

Vermont Senior Farm Share Program 2022

Farmer Action Steps

- 1) **Contact your Senior Farm Share Coordinator** to complete the *Senior Farm Share Distribution Plan*. You will use this form to determine start and end dates, distribution style, and other share specifics for each housing site.

- 2) **Sign and return (to NOFA-VT) the Senior Farm Share Contract and a W-9.** NOFA-VT will not be able to pay you for the first half of the total share value until we receive a signed contract and completed W-9. A second check will be sent to your farm before the end of October. Please note that if a participant drops out of the program before June 30, 2022 your second check will be adjusted to account for this change in participation.

- 3) **Think about ways to reach out to your Senior Farm Share participants.** We encourage the coordinators to work with you to organize a farm visit, on-site harvest party, or another event in which residents can meet you and learn about your farm. In some cases, you may only be available after the growing season, which is ok! You might also send a weekly newsletter or introduce the coordinator to your farm's blog so that they can help keep your participants aware of what is happening on your farm. **REMEMBER: The opportunity to engage with you and your farm is one of the best benefits of this program for the participants!**

- 4) **Ask your coordinator and participants how they are enjoying their shares.** It is valuable to check in a few times throughout the season to see how the participants are doing with the produce you are sending them. Please remember that many of these older individuals have dietary restrictions and may not be as ready to try new products as your traditional CSA members. It's a good idea to stick to the more standard crops, with the occasional 'exotic' veggie.

Less Popular Crops:

Radishes
Kale
Swiss Chard
Other dark Greens (can be hard to digest)
'Exotic' vegetables

More Popular Crops:

Melons
Corn
Beans
Cucumbers
Peppers
Tomatoes
Potatoes
Squash (though chopping large squash can be difficult for sites)

5) **Provide Feedback** to NOFA-VT about how the program is going. We will survey you at the end of the season, but if you have any questions, concerns, or ideas during the course of the season please share them with Johanna Doren (johanna@nofavt.org or 802-434-7162).

Have a great Senior Farm Share season!