

# MAPLE WIND FARM

Huntington, Vermont

Farmers at Maple Wind have been producing the healthiest and highest quality food from our Green Mountain hilltop home since 1999. Come to us for 100% grass-fed beef & lamb, pasture-raised pork; organic chicken, turkey & eggs; delicious vegetables and maple syrup!



Our animals are raised happy and healthy, with care and respect through our commitment to natural feeds and processes. Though not certified, our vegetables are grown using organic principles. We strive to be your healthiest option for local family food.

- \* Chemical-Free environment
- \* No antibiotics, no hormones
- \* Animals graze as nature intends
- \* High soil fertility
- \* Sustainable practices using Solar, Wind and Draft Horse power

You have a choice in the food you eat. It's important that you (our partners, or "co-producers") have a connection to your food, the farmers that raise and grow it, and the land from which it comes. As a co-producer you play an important role, making an essential choice in support of sustainable food while we (the producers) strive to work directly with the land.

## PASTURE-RAISED MEAT

**BEEF & LAMB:** Our **Angus/Devon Cows** and **Katahdin Sheep** are 100% grass-fed, with the increased Omega-3 and CLA (Conjugated Linoleic Acid) fats - nature's heart disease and diabetes fighters - resulting from a highly nutritious natural diet. Our sheep and cattle move daily to new grass. Grazed areas are allowed to fully recover before re-grazing.

**PORK:** Our **Tamworth/Berkshire Pigs** are born here on the farm and raised on pasture. As supplement to the food foraged from our fields, they receive daily milk from our Brown Swiss family dairy cow, leftover veggies from the garden and grain.

**CERTIFIED ORGANIC POULTRY:** During the growing season we raise Cornish Cross **Broiler Chickens** and Large-Breasted White **Turkeys** on pasture. The birds move to new pasture daily, eating nutritious plants and insects in addition to supplemental organic grain. We also produce **Organic Eggs year-round.** Our Golden Comet Layer hens spend the warmer months in the Egg Ark (a coop on wheels!) following our sheep and cows on pasture.

## VEGETABLE CSA

Community Supported Agriculture consists of individuals who pledge support to a farm operation so that the farmland becomes the community's farm, with the growers and consumers providing mutual support and sharing the risks and benefits of food production.

Your membership includes 20 weeks of vegetables (grown using organic principles, but not certified), herbs, flowers and maple syrup from June-Oct. Choose between our Richmond and Huntington pickup sites on Thursdays throughout the season.



### **SHARE SIZES:**

**Family share:** Family of four, or two adult vegetarians

**Regular Share:** Family of two, augments home garden

**What you will receive:** Each week's pickup includes a variety of high-quality seasonal vegetables, herbs and flowers and a weekly e-newsletter with bits about the farm, recipes and member information. Each share will include **our own maple syrup** (4 pints over the season)!

Eat well! Enjoy the harvest! Bruce and Beth

## MAPLE WIND FARM - LOCAL FOOD 2009 MEMBERSHIP/ORDER FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Eve \_\_\_\_\_

Email \_\_\_\_\_

### **VEGETABLE/ HERB/ FLOWER /SYRUP CSA**

\_\_\_ **Family Share \$595**                      **Payment in full preferred**

\_\_\_ **Regular Share \$440**                      **or call for payment plan**

**Early Bird** (sign up by March 1 for last seasons price!)

\* **CHOOSE** your pick-up location for the season

\_\_\_ Richmond                      \_\_\_ Huntington

**100% Grass Fed and Finished Beef**                      **\$100 deposit**

\_\_\_ Split Half \$3.75lb                      \_\_\_ Whole \$3.25lb

\_\_\_ Half \$3.50 lb                      \_\_\_ Ground Quarter \$3.00lb

**100% Grass Fed and Finished Lamb**                      **\$100 deposit**

\_\_\_ Whole Lamb \$5.75lb

**Pasture-Raised Pork**                      **\$100 deposit**

\_\_\_ Whole \$3.50lb                      \_\_\_ Half \$4.00lb

**Pastured Organic Poultry. Fill in the # of birds for each date:**

\_\_\_ Thursday, early July                      **\$25 deposit for**

\_\_\_ Thursday, late August                      **entire poultry order**

\_\_\_ Thursday, mid Sept.

