



## **Experience the satisfaction** of eating **organic**, humanely raised, **grass fed** meats and **pasture-raised** poultry with **Applecheek Farm Meat CSA**

### **The Meat CSA:**

CSA stands for community-supported agriculture. It is a way for you to directly connect with the farms that produce the food for your family. CSA members commit up front to buy meat shares that will give the farmer the capital he/she needs to bring their animals from field to market.

Shares in the meat CSA are available in different packages and can be purchased for three, six or twelve month periods. Shares are available for purchase year round, however we offer four different starting points: January, April, July and October. **You can join our year round meat CSA anytime for a pro-rated price assuming we have shares available.** Shares are pre-assembled at the farm and distributed at the farm or at designated drop off locations once at month. Please see pick up schedule page.

### **Our Certified Organic Gourmet Grass Fed Meats & Gourmet Pasture-raised Poultry:**

Our farm offers humanely raised, certified organic grass-fed meats and pasture-raised poultry. We focus on breeds that are known for their gourmet qualities and slow growth. They are superior in flavor and texture -leaving you the dinner with a happy palate. We raise rare and heritage varieties of animals that do well at foraging and living on the range. Our sustainable, more holistic approach to animal husbandry yields better tasting, safer, and more nutritious meats and poultry. Raising animals in this manner help to build healthy thriving soils, healthy forages, healthy animals and healthy people. It is all symbiotic, they are all connected.

### **Why Certified Organic?**

We practice organic agriculture because we believe that is the most sustainable way to produce and maintain a healthy food system. Currently, in USA 30% of our land mass is covered with GMO corn, a mono-crop, due to this fact top soils are disappearing at alarming rates, CO<sub>2</sub> levels are sky rocketing and dead zones are being created in our rivers and oceans. Corn is being added to nearly everything in the conventional food system for animal and human consumption. This is causing a national health crisis. We are proud to do our small part by practicing organic agriculture and promoting health in our soils, animals and people.

### **CSA Member Benefits:**

**Transparency:** You can visit our farm anytime and see how we raise our animals.

**Savings:** All shares are put together to offer members savings off retail rates.

**Discount on farm Services:** enjoy a **10% discount** in any of the following farm services: Wagon and Sleigh Rides, Llama Treks, Hall Rental, Farm Tours, Reiki sessions and Emu products.

## **What is in a share:**

Shares in our Meat CSA consist of a combination of certified organic grass fed beef, grass fed milk fed Veal, French Muscovy Ducks, French African Guinea Fowl, Gourmet French chicken and pasture-raised eggs or just a poultry share (ducks, turkeys, guinea hens, gourmet chicken and eggs). All our poultry birds are included in the shares as whole birds. Monthly pick-ups are assembled to include a variety of meats as well as different cuts, such that some monthly shares may include more or all beef and veal selections, while other monthly shares may include more poultry. The meats and poultry included in the shares reflect what is available on the farm for that particular month and cannot be customized.

## **How Meat CSA shares are Packaged & Distributed:**

Shares in the meat CSA are distributed monthly. Each share is pre-assembled at the farm and delivered to members for pick-up at one of our four designated pick-up sites: Stowe Farmers Market, Montpelier Farmers Market, Morrisville Artisan Farmers Market, Burlington- Bluebird Tavern and at our farm. We are looking for a location in Waterbury area or if you would like to have a drop off location in your area please let us know (we need a minimum of 3 shares to start a new location). Meats included in the shares are vacuum-sealed and frozen by a certified USDA facility. Poultry processing is done on the farm in a clean and sanitary environment. Sometimes we will have fresh chickens in our shares, but most of the time they will be frozen. Our turkeys will be fresh for Thanksgiving. .

## **Share Pick-Ups:**

Meat CSA members are responsible for picking up their shares once a month at one of our designated locations. Members MUST pick up within the time frame detailed for each site location unless otherwise arranged with Applecheek Staff. Packages not picked up will be forfeited. Members must select the location they prefer to pick-up their monthly shares at. A pick-up schedule, complete with dates and times will be posted on our website. We highly recommend that members always check the pick-up schedule before traveling to the CSA pick-up.

Meat shares are only available for pick-up at the designated pick-up sites on the dates listed on our pick-up schedule. Thank you for understanding that due to the perishable nature of meat, other accommodations are not available and alternate pickup days are not an option at this time. A monthly pick-up schedule will be published every six months.

## **Shares Size & Cost:**

Please note: Dealing with meat can be challenging. Actual pound weight of each cut may vary as much as 20% and actual poundage of the entire share may vary up to 5%, but the dollar value of your share will stay the same. In other words you don't know in advance what particular cuts will be in your share each month, but you know that you are getting what you are paying for.

