



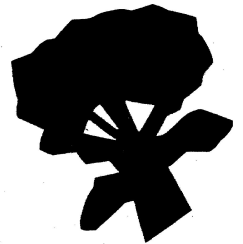
Bottom Land News



Don't Miss Your Chance to Renew!

2008 is here, and the calendar is marching ahead to the beginning of this farm season. Although for many people, the Vermont winter seems interminably long, the farm season hardly pauses. In less than one month, the first seeds of the 2008 ICF crops will be sown.

Membership for the Intervale Community Farm is allotted on a first-come, first-served basis. Demand for CSA shares has been steadily growing, and we often sell out of shares by early spring. If you have friends or neighbors who are interested, or if you still need to renew, you can easily download a membership form at www.intervalecommunityfarm.com/Membership. We can also mail you a form if you call 658-2919x1, or you can simply mail in a \$50 deposit to reserve your share of the 2008 harvest.



If you are interested in our **Supported Share or Working Membership** programs, please contact keri@intervalecommunityfarm.com or call 658-2919. We look forward to seeing you at the farm!

Spring Preparations

The Intervale Community Farm uses the greenhouse nearly 12 months of the year—plants are started in it from March through August, onions are cured in it in late summer, and in the fall all the tables are moved, compost is spread, and greens are planted for the winter share. By late February, however, it is time for another transition; the last greens are harvested, landscape fabric is spread out, and the tables are moved back in. The photo to the left shows the greenhouse ready for spring; the tables will be moved in and transplants will be started!



Enjoy Those Winter Veggies!

by Becky Maden

All ICF members experience the challenges of eating seasonally, but eating locally in the winter is significantly more difficult. All of us are faced with few options, both at the Farm and at the store: local products are significantly more limited—and much less exciting to some people in these dark months.

But there is no reason to resign oneself to (or to torture your family with) the same pile of roasted roots or mashed turnips night after night. Acknowledging the limits of winter eating is important, but what is more important is embracing the diversity of delicious meals that can be prepared from these Vermont grown veggies. Here are some farmer tried and true ideas—and add your suggestions by emailing keri@intervalecommunityfarm.com.

Innovations with Butternut Squash:

- **Substitute** butternut squash in ANY recipe that calls for pumpkin. Some favorites include Pumpkin Pie, Pumpkin Bread, Pumpkin Muffins.
- **Use Butternut Squash to add flare to regular meals.** Roasted squash makes a great burrito filling, pasta addition, pizza topping – you name it!
- **Create a quick and elegant soup with pureed butternut**—try adding vegetable stock, crème fraiche, and a hint of butter for a soup; or try adding apples and apple cider for a sweeter version. Curry powder or ginger add flare to the soup.

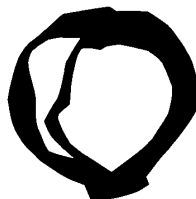
Cabbage Salad Every Day!

- Shred cabbage and add any combination of shredded carrots, beets, celeriac, apples, raisins, candied nuts, etc.
- Try out different dressings – it makes each salad unique. Try a traditional mayonnaise slaw or mix up some tahini dressing. Cabbage salad is great with sesame oil and apple cider vinegar or an olive oil and balsamic vinegar dressing.
- Here's a quick warm salad: Slice cabbage into wedges, drizzle with olive (or sesame) oil, and vinegar. Sprinkle with salt, pepper, and parmesan cheese. Put under the broiler until cabbage is warm and cheese is browned.

Keep creativity alive all winter long! Try different combinations of potpies, quiches, risottos, and pastas with a mix of winter veggies. For more inspiration, visit www.intervalecommunityfarm.com/recipes.



2007 was a remarkable year for butternut squash—so now the trick is, how to eat it all?



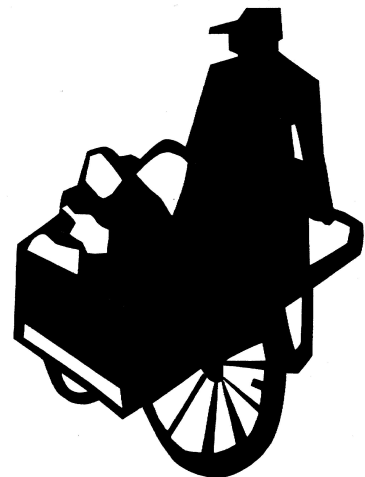
Winter Farming

by Becky Maden

As I write this, I sit at my kitchen table and gaze west, over the lake at the setting sun. My body is tired, not from farming, but from an early morning ski in the mountains. Now I've filled my belly with tea and ICF carrots, and I finally settle down to work.

Winter is a luxury we often don't hear about when we talk about the challenges of growing food for a living. Although the winter is much shorter for a vegetable farmer than most people might imagine, it still offers a wonderful respite from the demands of the season. At ICF, the core staff works year round, but this includes working from home (while watching the sunset, after a ski), caring for kids on snow days or sick days, moving into and decorating a new house, and taking time away from the farm. Sometimes winter feels *too* luxurious—as if life couldn't possibly be this good. A good day in the winter includes so many of the activities that I never have time for in the summer—outdoor adventures, cooking, reading, writing, time with friends, and yoga.

