxter, Abbie Mallory

Welcome to our 2016 season--we are excited about our crops, the farm, and seeing you in the fields this summer!

Our 58-acre farm is comprised of seven parcels in the floodplain of the lower Winooski River. We are a certified-organic, cooperatively-owned farm governed by a nine-member Board of Directors elected from the membership of Intervale Community Farm Cooperative.

Please ask any questions or share any concerns you may have. We wish to make your visits to the Farm as enjoyable and as fruitful as possible.

Our bottom line is to provide you with excellent produce at an enjoyable place for a good consumer value. We aim to achieve this in a sustainable and professional manner. Your ideas and suggestions are tremendously helpful in assisting us to improve the Farm. Together, producers and consumers, we are a community-supported agriculture (CSA) growing for 27 years.

Inside you'll find more information about your Farm, so take a look, and welcome- or welcome back- to the community that makes up the Intervale Community Farm!

Intervale Community Farm Pick-up Pointers

Pick-up Hours:

ICF is open for summer pick-up from 3-6:30pm Mondays and Thursdays. If you arrive close to 6:30pm, please select your items from the tables before beginning your pick-your-own, so that staff can begin to close up. Fifteen minutes are usually sufficient to check-in and bag your selection of produce. Reserve additional time if you plan to take advantage of pick-your-own crops. Early arrivals sometimes get the best selection, late arrivals often make off with some leftovers, and those who come in between see their friends!

Check-In:

Please check in at the desk in the pole barn each week before beginning your pick-up. This gives staff the chance to distribute any important information or announcements for the week. *If you split a share, your membership is alphabetized under the primary name.* Please feel free to send friends or family members in your stead.

Late Arrivals and Bagged Shares:

If you expect to arrive after 6:30pm, we are happy to bag your produce for you to collect at your convenience. Your bag will be available after 6:30pm on your pick-up day. You must notify us by **calling** 658-2919x2 (we generally don't check email messages during pickup) **no later than 6pm** of your regularly scheduled day to have your share bagged that day. Bagged shares will be marked with your name and placed in the sliding glass door cooler. We turn the cooler off at noon the following day.

Please note that we have had periodic problems with the theft of bagged shares; we apologize in advance for any inconvenience this may cause! Please inform us if your expected bag is not there and we will work with you to make it up. Pick-your-own crops are not packed in your bagged share, though, as always, you may do the pick-your-own at that time.

Switching, Missing, Making Up Shares:

Your selection of Monday or Thursday as your regular pick-up day provides ICF an estimate of how much to harvest each day. Please switch pick-up days if you need to in any given week by calling 658-2919 x2 or by emailing Kathie@intervalecommunityfarm.com

We do not require advance notice for you to switch pick-up days unless you have a share of bread, eggs, or goat cheese. Bread cannot be credited unless we are **notified by noon** (contact information above) of a schedule change. Please be sure that you understand the guidelines for switching these items.

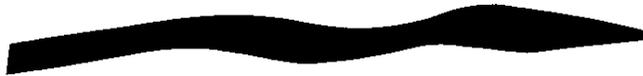
If you miss your pick-up, you may offer your share to a friend, have someone else pick it up, or let the Farm donate your food to a worthy cause. You may also make it up by coming twice any subsequent week, or by picking-up twice as much on your usual pick-up day.

Pick-Your-Own (PYO) Crops:

Many crops are only available as pick-your-own. We post a weekly list at the check-in table and crops are marked in the field with signs or flags. You may harvest pick-your-own crops at **any** time during the week. Please adhere to the following guidelines:

- Harvest only those items listed on the PYO board. Some crops may appear ready, but are actually recovering or ripening.
- Follow weekly limits on the PYO board, such as "1 pint/share" or "12 stems". *If you split a share, you must also split PYO crops.*
- Harvest carefully so that the crops will flourish and produce for as long as possible. Please ask ICF staff if you are uncertain of the appropriate harvesting method.

Please also let us know if, for reasons of health, you are unable to harvest PYO crops. We will do our best to harvest items for you.



Intervale Community Farm Pick-Up Pointers

Parking:

Please drive **VERY SLOWLY**, since there are many small and carefree children. **All dogs should be leashed.** On pick-up days, all traffic is **ONE-WAY**. Enter through the north gate and exit through the south gate. When parking, pull all the way up to the trees and flags marking the edges of the lot. With good parking behavior, we have room for a third line of cars in the center of the south half of the lot. Please respect the “no parking” and “disabled parking only” signs.

Additional, less crowded, parking is available in our winter share lot across Intervale Road near our raspberry patch. Please use this area when the main lot is full.

Electric Fences

ICF uses electric fences around many of our fields in order to exclude deer and other herbivores from our crops. Please take care - a live fence can deliver an unpleasant shock!

Before picking your own, turn off the fence; the switch is located on the reverse of the bulletin boards in the pick-up area. After you have finished, turn the fence back on after confirming other people are not present in the fields.

Bags, Berry Boxes, and Egg Cartons:

Bring your favorite tote-bags to carry home your produce. Early on, the pick-ups are modest; as the season progresses, bulk and weight increase. Throughout the season, any clean, **full-sized**, paper or plastic shopping bags you can leave at the Farm are a tremendous help -- they are stored in the blue barrels in the pole barn. You may also return any serviceable berry boxes and cardboard egg cartons.

