



Spencer & Mara Welton

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2010 Market Season



Welcome to the 2010 farming season and the Half Pint Farm Food Club! We are now in our 3rd year of our CSA (community supported agriculture) farm share program, and loving every minute of it! In addition to our CSA, we also sell to area restaurants, grocers, and farmers' markets in Burlington. Half Pint Farm was created by us in 2003 because we believed that there could be a model of sustainable farming that champions a small but successful family operation on a small plot of land, with small infrastructure and a small workforce. We do this on 2 acres in Burlington's Intervale with our two miniature dachshunds, Mr. Smeems & Bullet. We are committed to growing organically, but are not certified. We are members of NOFA- VT, Vermont Fresh Network, VT Vegetable and Berry Growers Association and Slow Food USA. We are dedicated to making our soil & crops the



best they can be and to that end we spend a considerable amount of time planning the rotation of our crops, cover crop schedules and organic fertilization. Besides

farming, we are foodies. Actually, we farm mostly because we love good food! When developing our farm share program, we really liked the idea of people joining our "club" for the love of good food. Over the years, we have come to be known as the farm that grows crops most farmers won't bother to grow in Vermont (artichokes! cardoons! fava beans!) and we are fluent in the current food trends. We are very interested in sharing recipes that we find to show off our vegetables; we are equally interested in growing crops that are featured in the most interesting recipes so that we can taste them! Prepare yourself for an extraordinary culinary adventure with organically grown, local gourmet crops!



2009 was an amazing growing year! The farm had tons of diversity, was full of new ventures, excellent markets, and a little travel. We tried our hand at growing animals to some success, but realized that we are not interested in being animal farmers at this time. We erected our ½ acre Haygrove hoophouse in March last year, and enjoyed all the benefits growing under cover in the Northeast allows – dry, disease-free, long growing seasons! We were still making deliveries into January this year – a first! We took a tour with the Haygrove company in England last September and were inspired to fine-tune our growing techniques under cover in 2010.

Here is a nice sampler of what you can expect to receive over your 20-week season Half Pint Farm Food Club farm share this year!

- Microgreens – expanded mix of spicy greens intense color & texture
- Carrots – heirloom varieties (yellow, red, orange, purple & white!)
- Tomatoes – colorful cherries, heirlooms & romas!
- Onions – colorful cipolline, pearl onions and shallots!
- Herbs – we are growing a huge culinary herb selection this year!
- Italian Heirloom varieties – eggplant, peppers, zucchini, broccoli raab, cipolline onions, san marzano tomatoes, baby artichokes, cardoons, radicchio, escarole, frisee, lacinato kale and more!
- Spanish tapas peppers – pimento de padrone and pequillo peppers!
- Potatoes – colorful fingerlings and baby potatoes all season long!
- Salad Mix – all heirloom lettuces!
- Filet Beans - both yellow and green baby haricot verts!
- **Renewing America's Food Traditions** crops indigenous to the Northeast that are on the Slow Food Ark of Taste



Now, on to the rules of the game!



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2010 Food Club Nuts & Bolts

PRICE

1. The price for a food club farm share is **\$550**. Due date is postmarked **Friday, May 28th, 2010**. Payable by check made out to *Half Pint Farm*. Send to: *Half Pint Farm, PO Box 8835, Burlington, VT 05402*.
2. We do not offer ½ shares. However, if you have a person you would like to share with, feel free to organize that amongst yourselves. You can submit two checks and two applications if you wish to share with someone.

PICK-UP DAYS AND SCHEDULE

1. The pick-up day is Wednesdays at Half Pint Farm in Burlington's Intervale between 3 and 6pm.
2. Pick-ups begin on Wednesday, June 2nd and run for 20 weeks until Wednesday, October 13th.
3. You may send a person other than yourself to pick-up your weekly share, but if you forget to pick it up, you miss out on your share for that week! We will be sending an email reminder the day before each pick-up.

YOUR FOOD CLUB SHOPPING BAGS

1. You will receive 2 recycled canvas shopping bags with the food club logo on them. These are yours to keep! They are made of fair-trade recycled cotton and were the most sustainable carrier that we could think of.
2. These are what you will receive your farm share in each week. You'll bring an empty bag back to the pick-up each week to receive a full bag. If you forget your bag, your share will be in plastic, which we would like to avoid!

VALUE OF YOUR FOOD CLUB SHARE – SUBSTITUTIONS

1. Each week you'll receive one bag with the prime selection of crops that are in season that week. The value of the weekly share is \$27.50.
2. The food you will be receiving is of extremely high quality picked at the peak of freshness. In fact, your food will be harvested the same day you pick it up!
3. Please **do not** ask for substitutions in your weekly share. We will be giving you such incredible produce to use each week, along with recipe cards for the unusual vegetables. Farm shares are an opportunity to experiment - try some new things, gain some new favorites and get re-acquainted with some old standbys!
4. There are other values that you may perceive in your share as well – being a part of your local food economy, experiencing the way a small farm operates, and of course the high nutritive value of fresh produce that has not traveled in a refrigerated truck for weeks!

NEWSLETTERS, RECIPES, ETC.

1. We will not be producing weekly paper newsletters. However, we do post regularly on our blog, which can be found on our new and improved website: www.halfpintfarm.com! We will be making blogposts frequently throughout the season; giving you a regular update on what is going on at the farm.
2. With your share each week, you will be given at least two recipes to give you some ideas of what we do with these great crops, and also to give you some inspiration in the kitchen!

