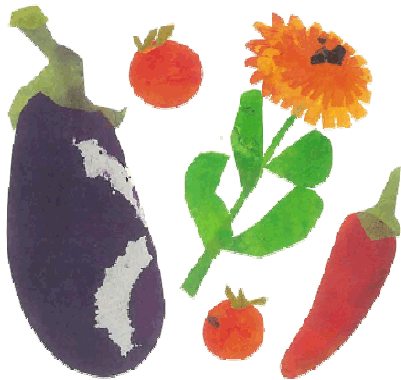




# WELCOME! TO THE



# INTERVALE COMMUNITY FARM



*NEW to Intervale Community Farm or want a refresher?  
Read on for Intervale Community Farm Pick-up Pointers!*

### Check-In

Before beginning your pickup, please check in at the desk each week so staff can provide any important announcements for the week. If you split a share, your share is alphabetized under the name of the person receiving our invoices.

### Switching, Makeups and Bagged Shares

Your choice of a pick-up day provides ICF with an estimate of how much to harvest; please stick to your chosen day whenever possible. If you need to switch days, please do so. We do not require notice to switch pick-up days unless you have a share of bread, eggs, or cheese.

For these items, *please leave a message at 658-2919 x2 or email [kathie@intervalecommunityfarm.com](mailto:kathie@intervalecommunityfarm.com)*

**Bread** cannot be credited or changed from your regular pickup day unless we are *notified by noon* of your change. We hold goat 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 two shares on another pick-up day!

If you expect to arrive after 6:30pm, we are happy to bag your produce for you to collect late that evening or the next day. You must notify us by **calling** 658-2919 x2 **no later than 6pm** on your regularly scheduled day to have your share bagged that day. ***Please note that bagged shares will be sitting out at room temperature, and that PYO crops are not included.***



### **Parking**

Please drive **VERY SLOWLY**, as there are many small and carefree children. All traffic is **ONE-WAY** in the parking lot: 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. This leaves room for more cars in the center of the lot. Please respect the “No Parking” and “Disabled Parking” signs and **avoid parking on Intervale Road whenever possible.**

Our bicycle racks are just beyond and to the north of our main gate, on the left.

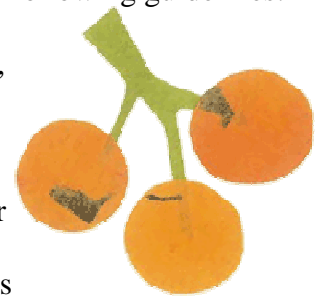
### **Greenstamps: Walking, Cycling, and Carpooling Incentive**

Our Greenstamps program aims to reduce our ecological footprint and ease crowding in our parking lot. Each week you walk, cycle, or carpool to ICF, you earn a Greenstamp, which you may accrue from week to week; please notify us as you check in if you’ve earned a point. Greenstamps are worth \$1 toward supplemental products or can be redeemed for extra PYO crops.

### **Pick-Your-Own (PYO) Crops**

Many crops are only available as pick-your-own. We post a list on the PYO chalkboard and crops are marked in the field with signs or flags. Please adhere to the following guidelines:

- You may harvest PYO crops at **any** time: days, nights, weekends, whenever!
- 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.



## **Electric Fences**

ICF uses perimeter electric fences to exclude deer from our crops. Before doing any pick-your-own, turn off the fence. The fence charger is a red box located on a post near the PYO chalkboard and entryway to the CSA pole barn. When finished, please turn the fence back on after confirming other people are not present in the fields.

*Please take care--a live electric fence can deliver an unpleasant shock!*

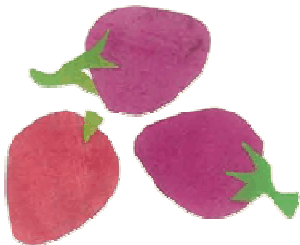
## **Additional Food Options at ICF**

**Trent's Bread.** Naturally-leavened country French loaf, hearth baked in a wood-fired oven in Westford. Available by share and singles.

**Does' Leap Farm goat cheese,** an ICF favorite since 2003. Rotating selection of several certified-organic goat cheeses produced on the farm in Fairfield. Available by share and singles.

**Pigasus Meats** in South Hero supplies our eggs. While the eggs are not organic, the hens are pasture-raised and their feed is certified GMO-free.

Order form for these products is at <https://www.intervalecommunityfarm.com/supplemental-products>



## **Bags, Berry Boxes & Egg Cartons**

Bring your favorite tote-bags and produce bags to collect and haul your veggies. Clean, *full-sized*, paper or plastic shopping bags you can leave at the Farm for others are appreciated; contribute or find them in the blue barrels. You may also return any serviceable berry boxes, yogurt containers, or Doolittle Farm egg cartons for reuse.

## **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](mailto:andy@intervalecommunityfarm.com). If you prefer, please speak to an [ICF Board Member](#).

We want to make your share more useful and enjoyable.

## **Useful Contact Information**

**Account & membership questions:** Kathie Sullivan, [kathie@intervalecommunityfarm.com](mailto:kathie@intervalecommunityfarm.com); 802 658 2919 x1

**Donation requests:** Aly Martelle, [aly@intervalecommunityfarm.com](mailto:aly@intervalecommunityfarm.com)

**Farm Manager:** Andy Jones, [andy@intervalecommunityfarm.com](mailto:andy@intervalecommunityfarm.com); 802 658-2919x4

**Check out this week's produce at** <https://www.intervalecommunityfarm.com/this-week-csa>

**Like us on Facebook** <https://www.facebook.com/intervalecommunityfarm/>

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