## **The Beginners Share**

2Lbs- Ground or Stew (Beef and/or Veal)

2Lbs- High end cuts (Steaks and chops Beef and/or Veal)

1- Gourmet French chicken or French Muscovy duck or French African Guinea Fowl) (3-5Lb)

1 Lb of beef sausages with pork added (preservative free)

1 dozen organic pasture-raised eggs

**Value:** 3 Months: \$78 month x 3 = \$234

6 Months: \$76 month x 6 = \$456

1 Year : \$74 month x 12 = \$ 888

### **The Stimulus Package Share:**

10 Lbs combination of Ground, Stew, Roast (beef and/or Veal) and/or Gourmet French Chicken.

1 dozen organic pasture-raised eggs

**Value:** 3 Months: \$70 month x 3 = \$210

6 Months: \$68 month x 6 = \$408

1 Year : \$66 month x 12 = \$792

### **The Family Share:**

4 Lbs- Ground or Stew (Beef and/or Veal)

4 Lbs- High end cuts (Steaks and chops Beef and/or Veal)

5 Lbs- Roast or Poultry ( Beef and/or Veal- poultry : Gourmet French chicken, or French Muscovy duck, or French African Guinea Fowl)

\$30- value added meat or poultry product (Example beef sausages with pork added or chicken pot pies)

2 dozen organic pasture-raised eggs

**Value:** 3 Months: \$162 month x 3 = \$486

6 Months: \$158 month x 6 = \$948

1 Year : \$154 month x 12 = \$1848

### **The Gourmet Share:**

6 Lbs- Higher end cuts (Steaks and chops Beef and/or Veal)

5 Lbs High end Roast or Poultry ( Beef and/or Veal- poultry : Gourmet French chicken, or French Muscovy duck, or French African Guinea Fowl)

\$20 - value added meat or poultry product (Example beef sausages with pork added or chicken pot pies)

1 dozen organic pasture-raised eggs

**Value:** 3 Months: \$156 month x 3 = \$468

6 Months: \$152 month x 6 = \$912

1 Year : \$149 month x 12 = \$1788

**Note:** Our Veal comes from calves humanely raised. Our calves suckle milk from their mothers and eat lots of fresh grass, enjoy fresh air and sunshine. However, if you do not eat Veal please indicate that on the Order form. Your meat share will only have beef or poultry. .

### **The Beef Lovers Share:**

2 Lbs Ground and/or Stew Meat

2 Lbs Steaks

2 Lbs Beef Sausage

4Lbs Roasts

1 dozen organic pasture-raised eggs

**Value:** 3 Months: \$95 month x 3 = \$285

6 Months: \$92 month x 6 = \$552

1 Year : \$90 month x 12 = \$1080

### **The Poultry Lovers:**

3 (Aprox 3.5 to 4.5 Lbs) Gourmet French Chicken

1 (Aprox 4- 4.5Lbs) French Muscovy Ducks or French African Guinea Fowl

1 dozen organic pasture-raised eggs

**Value:** 3 Months: \$92 month x 3 = \$276

6 Months: \$90 month x 6 = \$540

1 Year : \$88 month x 12 = \$1056

### **The Veal Lovers Share:**

4 Lbs Veal Chops

2 Lbs Veal Cutlets

2 Lbs Ground Veal

Aprox 2 to 4Lbs Veal Roasts

1 dozen organic pasture-raised eggs

**Value:** 3 Months: \$138 month x 3 = \$414

6 Months: \$135 month x 6 = \$810

1 Year : \$132 month x 12 = \$1584

### **PAYMENT:**

We prefer that you pay for your entire share in full by the start of the share subscription. If you are unable to make the full payment, please talk to us about an installment plan. **You can join our year round meat CSA anytime for a pro-rated price assuming we have shares available.** In order to process your form for our next month delivery we must receive your check no later than the **third Monday of the month.** We accept cash, personal checks, and money orders. You may also use **the EBT Card 3SquaresVT benefits** at the Farmers Artisan Market in Morrisville or at the Montpelier Farmers Market to pay for your share. Please fill out the order form and send it to the farm with payment or talk to us to make a payment using the EBT card. Please make checks payable to Applecheek Farm and mail to 567 McFarlane Road, Hyde Park, VT 05655.

**We also offer Organic Raw Milk from our farm.**

**WE APPRECIATE YOUR BUSINESS. THANK YOU FOR SUPPORTING OUR  
FAMILY FARM!**