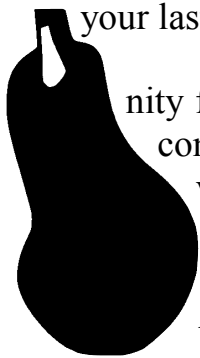




Vote on ICF Co-op in November!

**Annual Meeting and Potluck
Saturday, November 1, 5:00 pm
H.O. Wheeler School
6 Archibald Street, Burlington**

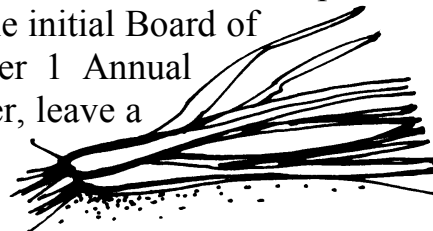
Please note that this year, the potluck portion of the evening is **BEFORE** the meeting and begins at 5 pm—so don't be late for the best meal of the year! If your last name begins with **A-F**, please bring a salad; if your last name begins with **G-N**, please bring a dessert; if your last name begins with **O-Z**, please bring a main dish.



At 6 pm, our annual meeting begins. This year's meeting is an exciting opportunity for you to participate in a landmark decision as we vote whether to reorganize as a consumer cooperative. We will also hold elections (see below). Childcare will be provided during the meeting. Please join us for an evening filled with delicious food, great company, and thoughtful conversation. For details on the co-op proposal, look for info at the farm or see our website at www.intervalecommunityfarm.com/AnnualMeeting08.

Steering Committee Elections in November

ICF is seeking thoughtful, committed candidates interested in guiding the ICF farmers and members through the coming years as a thriving CSA farm. Steering Committee members serve two-year terms, during which they meet with the farmers one evening a month for discussions of current and future farm operations. In the event that ICF members vote to become a co-op at the Annual Meeting, these Steering Committee members will serve as the initial Board of Directors of the co-op. Elections will take place at the November 1 Annual Meeting. If you think you may be interested, please speak to a farmer, leave a message at 658-2919, or email andy@intervalecommunityfarm.com.



Voices From Pick-Up

by Megan Munson-Warnken, ICF working member

[editor's note: "Voices From Pick-Up" is a new column in the Bottom Land News written by farm members. Please share why you choose to be a member of ICF, what the farm means to you or a specific experience on the farm that has given you insight. Please keep your submission between 250-500 words. Submissions can be e-mailed to becky@intervalecommunityfarm.com.]

When the boys and I rounded the corner and saw all of the folks gathering vegetables and chatting around the sandbox in the midst of such fertile farmland, it hit me with tremendous force. My whole self sagged with relief and understanding as the boys got off their bikes and ran to find their friends. This is the reason we live in Burlington. We had recently returned from visiting my family in Portland, Oregon and I was still sick from saying good-bye at the airport. I was questioning our continued commitment to Burlington, wondering what it was that kept us so far from my parents, siblings, nieces and nephews. I was struggling with all of the obvious reasons: friends we love here who feel like family, the comforting scale of Burlington and Vermont, the four distinct seasons. Somehow for the first time they didn't quite feel like enough. But returning to ICF for our first pick-up, seeing the farmers checking people in and rearranging the selection, seeing so many people I didn't know reading the boards and picking strawberries, and seeing the familiar faces coming back from the fields with fists full of flowers was an instant reminder of what it means for us to raise children in Burlington.

