

OPEN HEART FARM CSA  
ORDER FORM 2009

Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Pick-up: The North End or The South End  
(Circle One)

\_\_\_\_\_ **Large** CSA Shares X \$465 = \_\_\_\_\_  
(Vegetables & herbs for 3+)  
for **20 weeks**

\_\_\_\_\_ **Small** CSA Shares X \$330 = \_\_\_\_\_  
(Vegetables & herbs for 1-2)  
for **20 weeks**

\_\_\_\_\_ Adam's Berry Share X \$25 = \_\_\_\_\_  
(pick-your-own any time)  
**Strawberries! Blueberries! Raspberries!**

TOTAL = \_\_\_\_\_\*\*

\*\*Make Checks payable to Open Heart Farm and mail them to:

**Open Heart Farm**  
1144 North Avenue, #3  
Burlington, VT 05408

**(PAYMENT PLANS ARE AVAILABLE-just ask)**  
*Interested in a working member discount?* Work with us a few hours a week in the field you will receive a discount on the share price, bonus veg, and lots of fun.

Would you like to help us make low cost shares available to seniors and others? You can make a tax-deductible donation through NOFA-VT. Give the gift of OHF vegetables!

For more details e-mail [openheartfarm@yahoo.com](mailto:openheartfarm@yahoo.com) or call us at 881-8125.



# OPEN HEART FARM



## SEASON 2009

A CSA and Market Farm in  
Burlington's Intervale



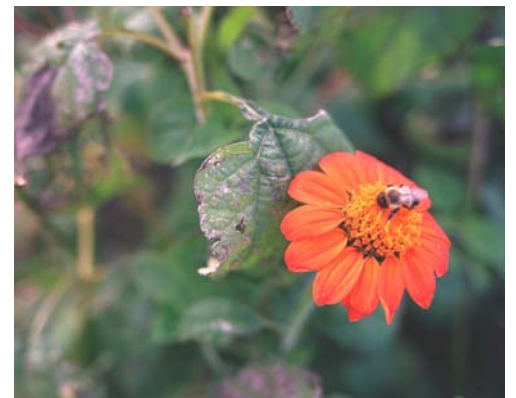
**OPEN HEART SEASON 2009!** Even in 0°F we have begun looking forward to this spring and summer, and we are excited. Soon Open Heart will be going into the greenhouse to start seeding squash, lettuce, tomatoes, and all the other vegetables that grow under our Vermont sun. This is our fourth year producing food for the Greater Burlington Community, and we can't wait to share our bounty with you again. **Are you new to CSA Farms?** It works like this: as

a member of the farm, you will truly own a share of the Season. Your membership includes getting farm fresh veggies picked, cleaned, and delivered to the drop-off point of your choice (either *the North-End or South-End of Burlington*) once a week, and it also means you can come whenever you want down to the farm and pick some of our dozen or so varieties of flowers. The chart below has a list of some of what we will be growing this year, and when it will be ready for you to eat. **Why join a CSA?** "Vegetables! Vegetables! Vegetables" is reason #1.

**Open Heart Farm** grows ecologically & bio-dynamically, without the use of chemical pesticides or fertilizers, in **Burlington's Intervale**. In our prime soils, we grow lots of your favorite summer veggies & a few surprises (last year *tri-color carrots* & *blue potatoes* were big hits with kids *and* adults). Plus **it's close to you**, so the produce doesn't have to travel far,

which means **You** eat the freshest produce around, and **We** all enjoy less traffic and gas consumption. When you join a CSA you are becoming part a vital community. Drop-off days and the first annual member picnic are great opportunities to meet other members, trade recipes, and learn anything you want to know about how your vegetables are grown from your very own farmer. CSAs are also **economical**: at Open Heart Farm you will get 15-20% over and above the retail value of your share. Yet another reason why **eating local, in-season, veggies can be an exciting adventure!** **What Do I get?**

**Each Week** you receive a rich variety of produce. We are planting over 100 varieties this year: 20 heirloom tomatoes, lots of herbs, all your



summer & fall favorites, garlic, and much more (it can't all fit on the chart). By having a diversified farm that runs on compost and lots of hoeing, we are reducing the risk inherent in farming. If one crop doesn't enjoy the weather, there is another one in the field that will. We select a variety of crops that will bring beneficial insects and micro-organisms, and that fit in best with our New England environment. Plus, it's always fun trying **new**

**things to eat. Extra! Extra! Adam's**

**Berry Share** *Open Heart Farm is proud to provide you with another opportunity to eat healthy local produce and to support local agriculture.* You can also join the berry club! Adam's blueberries, strawberries, and raspberries are grown organically, directly adjacent to **Open Heart Farm**. Purchase a card and **pick three pints of each** of Adam's crops. His farm is open all week when the berries are in season, so come by on your way to Open Heart or whenever you're looking for a relaxing and delicious time. **(9 pints of berries - 3 of each - for \$25)**

Crop	JUN	JUL	AUG	SEP	OCT
Asian greens					
beets					
broccoli					
cabbage					
cauliflower					
chard					
cucumbers					
eggplant					
flowers					
garlic					
green beans					
herbs					
kale					
lettuce					
melons					
onions					
carrots					
peas					
peppers					
potatoes					
radishes					
spinach					
summer squash					
tomatoes					
turnips					
winter squash					
parsnips					

Want to learn more about Open Heart Farm? To find out what is happening on the farm on a daily basis check out or blog [openheartfarm.blogspot.com](http://openheartfarm.blogspot.com)

You can also call us at 802-881-8125 or email us at [openheartfarm@yahoo.com](mailto:openheartfarm@yahoo.com)