



FAIR SHARE

INTERVALE CENTER

FARMS • LAND • PEOPLE



WHAT

A free gleaned CSA-style weekly distribution of seasonal farm fresh vegetables

WHERE

The Community Barn
Intervale Center
180 Intervale Road
Burlington, VT

WHEN

Mondays
3:30-6:30pm
July 8th - October 28th

Each week, the Fair Share contains 4-6 different kinds of veggies, based on what we glean on local farms. Gleaning is the act of harvesting surplus food. Because farmers have different food available every week, the Fair Share is different every week. We maintain high quality standards, but you can expect to see produce that looks different than what you find in the store or farmers market - like carrots with legs, really big spinach, or skin-deep spots on winter squash. We work with farmers across Chittenden County, who primarily follow organic farming practices, although some are not certified organic. Every week, we send out a newsletter with the produce you can expect at Fair Share, recipes, preservation techniques, and storage tips and tricks.

WHO IS ELIGIBLE?

If you struggle to access fresh produce, you are welcome to participate in our program. We do not ask for 'proof' of income or need.

HOW DO I SIGN UP?

Email hannah@intervale.org or call 802-660-0440 ext. 120 and [join our Mailing List](#). We send periodic emails about our food distributions and other resources.

WHAT GOES INTO A TYPICAL FAIR SHARE?

The Fair Share changes week-to-week throughout the growing season. Our offerings weekly.



Example from Mid-July:

- 1 napa cabbage, 1 bunch of Kale or Collards, 1 bunch Radishes, 1 bunch Cilantro, .3 pounds Salad Mix, 2 cucumbers, 2 zucchini.

Example from early October:

- 1 butternut squash, 1 delicata squash, 1 pound Beets, 2 pounds Carrots, 3-4 Bell Peppers, 2-3 Onions, 1 bunch scallions.

We also maintain a pick-your-own (PYO) garden called The People's Garden. As a Fair Share member, you can get your veggie share in the Community Barn, then head to the Peoples Garden to PYO flowers, herbs, tomatoes, peppers, and beans. Most weeks, there will be food available for harvest in the Peoples Garden. We ask members to follow the harvesting limits of each crop so all members can have their 'Fair Share' of the garden. We offer a 'pre-picked' garden share for those who would otherwise not be able to access the garden.