



Bottom Land News

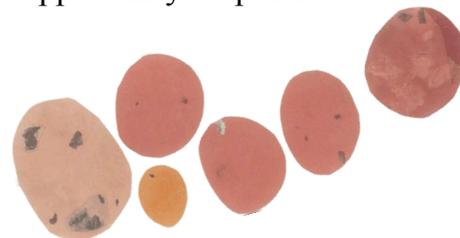


WINTER SHARE

Shares still available!

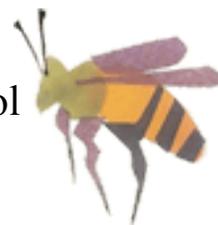
Don't miss out on this opportunity to secure your supply of delicious, affordable, high quality vegetables during the winter months. ICF's Winter Share will expand your seasonal cuisine and sweeten chilly evenings with an exciting variety of root vegetables (including potatoes, carrots, parsnips, and sweet potatoes), butternut squash, and cabbage. Freshly harvested salad greens are an additional treat to the rest of the delicious winter vegetables, while members also have the opportunity to purchase bread, cheese, and egg shares from our supplemental vendors.

This year we are proud to hold the winter share in a **new, spacious, upgraded facility** across the street from our summer share location. Please ask a farmer if you have questions or would like to sign up for the Winter Share, or visit our [website](#) for details.



Don't miss ICF's Annual Meeting & Celebration Potluck

5:00 pm, Saturday, 3 November 2012
Integrated Arts Academy/H.O. Wheeler Elementary School
6 Archibald St, Burlington



See next page for details!

Annual Meeting Agenda (begins at 6:00 pm):

1. Review of 2012: Presentation and slide show.
2. Presentation: Update and progress report on developments in our Fourth Season Project.
3. Election of ICF Board of Directors.
4. Open Member Forum.
5. Adjourn, 7:00pm

Children's activities will be available during the Annual Meeting portion of the evening.

Annual Celebration Potluck (begins at 5:00 pm):

Join us for an annual tradition and one of the best potlucks anywhere. Last names beginning with:

A-F Please bring a dessert

G-S Please bring a main dish

T-Z Please bring a salad-like dish

Above all, bring something you love to do with ICF food!

Please label your potluck dishes and bring a serving utensil if able. We will provide drinks, bread, and dishes/cups/flatware.

All ICF CSA members are welcome and encouraged to attend. Only those who are member-owners in good standing of an ICF Co-op share are permitted to run or vote for the Board of Directors. For ICF Co-op membership info, please call 658-2919x1 or visit our website, www.intervalecommunityfarm.com.

*Intervale Community Farm is governed by a seven-member Board of Directors, elected by the members of Intervale Community Farm Cooperative. Board terms are for two years. **If you are interested in serving on the Board of ICF**, please contact Farm Manager Andy Jones via email andy@intervalecommunityfarm.com, or phone, 658-2919 x4. Candidate nominations are due two weeks prior to the meeting, no later than October 20th.*

From ICF to the Laboratory On-Farm Research Updates

As noted in our [June 2012 Bottom Land Newsletter](#), ICF continues to participate in numerous research trials in cooperation with UVM Extension and the Department of Plant and Soil Science. Data from our Swede Midge research will be discussed in a [workshop](#) on October 10th, 3-5 pm at ICF. This pest has posed serious threats to our ability to grow high quality organic broccoli, cabbage, Brussels sprouts, and other related vegetables.

We also completed our trial on reduced-tillage winter squash. Compared to our 2010 trial, we saw far better weed control but our crop yield was lower. We've been pleased to participate in this research through UVM Extension, and we look forward to continued partnership on this project.

Other news in the agricultural world is the arrival of the [Spotted Wing Drosophila](#) to our region. This is a very troubling pest for all berry crops including blueberries, strawberries, and raspberries. Click on the link to learn more or ask a farmer at pickup.



Pumpkins ripened early during the hot growing season of 2012, so ICF's pumpkin day was also earlier than expected. That didn't stop pumpkin seekers from waddling away with some beautiful orange orbs!

Pictured above, farmer Andy Jones' sons Davis and Ian use their farmer intuition and strong arms to harvest their pumpkins!