\_\_\_ Thanksgiving Turkey (or frozen for Xmas) \$4.75lb

**CSA Meat**                      **Pay in full**

\_\_\_ 20 lb box Grass Fed Beef \$175

\_\_\_ 20 lb box Pasture Raised Pork \$185

\_\_\_ CSA Poultry Share (6 birds, 2 ea. pickup) \$130

**MAPLE SYRUP. Reserve me-**

\_\_\_ **Pint \$10**    \_\_\_ **Quart \$18**    \_\_\_ **1/2 Gallon \$30**    \_\_\_ **Gallon \$50**

I'd like to donate \_\_\_\_\_ towards NOFA's Farm Share Program so that limited income Vermonters can enjoy the benefits of Maple Wind Farm's CSA this summer. More info at [www.nofavt.org](http://www.nofavt.org).

**PAYMENT ENCLOSED:** to Maple Wind Farm \_\_\_\_\_

## **ORDERING OUR MEAT:**

You can purchase our meat retail, wholesale and in bulk (custom). Find our meat at local Vermont Fresh Network Restaurants, Natural Food Coops, on our farm and several Farmers Markets in the area. Check our website for a full listing.

### **CUSTOM BEEF/PORK/LAMB----**

**100% Grass-fed BEEF:** Available end of June, July August. Actual yields **average 55 - 60%** of hanging weight. **Split halves** are quarters; we split the side cuts in half so that each split receives representative cuts. Whole cow hanging weight- approx. 500-600 lbs. Processing costs: \$55 plus wrap fee.

**100% Grass-fed LAMB:** Available June thru December. Actual yields **average 50%** of hanging weight. Average hanging weight: 30-40lbs. Processing costs: \$80 plus wrap fee.

**Pasture-Raised PORK:** Available year round. Actual yields **average 60 - 65%** of hanging weight. **NOTE: SMOKED MEAT: ADDITIONAL CHARGE** Whole pig hanging weight- approx. 180-200 lbs. Processing costs: \$45 plus wrap.

**Pastured Organic POULTRY:** Chickens dress between three and five pounds, and turkeys dress between 15 and 30 lbs. We process our own birds. **Poultry will be picked up at the Andrews Farm** in Richmond on the dates specified.

**CSA Meat Shares:** Our 20 lb boxes accommodate those who may have smaller freezer space or who want to sample our meats in smaller quantities. The meat is assembled in labeled packages giving a representative selection of cuts.

**\*PROCESSING COSTS/WRAP FEE:** All of our prices include shipping and handling charges and are based on **hot hanging weight**, per pound and **do not include slaughter and processing fees (cut and wrap)**. Cut and wrap: .65/lb for freezer paper or .80/lb for cryovac.

**MEAT PICK UP:** We ask that you pick up your meat at **MWF**. (Exception: Fresh Poultry is picked up in Richmond) Your willingness to do so helps us keep costs down.

**PAYMENT/DEPOSIT:** Please include a **\$100 deposit for each custom meat order**. Once we receive your deposit, we will send you a cut sheet to fill out and return. **CSA Meat Shares, please pay in full**. If you would like to discuss a payment plan, please contact us.

"Food eaten closer to where it is grown will be fresher and require less processing, making it more nutritious."

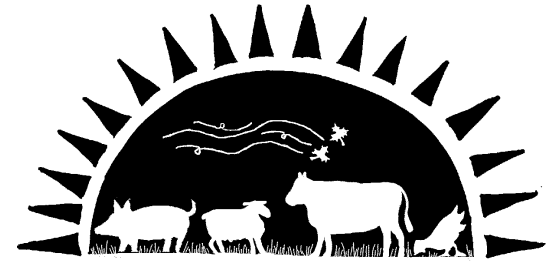
-Michael Pollan, NY Times '08

MAPLE WIND FARM  
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info@maplewindfarm.com

Sign up for our email newsletter/blog.  
Anyone is welcome. You don't have to be a CSA member... visit  
www.maplewindfarm.com and sign on

# MAPLE WIND FARM

## 2009 MEAT & VEGETABLE CSA MEMBERSHIP ORDER FORM



100 % Grass Fed Beef and Lamb

20 weeks of Vegetables, Herbs & Flowers

Pasture Raised Pork

Pastured, Organic Chickens, Turkeys & Eggs

Maple Syrup

[www.maplewindfarm.com](http://www.maplewindfarm.com)

802-434-7257 Huntington VT

*CSA pickups: Richmond & Huntington*