FARM VISITS

1. We are always open to farm visits by anyone and everyone that is interested in seeing the farm! We are at the farm Mon-Fri. We are at the City Hall Farmers' Market on Saturdays from 7am-3pm, and we take Sundays off!
2. This season, Mara is planting a large flower garden that you will have access to – bring a vase on Wednesdays!

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Please complete and detach this form and send with your check to the above address postmarked by **May 28<sup>th</sup>, 2010**.

**By signing here, I understand the operations and expectations of the Half Pint Farm Food Club, and I am ready to start my exciting, local and gourmet culinary adventure!**

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

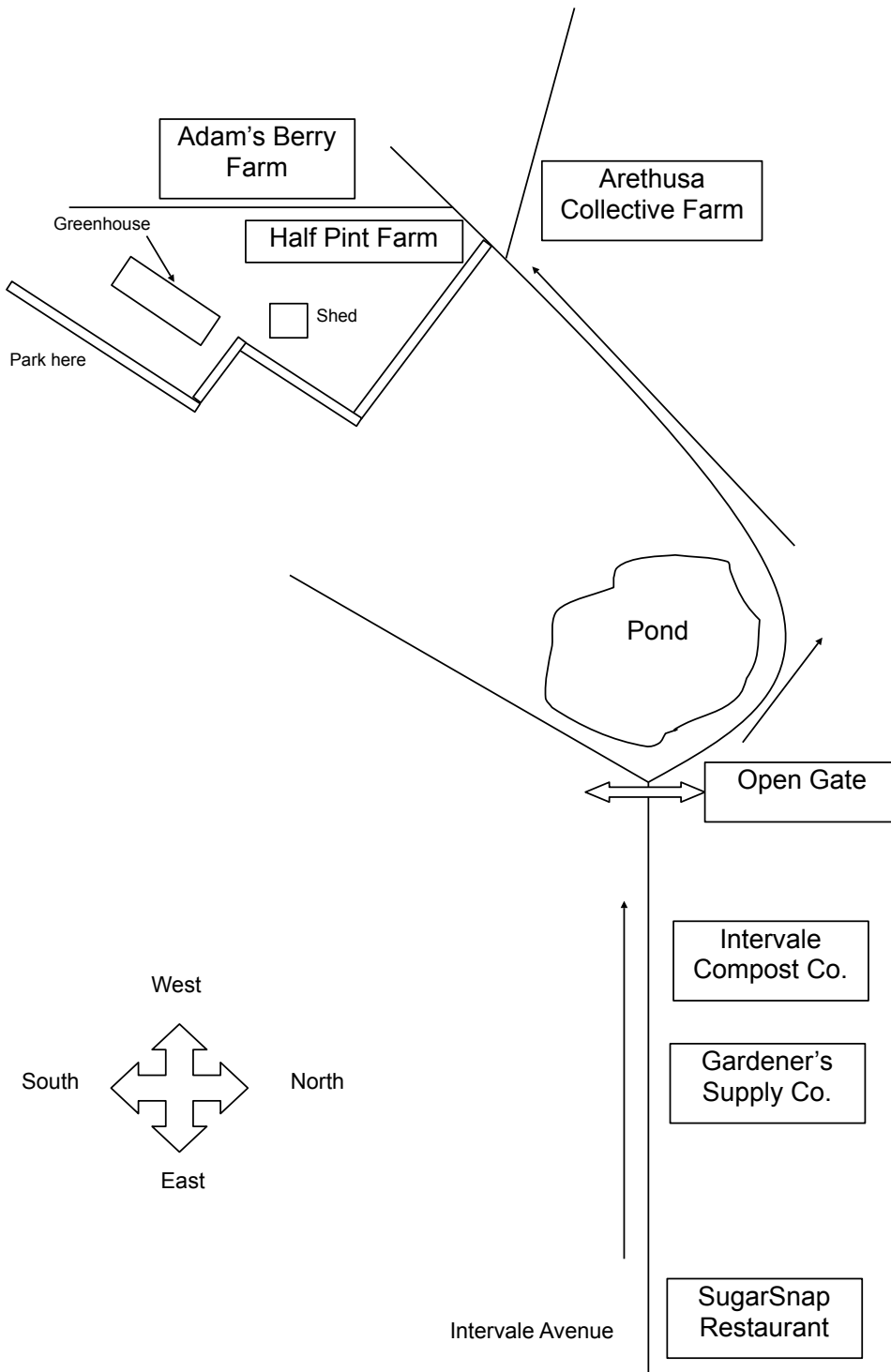
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Email Address

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Phone Number

**Directions to Half Pint Farm  
At The Intervale, Burlington, VT  
802-316-6073, Mara & Spencer Welton**



- Take exit 14W off of I-89. This will take you through the UVM campus.
- Take a right on Prospect street (right turn only). Prospect eventually becomes Intervale Road. At Pearl street, there is a weird intersection, keep going straight.
- You'll go down the hill and come to a light at Riverside Ave. Keep going straight. You'll go past Gardener's Supply, past Intervale Compost, and all the way through the open gate (about 3/4 mile from Riverside to gate). Sorry about the dirt road!
- Go through the gate and veer right around the pond (pond is green with duckweed)
- About 1/4 mile down this road you'll see the yellow sign for Arethusa farm on your right, and our little white sign on the left.
- Pull on in, veer left and drive all the way in to the greenhouse. There is a long grassy alley between the hoophouse field and our other field. Park in this area.
- Call if you get lost!