For me, winter is also a valuable time of reflection. It provides me with an opportunity to step back from farming and unravel it from the rest of my life. I have time to evaluate what worked well on and off the farm; what I want to do differently this season, and what lessons I would like to carry with me from the last. At some point in every winter, I suffer from my "farming crisis" - a time when I wonder if I should be following some different path. Once the snow melts and the soil thaws, my focus returns to farming. I no longer have time for yoga, reading, hiking, or elaborate meals, but my time is spent doing what I love most.



Moving Forward With the Co-op Transition: Farmers and Steering Committee Consider the Details

By Becky Maden

For several months, ICF farmers, staff, steering committee, and farm members have considered the idea of transitioning to a member-owned cooperative farm. Along this journey of conversations, meetings, consulting, and research, many thoughtful ideas have emerged. Most of these interactions have encouraged the Steering Committee and farmers to embrace pursuing the idea of ICF as a member-owned farm. As a result, the conversation has shifted from considering “should we” to considering “how”. We hope to include as much member input as possible in the decisions that lie ahead—remember, the co-op model is meant to be *mutually* beneficial, to both the farm and to the members.



A Community of “Eaters”

The Intervale Community Farm has a rich history of a strong, mutually beneficial relationship between farmers and consumers. In the picture above, farm members collect the weekly harvest. Under the current structure, ICF members have decision-making power, but no financial ownership of the farm. If incorporated as a cooperative, ICF members would be both own and control the farm.

The relationship we are striving to create is a natural next-step to the relationship that currently exists between ICF consumers and the farm. Although under our current structure, the farmers benefit from stable jobs and good wages, and the members benefit from good food and a rewarding experience, the possibility of enhancing this experience through ownership is appealing. As an organization, we are always looking to express our community values in a way that strongly conveys them to the public. Adopting a cooperative structure is an appealing way to achieve this.

As we continue this next phase of conversations, we welcome any and all of your input. At ICF, our top priorities continue to be producing affordable, high-quality food while also providing a rich and rewarding experience for our members. These goals remain the center of our awareness as we consider the next steps in co-op formation. We plan to have a spring potluck to hear more of your thoughts, and we will continue the discussion throughout the summer. At the 2008 Annual Meeting, we hope to take a final vote on the co-op transition. If you have questions or thoughts, please contact andy@intervalecommunityfarm.com, leave a message at 658-2919, or contact any of our steering committee members (visit www.intervalecommunityfarm.com/steeringcommittee for their contact info).

Start Chatting!

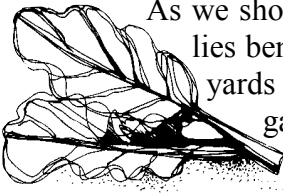
The Intervale Community Farm has a new, on-line forum for farm members to connect with each other. Visit www.intervalecommunityfarm.com/discuss, and click on “register”. All you need to do is enter your email address and name, and you are ready to post messages (you can keep your identity anonymous while posting if you prefer).

The chat forum is a wonderful addition to our community networking. Members can coordinate split shares, carools, childcare, potlucks, recipe trades; members can also discuss issues related to ICF or anything else. This is also a great space for members to voice new ideas that they would like to see implemented at ICF.

Visit our forum and start chatting! If you have questions about registering, contact Becky at 658-2919 or becky@intervalecommunityfarm.com.



2008 ICF Plant Sale Catalog On-Line!

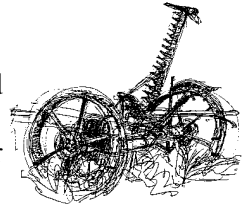


As we shovel snow, strap on our skis, and pull sleds behind us, it is hard to believe that fertile soil lies beneath the snow. It is even harder to believe that in a few months, flowers will brighten our yards and bring color into our lives. Our ICF plant sale is a wonderful way to start your home gardens, whether you are an avid vegetable grower, herb fanatic, or flower lover. We provide a broad selection of annual plants, which are started in an organic potting soil and grown in biodegradable fiber pots.

This year, you can view photos of our plant selection on-line! Visit www.intervalecommunityfarm.com/plantsale to view the catalog and for more information about the plant sale. Please call 658-2919 or email becky@intervalecommunityfarm.com if you have any questions—and keep dreaming of vibrant plants!

Got Any to Spare?

- **BAGS!** Help us save resources by recycling your shopping bags with us. We need them all year long. Please, full-size bags only (no newspaper, produce, laundry, or drug store bags).
- **Trucks.** If you have a truck that isn't quite town quality, send it our way. We ALWAYS need farm vehicles.
- **Clippers.** We are in constant need of clippers for our cut flowers—donate your extra scissors or shears!



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Bottom Land News is published periodically. We are always grateful for your feedback, favorite Farm photos, poems, letters, and ideas for articles. Please let us know if there is anything you would like to reprint. Contact the Intervale Community Farm for information on subscriptions.
The Intervale Community Farm is a not-for-profit, member-run, community farm growing organic produce for 500 households in the greater Burlington area. Our land is located in the Intervale, a place "between the hills" where people have farmed for many years. 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 19th season.