

## Help Us Grow

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The funds for subsidized shares are raised primarily through our annual "Share the Harvest" fundraiser each October. On the first Thursday of October, participating restaurants, co-ops, and stores donate a percentage of the day's sales to benefit Farm Share. Community members participate by making it a point to eat out and shop at participating stores that day.

CSA farms raise funds from their communities and within their membership. Private, tax-deductible donations are also welcome.

## For More Information

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To learn more, apply, or make a contribution, visit [www.nofavt.org/farm-share](http://www.nofavt.org/farm-share), contact us at 802-434-4122 or [info@nofavt.org](mailto:info@nofavt.org), or mail in the following form.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

- Yes, I can help! Enclosed is my financial donation.
- I would like to participate. Please send me an application.
- I want to learn more about CSA farms in my area.
- I know a family that may be interested. (Please include their name, address, and phone number.)

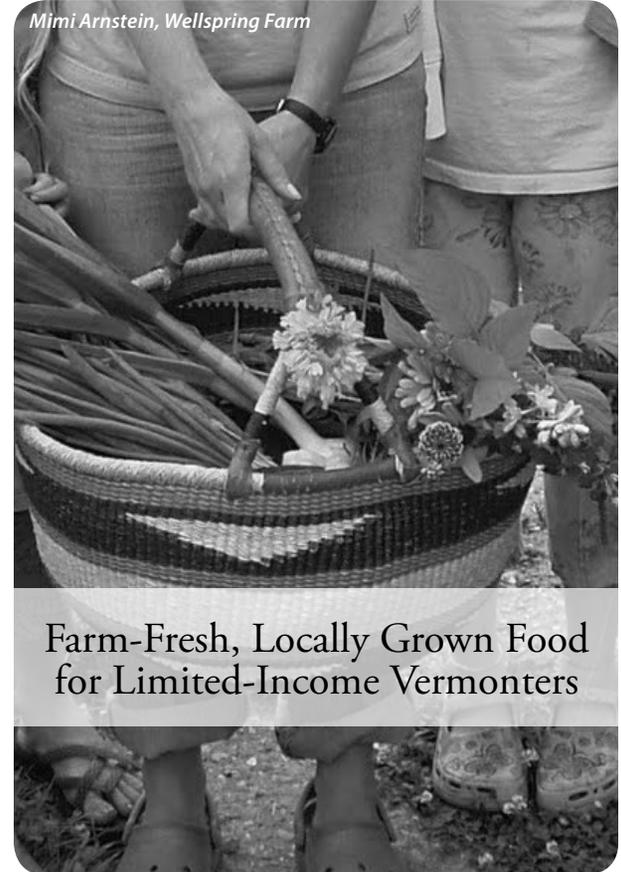
*Applications are reviewed on a first-come, first-served basis. Participation may be limited by location and funding.*



**NOFA Vermont**  
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# VERMONT FARM SHARE

*Mimi Arnstein, Wellspring Farm*



Farm-Fresh, Locally Grown Food  
for Limited-Income Vermonters

**A program of the Northeast Organic Farming  
Association of Vermont (NOFA-VT)**

## Vermont Farm Share

Since 1994, the Vermont Farm Share Program has been bringing a season's worth of healthy, local farm products to individuals and families who cannot afford to purchase fresh food on a regular basis.

## The Need

Emergency food shelves and community kitchens are under increasing demand as the number of hungry people in Vermont continues to rise.

**According to the USDA, 14% of all Vermont households lack access to enough food to fully meet their basic needs.**



## Our Response

### **The Farm Share Program:**

- Increases the availability of fresh, nutritious foods for hungry Vermonters
- Builds strong communities through farm and family partnerships
- Preserves local farms and supports the Vermont economy

## How It Works

Participants are matched with a Community Supported Agriculture (CSA) farm in their area. CSA farms sell shares of their seasonal harvest, and members receive a mix of crops in season each week.

Farm Share members typically pay 50% of the full CSA price. The balance of the cost is subsidized by funds raised by the CSA farm and NOFA-VT.

## Fresh Food

Each Farm Share member receives a subsidized share in the seasonal harvest of their CSA farm.

*Sample items include:*

### **Spring**

Greens • Peas • Herbs • Spinach • Radishes • Asparagus • Rhubarb • Strawberries

### **Summer**

Beans • Tomatoes • Peppers • Cucumbers • Carrots • Eggplant • Summer Squash • Broccoli

### **Fall**

Kale • Beets • Potatoes • Corn • Pumpkin • Lettuce • Winter Squash • Raspberries

## Supporting Vermont Families

Vermont Farm Share members can participate through community agencies such as Head Start or Community Action. They can also contact NOFA-VT directly or be referred by a community member.

A single mom in Brattleboro said that, as Farm Share member, she was able to save money and still serve her family nutritious vegetables.

*"Farm Share enabled me to pay other urgent bills, stay in school, and still include fresh vegetables in our meals."*

## Supporting Vermont Farmers

This program supports local farms by bringing them new CSA members. Past Farm Share participants have said how much they value getting to know the farmers and are happy to support their neighbors. Supporting these local businesses keeps money in our state, people employed, and our land open and rural.

## "Do I Qualify?"

NOFA Vermont uses the eligibility guideline of 185% of the Federal poverty level.

If you qualify for state programs like 3SquaresVT or the Women, Infants, and Children supplemental nutrition program (WIC), you are probably eligible for Farm Share.

Please get in touch with the NOFA-VT office if you have any questions.

