

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 at delivery **ONCE** at month. See pick up schedule form.

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, healthy people and healthy local economies

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, Reiky 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, 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.

Don't Just Take Our Word for it! Here's What our Shareholders are Saying

"Thank you for the Meat CSA. It was great. We have been eating it this past week and will finish it for dinner tonight. I can't explain how nice it is to feed our family food that is wholesome and healthy. Knowing you both and your beautiful farm make it even more special. We feel so fortunate to be able to make this choice and that you are willing to provide it. Look forward to the next box." Peace, the **Walker Family**

"The beef tenderloin steak was the best flavored most tender meat I've ever eaten. We also loved the chuck roast. You can quote me. I'm a big fan of all your products and hope with the CSA, you'll be able to preserve your family farm. You are in our thoughts daily for you provide us with a healthy alternative. My relatives were farmers in Canada. You have our support always." **H.M.**

"We love our Meat CSA share! Every month we look forward to opening the package and find great surprises of your wonderful food. Thank you." **D.C.**

"Your meat and eggs are the best. Keep up your fantastic job." **D.H.**

"Your chicken pot pies are amazing, and so are your beef sausages, your beef, the chickens, everything. Thank you so much for doing this meat CSA, it feels so good to know that the animals were raised humanely and their meats are so tasty and healthy, looking forward to the next share." **S.J.**

"Your veal is fabulous, the flavor is outstanding. I am cooking some Veal stew right now and my house smells so good. Thank you" **B.D.**

"We just have to tell you that the Guinea fowl, honestly was one of the tastiest things we ever eaten. It was absolutely fantastic! We have been telling everyone how much we totally enjoyed it. You guys work so hard to make these foods as good as they are. We cannot wait to try the ducks, and the chickens are always amazing. Thank you! **B.V.**

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, CO₂ 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.



"Where the Road Ends and Dreams Begin"
Farming since 1965

EAT GREEN- EAT LOCAL

Experience the satisfaction
of eating **organic**, humanely raised,
grass fed meats and pasture-raised poultry with

Applecheek Farm Meat CSA

For every Meat CSA share sold, Applecheek will donate **5%** of the purchase price to **Green Mountain Farm to School Program**. Their vision is to build local food systems in Vermont that promote environmental stewardship, create sustainable local economies, and nurture the health and wellbeing of our children and our communities.

www.greenmountainfarmtoschool.org



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OUR MEAT SHARES:

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 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 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 Dozens 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

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 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.

Please check here if you DO NOT want Veal in your meat share

The Beef Lovers Share:

2 Lbs Ground and/or Stew Meat
2 Lbs Steaks
2 Lbs Beef Sausage
4Lbs Roasts
1 Dozen 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 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 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.

Local Healthy Foods for School Children:

Aplecheek Farm is joining efforts with Green Mountain Farm to School Program to make local foods available to our school children. We believe that all children should have access to local nutritious food. Your Meat CSA purchase will help this effort. Join us today. Our children are our future.
www.greenmountainfarmtoschool.org

MEAT CSA ORDER FORM

Name -Shareholder

Email

Daytime Phone Evening Phone

Street City Zip

Please reserve the following share for me:

The Beginners Share

___ 3 Months: \$78 month x 3 = \$234
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The Stimulus Package Share

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___ 6 Months: \$68 month x 6 = \$408
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The Family Share

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___ 6 Months: \$158 month x 6 = \$948
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The Gourmet Share

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The Beef Lovers Share

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The Veal Lovers Share

___ 3 Months: \$138 month x 3 = \$414
___ 6 Months: \$135 month x 6 = \$810
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The Poultry Lovers Share

___ 3 Months: \$92 month x 3 = \$276
___ 6 Months: \$90 month x 6 = \$540
___ 1 Year : \$88 month x 12 = \$1056

Please indicate where you would like your order delivered.

___ Morrisville Artisan Farmers Market (Pleasant Street,)

4th Wednesday of the month , from 3 pm to 6 pm

___ Montpelier Winter Market (College Street,)

3rd Saturday of the month , from 10 am to 2 pm

___ Stowe Native Roots (Mountain Road,) \

4th Friday of the month from 4 pm to 6 pm

___ Bluebird Tavern Burlington, 4th Thursday of the month from 4 pm to 5:30 pm

___ Waterbury , 4th Friday of the Month

or, pickup at

___ Applecheek Farm, 4th Friday of the month from 10 pm to 6 pm

Make checks payable to Applecheek Farm and mail to 567 McFarlane Road, Hyde park, VT 05655