

Health Hero Farm

Multi-Farm CSA

Pick up in **South Hero, Essex or Georgia Center and St. Albans**
Why go to the grocery store when it can all be brought to you?

Summer/Fall Vegetable CSA (Family - \$750, Small - \$375) **Starts in June**



For 20 weeks, you receive the freshest, tastiest local food.

- greens
- seasonal vegetables and fruits
- root crops
- herbs
- our **weekly newsletter** with **recipes**
- a list of your share items with each grower's location & methods
- **SMALL shares pick up every other week**

Only \$37.50 per week

Summer/Fall Veggie PLUS Farm Shares (Family - \$1060, Small - \$685) **Starts in June**



The 20 week Vegetable and Fruit CSA PLUS!

- bread
- cheese
- eggs
- maple syrup and honey
- a variety of other value-added farm products
- **SMALL shares pick up every other week**

Only \$53 per week

Year-round 48 weeks Farm Shares (Family - \$2544, Small - \$1272)

Provide your family with fresh, locally produced food that makes you FEEL good - **Clean, safe, and nutritious**

ADD 5 months of MEATS to any summer share for \$680.00

(100% grass-fed beef and organic chickens: about 4 lbs of ground beef, 4 lbs mixed cuts, and 2 whole chickens)

- ♥ **Year-Round 100% Grass-fed Beef: 12 Monthly deliveries of 8# (\$1037) or 4# (\$520)**
- ♥ **Year-Round Organic, Pasture-Raised Whole Chickens:**
12 Monthly deliveries of 2 chickens (\$588) or 1 chicken (\$294)
 - ♥ **Ask about Organic, Pasture Raised Lamb and Pork!**

Contact Hannah at **(802) 309-5011** or email her at healthherofarmCSA@gmail.com.

*Shares are **extremely limited**, so save your spot TODAY. **\$200 deposit** reserves your share. Ask about full payment incentives!*

Cash and check accepted. Ask about CC option. Payment plans and full payment incentives.

Health Hero Farm, 350 West **Shore Road**,
South Hero, VT 05486