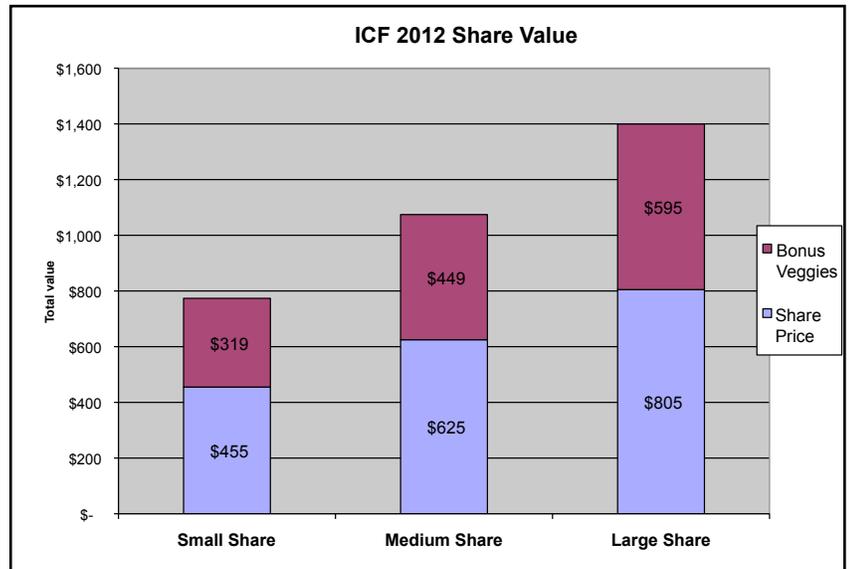
2012 Season Recap: The Glory of Abundance!

by Becky Maden

If 2011 was the season when we felt loved as a farm simply because we are incredibly lucky to have an enthusiastic farm membership, in 2012 we felt loved because we proudly provided our farm members with a steady bounty of delicious food. As farmers, we have no control over the weather, and we worked no harder this year than we did last year. But as the forces of nature continue to grace us with solid growing conditions this season, it's hard not to take a measure of pride and satisfaction in the combined good fortune of thoughtful planning, a fantastic farm staff, long sunny days, and a customer base that didn't abandon us after an epically horrendous (we can admit that now) 2011 growing season.

Winning crops from the 2012 season include heat lovers like **tomatoes, melons, and peppers**. As we work our way through fall crops, we are looking at a lovely harvest of **broccoli, carrots, leafy greens**, and - for the first time in three seasons, we will actually be able to harvest and distribute our **leeks, brussels sprouts, and sweet potatoes** (all of which have been flooded the past two years). Crops that caused us headaches and heartaches included sweet corn (which suffered a barrage of troubles, from army worm to poor weed control to raccoon and bird damage), beets (which suffered from a steep learning curve we've had with our new seeder, resulting in low crop yields), and winter squash (half of which we planted as [zone-till](#) experiment and got poor yields on). On any given year, we have crops that shine and crops that struggle, and it is with tremendous joy that we are able to provide this year's summer share members with vegetables straight into the late fall - and furthermore, to enter the winter share with an abundance of glorious crops.

Members reaped more than incredible flavor in 2012: the savings over comparable retail value was higher than it's been since 2008.



Members with small shares who participated in 50% of the Pick-Your-Own crops saved 70% over retail value; even if a small share never did any pick-your-own, members still reaped a 30% savings over comparable retail produce. Stay tuned in our December newsletter for a more detailed analysis of ICF's share value analysis. Needless to say, 2012 was a tremendous year for member value!



A major highlight of 2012 was our successful "Crop Mob", organized in conjunction with City Market. Approximately 40 volunteers of all sizes helped ICF harvest 8,000 pounds of onions on a Saturday morning!

Wanted for the Farm

- **BAGS!** Help us save resources by recycling your shopping bags with us. We can start collecting now for next season. PLEASE, clean, full-size bags only (no newspaper, produce, laundry, or drug store bags). You can leave them in the big blue bag bins at the pole barn.
- **Bikes** - We need adult-sized bikes for the farm. Clean out your garage and send your unused bikes our way!
- **Clippers.** We are in constant need of clippers for our cut flowers—donate your extra scissors or shears!
- **Tools.** Your unused carpentry, gardening, and mechanics tools can keep us fixed up and greened up.



Don't Forget to Renew for 2013!

Keep your eyes peeled for renewal notices for next season! Secure your produce for next season while the flavors of this year still linger. Email kathie@intervalecommunityfarm.com for more information.

First Annual Fun Run/ Walk for Sustainability!

Sunday, October 14, 9:00am at ICF

Don't miss this opportunity to support the Sustainability Academy and the chance to celebrate local food at this event.

For more information, visit <http://www.eatlocalvt.com/harvestfunrun>

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Bottom Land News is published periodically. We are always grateful for your feedback, favorite Farm photos, poems, letters, recipes, and ideas for articles. Visit our website www.intervalecommunityfarm.com for past issues.
The Intervale Community Farm is a member-owned consumer cooperative, growing organic produce for over 500 households in the greater Burlington, VT area. Our land is located in the Intervale, a place "between the hills" where people have farmed for centuries. We are part of the global Community-Supported Agriculture (CSA) movement, linking farmers and consumers together to build a sustainable food system. We are now in our 23rd season.