Concerns, Problems, and Grievances:

ICF is your Farm and we want you to be happy! If something is wrong, please speak to Farm Manager Andy Jones. If you are more comfortable or feel it is more appropriate, please speak to an ICF Board Member. Keep us in the loop so we can make your membership more useful and enjoyable.

Supplemental Food Options:

Gerard's Bread. Gerard's Bread is a naturally-leavened country French loaf, hearth-baked in Westford. An ICF favorite since 1995, Gerard's is available reserved by the share or by the loaf at \$5.00/loaf. Limited Supply.



Goat Cheese. Since 2003, Does' Leap Farm in East Fairfield has provided ICF members with a rotating selection of several certified-organic fresh and aged goat cheeses by the share or \$7 each.

Eggs. We offer free-range, pastured, non-organic eggs from Jericho Settlers' Farm, in Jericho. Available by the share and the dozen at \$5.25/dozen.

Chicken and Beef. ICF will again serve as a drop site for Intervale-raised, certified-organic whole chickens from City Chicks. Singing Cedars Farmstead of Orwell will continue to sell certified-organic grassfed beef based on availability.

Extras Area & Surplus Produce:

If you find items that are not of interest to you on the pick-up tables, feel free to add them to the “Extras Area”. Second-quality crops are placed here as well; anything in this section is up for grabs. Good quality remainders after pick-up are destined for a variety of food rescue programs.

Greenstamps:

In order to reduce our ecological footprint and to ease crowding in our parking lot, our Greenstamps program offers an extra incentive to carpool, cycle, or walk to ICF. Each time you do, you earn 1 Greenstamp/share, which you may accrue from week to week. Let us know as you check in each week if you've earned a point. Greenstamps have a par value of \$1, and are redeemable for extra PYO crops or for supplemental products.

Intervale Community Farm Mission:

The Intervale Community Farm is dedicated to producing fresh, affordable, organic food in a sustainable and participatory manner. We are a cooperative, membership-based organization that is part of the global Community-Supported Agriculture (CSA) movement.

About the Intervale Community Farm

The Intervale Community Farm began in 1990 as one of the first community-supported agriculture (CSA) farms in Vermont. The CSA model, a formal partnership between consumers and producers for mutual benefit, was developed to create stable markets for farmers and dependable sources of fresh, safe and affordable food for consumers. The CSA movement now counts more than 12,000 farms across the U.S.

As CSAs have multiplied, so has the ICF grown from a five-acre, 100-household farm to a 58 acre in 7 parcels, 600-plus household farm. We are the largest CSA farm in Vermont and have assisted in the development of many other CSA farms in the region, including several others right here in the Intervale.

In January of 2009, the Intervale Community Farm became a Consumer-owned cooperative. Farm members can now become owners of the farm by making a one-time equity investment in ICF. Co-op members receive first priority for farm shares, can run and vote for the Board of Directors, and are eligible for profit sharing in the farm. As a consumer cooperative, ICF is a more secure organization through shared ownership.

The ICF Board governs the ICF by setting broad policy objectives and monitoring organizational performance. Day to day operational policies and procedures are administered by staff, often with significant member input through conversations and surveys.

As members of the Intervale Community Farm, remember that the ICF exists primarily to serve your collective interests. Your ideas and comments are invaluable to improving the ICF; many of our best improvements stem from ideas mentioned by members at pick-up. Staff and Board members alike all wish to make your membership in the Intervale Community Farm as fruitful and enjoyable as possible, and we look forward to hearing your suggestions and concerns.

Intervale Community Farm Purpose

The ICF Board of Directors has chosen several goals to guide our operations. While the primary activity is growing food, the Board has identified all of the following ends as critical to our mission:

1. Grow and distribute a diverse array of fresh, high-quality, organic food at a fair market price.
2. Provide households with low incomes access to the ICF.
3. Farm in a manner that sustains and enhances the natural environment.
4. Foster community and the awareness of agriculture among the members of ICF.
5. Provide sustainable and fulfilling jobs for ICF staff.
6. Support the wider community by contributing to the development of sound agricultural and food security initiatives.

2016 ICF Board of Directors

Bonnie Acker
Robin Berger
Kara Buchanan
Madelyn Cataford
J. Ladd
Christopher McCandless
Abigail McGowan
Lis Mickenberg
Mark Twery

Important Information

Farm Manager: Andy Jones, andy@intervalecommunityfarm.com
802-658-2919, ext 4

Account or Membership Questions: Kathie Sullivan,
Kathie@intervalecommunityfarm.com, 802-658-2919, ext 1

Join us on Facebook: <https://www.facebook.com/intervalecommunityfarm>
We are on Instagram: <https://www.instagram.com/intervalecommunityfarm/>

A list of expected produce is posted on our web site each week at
<https://intervalecommunityfarm.com/home-3/pick-up/>

Sign up for web site notices on our web page:
Enter email and click "Sign me up!"

Pick-up days are Monday and Thursday, 3:00-6:30 p.m.