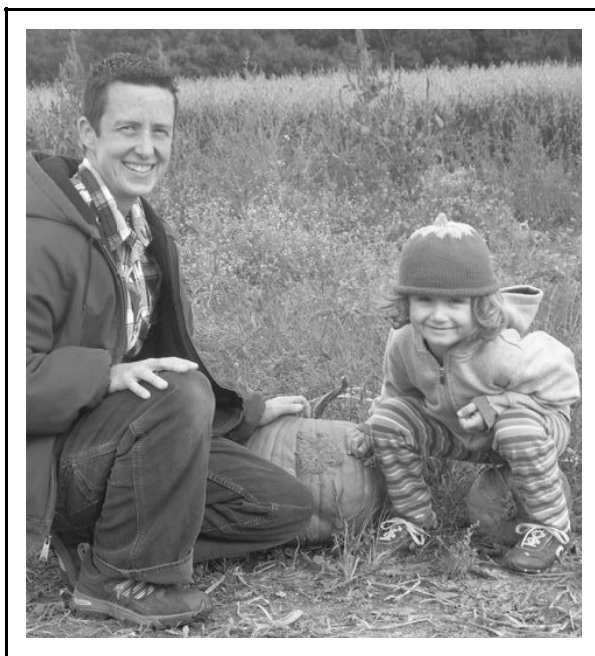


I grew up with incredibly thoughtful and left-leaning parents who paid attention to food and nutrition. My siblings and I were embarrassed to have "daddy bread" in our school lunches, thick slices of wheat bread that crumbled with every bite. We had whole pieces of fruit when other kids had fruit roll-ups, tofu pizza when our friends had frozen dinners. But even then I understood that these whole foods were symbolic of their love and their commitment to us.



As an adult I am thankful that my exposure to Fluffer Nutter sandwiches came from a peer kind enough to share, thankful that my parents taught us the value of healthy, nutrient-rich foods by example. But until we joined ICF four years ago I had never seen fields of chard, string beans or broccoli. I had never bagged freshly picked vegetables from farmers I knew and served it for dinner that night; I had never imagined my children roaming rows of cherry tomatoes, snacking as they went on food they wouldn't eat off a plate. Already, at 5 and 3, my children have a relationship with and understanding of food and its production that my husband and I never had. Every night at dinner we talk about what on our plates is local. One night when we had forgotten, my son Mark piped up with "Is this all local mom?" And he has tried "but it's local..." to get me to buy him sugary foods at the co-op. I can tell when he uses the "local" argument that he knows Fruit Loops aren't local, but thinks that I might not.

As ICF moves into its next phase, turning into one of the first cooperatively owned CSAs in the country, I am unbelievably grateful for another season with community and food inextricably intertwined. Our relationship with our food feels as essential as our relationship with relatives, and though I have traveled and lived all over the country this is the first time that that relationship has been so intimate.



Pumpkin Fun!

ICF's annual pumpkin day was a great success this year, with fine weather for hay rides, lots of happy young farm members, and a beautiful crop of pumpkins. Above, ICF farm members Beth and Hazel Wasmund choose their pumpkins.

ICF Leases New Field

The Intervale Community Farm is expanding our rented land base from 36 acres to 46 acres. Of this land, about 15 acres is not cultivated, as it is occupied by barns, the parking lot, roads, equipment storage, and grassy areas.

The addition of new land to our existing lease will allow us to better steward our existing land. For 2009, we plan to plant our winter squash, pumpkins, and potatoes in the new field, which will allow us to cover crop more of our current land.

The remote location of the new field also provides a physical barrier to the slow moving but ever troubling Colorado Potato Beetles (CPB). CPB's burrow for the winter in the previous year's potato field. In late spring they march to the new potato crop, lay eggs, and when the larvae hatch, they eat the young potato plants with unbelievable speed and thoroughness. Moving our potatoes to a new field in 2009 will delay the onset of CPB problems and reduce the overall infestation—and allow us to grow beautiful potatoes for 2009!



Due to its remote location and passing aerial resemblance to Easter Island sculptures, we call the new field "Easter Island". This fall, we have been busy plowing, discing, and covercropping the acreage. The land is located north and west of the pick-your-own fields, in a beautiful, secluded, and fertile corner of the Intervale. Once pasture for former dairy farmer Rena Calkins' cows, we hope to grow bountiful veggies here for years to come.

