

SWEETLAND FARM: www.sweetlandfarmvt.com

Growing Season 2017

Pre-order your CSA or stop by the farm stand to select individual items!

Fresh, local & convenient; seasonal produce from
SWEETLAND FARM

SIGN UP NOW FOR A SEASON OF HEALTHY EATING

DELIVERED FRIDAYS, SUMMER 2017 TO DHMC!



2 CSA SIZES TO FIT ALL APPETITES
MAIN CAMPUS & HEATER ROAD DELIVERIES

NEW & IMPROVED IN 2017:

*Monday morning "sneak peek" crop list *On-farm yoga & events

Pick-your-own flowers, herbs & more - expanded hours & crops!

Shop at our weekly main campus farm stand or save 30% by joining our CSA

Learn more at www.sweetlandfarmvt.com



Fresh Veggie Days

AT DHMC

FRESH PRODUCE & OTHER FARM PRODUCTS

CSA PICK-UP AVAILABLE AT FARM STANDS

DELIVERY AVAILABLE TO HEATER ROAD EMPLOYEES

MAY THROUGH OCTOBER:

TUESDAYS: 3 TO 6PM & FRIDAYS: 2 TO 5:30PM

Located on the walkway between the East Entrance and Lot 20.

2017 CSA OPTIONS

Contact the farmers to learn what options are available:

CEDAR CIRCLE FARM:
www.cedarcirclefarm.org/CSA

CEDAR MOUNTAIN FARM:
www.cedarmountainfarm.org

SWEETLAND FARM:
www.sweetlandfarmvt.com



QUESTIONS? Contact Pamela Tilton at
Live Well/Work Well. pamela.tilton@hitchcock.org

 Dartmouth-Hitchcock

CEDAR CIRCLE FARM: www.cedarcirclefarm.org/CSA

Cedar Circle Farm
EAST THETFORD, VT

certified organic produce

SIGN UP ONLINE!

CSA DELIVERY
Dartmouth Hitchcock

PICK UP on FRIDAYS 3-5:30PM
at the farm stands the end of the walkway linking the
EAST MALL CANCER CENTER ENTRANCE TO LOT 20

Full Season CSA Share (30 weeks, May-Dec) / \$930
Summer CSA Share (20 weeks, May-Oct) / \$650
Fall CSA Share (10 weeks, Oct-Dec) / \$325
Bouquet CSA Share (12 weeks, July-Sept) / \$160

Early-Bird pricing through February 28!

CEDARCIRCLEFARM.ORG/CSA
225 Pavillion Road • East Thetford, VT • 802.785.4737



For more information contact Pamela Tilton:
Or Live Well/Work Well HIP:

CEDAR MOUNTAIN FARM: www.cedarmountainfarm.org



Fresh vegetables and beef at work

DHMC Employee CSA shares with Tuesday onsite drop-off
Join our 2017 horse-powered CSA vegetable and beef CSA

100% horse powered vegetables



What does a share cost?

20 weeks Starting in June

Summer Vegetables: \$420
Summer Omnivore-vegetables and beef: \$620

What is a CSA?

Getting to buy your food directly from the farm.
Choose a basket of fresh vegetables and or farm raised beef each week.
Meet the farmers and visit "your" farm.
Enjoy eating seasonal vegetables and farm raised meats.
Sign-up online at Cedarmountainfarm.org

100% horse powered vegetables

Our 4 fjord horses work in all aspects of the garden plowing, spreading manure, mowing, discing, cultivating and hay making. We feel strongly that the draft horse can provide a cost effective and non-polluting alternative to tractor-powered modes of food production.

Pamela.A.Tilton@hitchcock.org or 603.650.3644
livewellworkwell@hitchcock.org or 650.5950