

WELCOME! TO THE INTERVALE COMMUNITY FARM



ICF Farm Team 2019

Back row, left to right: Kathie Sullivan, Colin Swanson, Chris Spencer, Samantha DuPont, Silas Branson, Jill Rotondo, Bella Palmieri, Maya Bower

Front row, left to right: Sarah Gafner-Bergeron, Loren Frank, Aly Martelle, Sarah Howe, Andy Jones

Not pictured: Allegra Wu

Welcome to our 2019 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 the Intervale Community Farm Cooperative.

Please ask us 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. 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 30 years. If you love ICF and support our mission, please join as a member-owner at intervalecommunityfarm.com/cooperative

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 3:00-6:30pm Mondays and Thursdays. If you arrive close to 6:30pm, please select your items from the tables *before* beginning your pick-your-own.

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 with an estimate of how much to harvest each day. ***We do not require advance notice for you to switch pick-up days unless you have a share of bread, eggs, or goat cheese.*** For these items, switch pick-up days if you need to by calling 658-2919 x2 or by email kathie@intervalecommunityfarm.com

Bread cannot be credited or changed from your regular pickup day unless we are **notified by noon** (contact information above) of a schedule change. We keep cheese and eggs for you to get at subsequent pick-ups.

If you expect to miss your pick-up, you may offer your share to a friend, have someone else pick it up, or let ICF donate your food to a worthy cause. Or come Monday and Thursday another week, or pick-up twice as much on another 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 Pickup Pointers

Parking

Please drive **VERY SLOWLY**, since there are many small and carefree children. **All dogs must 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 lot. Please respect the “no parking” and “disabled parking only” signs.

Please avoid parking on Intervale Road whenever the parking lot has available space.

Electric Fences

The 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 & 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, 1-dozen size egg cartons.

Concerns, Problems & Grievances

The ICF is your Farm and we want you to be happy! If something is wrong, please speak to an ICF staff person. If you have further concerns, please contact Farm Manager Andy Jones, 802 658 2919x4, or andy@intervalecommunityfarm.com. 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

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 \$8 each.

Eggs. We offer free-range, pastured non-organic eggs from Jericho Settlers' Farm, in Jericho. Available by the share and the dozen at \$5.50/dozen.

Bread. We are excited to offer a selection of certified-organic bread from O Bread in Shelburne. Prices vary by type, and we'll be testing out which loaves are popular -- please let us know your favorites!

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.



Cycling, Carpooling & 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 the 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.

New this year are two ICF-made bike racks for secure parking of your beloved rig. Located behind the climbing apple tree between the herb garden and Intervale Road, the bike parking area has a separate entrance from the road, north of our main gate. Built from recycled farm materials including greenhouse ground posts, potato digger apron chain, and oversize valve handles, we hope you will find it as interesting as it is useful.

About Intervale Community Farm

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.

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.

CSAs now number more than 12,000 at farms across the U.S. As CSAs have multiplied, ICF has also grown from a five acre, 100-household farm to a 58 acre in 7 parcels serving 620-plus households in the summer and more than 250 households in the winter. We are the largest CSA in Vermont and have assisted in the development of many other CSA farms in the region.

In January of 2009, the Intervale Community Farm re-organized as a consumer-owned cooperative. ICF members can now become member-owners of the farm by making a one-time equity investment in ICF. Co-op members receive first priority for CSA shares, can run and vote for the Board of Directors, and are eligible for profit sharing in the farm. You too can be a member owner and lend your support to ICF by joining the co-op at intervalecommunityfarm.com/cooperative.

The ICF Board governs 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 ICF exists primarily to serve you. Your ideas and comments are invaluable to improving 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 Mission

The Intervale Community Farm Board of Directors has identified several goals to guide our operations. While our primary activity is growing vegetables for ICF members, the Board enumerated all of the following ends as important to our success:

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 environment.
4. Foster community and learning about the Farm, food and agriculture among the members of The ICF.
5. Provide sustainable and fulfilling jobs for ICF staff.
6. Support the wider community by contributing to the development of agricultural and food security initiatives.

Intervale Community Farm 2019 Board of Directors

Diane Abruzzini
Bonnie Acker
Kara Buchanan
Madelyn Cataford
Christopher McCandless
Lis Mickenberg
Maja Smith
Andrea Solazzo
Mark Twery

Useful Contact Information

Account & membership questions: Kathie Sullivan, kathie@intervalecommunityfarm.com; 802 658 2919 x1

Donation requests: Aly Martelle, aly@intervalecommunityfarm.com

Farm Manager: Andy Jones, andy@intervalecommunityfarm.com; 802 658-2919x4

Check out this week's produce at

<https://www.intervalecommunityfarm.com/this-week-csa>

Join us on Facebook

<https://www.facebook.com/intervalecommunityfarm/>

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