Fall Deliciousness!

by Becky Maden

The season is drawing to a close; days are shorter, nights are cooler, and the colors around us shift to gentler hues of green, gold, bronze, and deep red. Summer is brief in Vermont, and much of the produce that we grow spends the entire season in the field, absorbing warmth and sunlight through long summer days. The fall harvest of carrots, beets, turnips, celeriac, parsnips, and other roots is rich with the captured flavors from months of nourishing rains and abundant sunlight. Likewise, winter squash plants convert sunlight into starch and sugar all season long, ripening just before first frost. Many a delicious winter meal is captured in the sweet orange flesh underneath the protective thick skin of a butternut squash. The cabbages are also bursting with sweet ripeness, and soon they, too, will be packed into the cooler for winter eating. Fall may be a time of waning days, and winter may taunt us around the corner, but as we harvest fall storage crops, I imagine that we are capturing all the energy in those long sunny days, and tucking them away to warm our bellies on dark cold winter evenings. Here are some recipe ideas to prolong that summer sweetness:

Easy Delicata Bake

Delicata Squash are the first winter squash to ripen and the poorest keeper (and sometimes the sweetest squash ever)—so enjoy them NOW!

Wash the skin of the squash, wipe dry, then cut in half lengthwise. Scoop out the seeds (they make a good snack if you toast them with a little salt), and rub oil (try sesame oil for a different zing), maple syrup, and salt on the exposed flesh. Bake face down for 20-25 minutes at 375 degrees (you can even use a toaster oven), until the skin is fork tender. The skin of delicata is edible when cooked—so enjoy the whole thing!

Broccoli With Walnut Sauce

Steam broccoli florets until tender (3-7 minutes). Meanwhile, blanch 1/2 cup of walnuts in boiling water for 3 minutes to remove bitterness. Drain the nuts and blend them with 3 tablespoons of lemon juice, 5 tablespoons of olive oil, and 1/2 teaspoon salt (or to taste). Pour the sauce over the steamed broccoli and enjoy!





RENEW NOW!

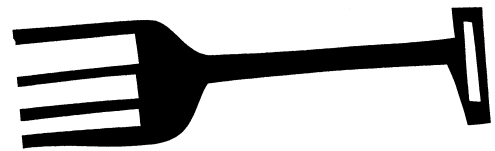


The summer season is drawing to a close, with final pickups on **Monday, November 3** and **Thursday, November 6**. As a current member, you have first priority for a 2009 farm share, so don't miss the chance to reserve your share for next year! Joining now, and especially paying in full, helps the farm with much needed capital for the winter months. Look for renewal forms at the final pickups or online—and thanks for a great season!

Winter Farmers' Market Opens in Burlington

For the first time this winter, Burlington will be home to a winter farmers' market. The market will be held in Memorial Auditorium, 10am-2pm with the kick off market November 22. The market will then continue on to the third Saturday of each month from December through April (December 20, January 17, February 21, March 21, and April 18).

Farmers will be offering eggs, cheeses, meats, maple syrup, honey, wine, jams, pickles, and a variety of vegetables. The market will also feature a variety of locally made crafts and prepared foods to help warm up on a winter's day along with live music.



WANTED FOR THE FARM:

- **Bags!** Our bag supply is running low— please help us save resources!!! Please, clean, full size bags only (no newspaper, produce, or laundry bags).
- **Trucks.** If you have a truck that isn't quite town quality, we'd love it!
- **Clippers.** We are in constant need of clippers for our cut flowers.



Newsletter: Becky Maden (editor), guest submissions Megan Munson-Warnken.

Photography: Keri Latiolais.

Graphics: Bonnie Acker

Staff: Jake Flanigan, Andy Jones (Farm Manager), Meg Klepack, Keri Latiolais, Becky Maden, Jessica Metz, Aly Martelle, Erik Rehman.

Steering Committee: Bonnie Acker, Evan Goldsmith, Jennifer Green, Michael Healy, Cindy Houston, Christopher McCandless, Tiffany Tillman.

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.



128 Intervale Road
Burlington, VT 05401
(802) 658-2919

Prsrt Std
US Postage Pd.
Burlington, VT
Permit # 572