



BIRD OF THE HAND FARM
STERLING, MA **978.422.6217**

Bird of the Hand Farm
Specializing in organic
perennials, apples, and herbs



There is nothing quite like a fresh apple

CSA Shares for 2011 – cider, apples, herbs

About the Farm:

- * Bird of the Hand Farm is a ten acre farm of orchard and fields in Sterling, MA. The farm store and office is conveniently located downtown at 33 School Street.
- * Each field is individually certified organic through Bay State Organic Certifiers which allows us to label our produce as USDA certified organic.
- * We are committed to ethical farming practices and responsible stewardship of the land. We work hard to ensure that the soil health and our local water supply are favorably impacted.

This is how our community supported agriculture plan works:

- * Customer buys a share – a weekly portion of the harvest repeated over an eight week period.
- * The customer pays up front for the entire 8-weeks of crop shares. This allows the farmer to plan ahead and to customize the crop to the preferences of the long-term customer. It also shares the risk of crop failure with the consumer – if any planned crop fails, there will be no produce from that crop for the consumer, even though they have paid. To manage the risk that one crop will fail, we plant a variety of crops to help ensure an abundant harvest.
- * Each week of the eight week period, approximately September 1 – October 30, the customer stops at our farm stand to pick up his or her weekly share of the crop.
- * A share costs \$168 and includes 8 weeks of produce. We currently anticipate that a week's product will include a half gallon of cider, 3 pounds of apples, two bunches of herbs, and some greens and squash.

What's in it for you:

- * Fresh, delicious, nutritious, organic apples, pears, herbs, vegetables, and unpasteurized cider.
- * 8 weeks of variety for your kitchen – without being flooded with 15 pounds of eggplant at once.
- * The satisfaction of knowing that you have supported your local economy while protecting the health of yourself, your neighbors, and your planet.
- * The opportunity to visit the farm and see how your food is grown.
- * An education for yourself and your family about sustainable agricultural practices.

APPLES GROWN THROUGHOUT THE SEASON MAY INCLUDE: WEALTHY, MCINTOSH, CORTLAND, JONAGOLD, RED DELICIOUS, FUJI, BRAEBURN, ROXBURY RUSSET, RED ROME, GRANNY SMITH, NORTHERN SPY, SPYGOLD, BALDWIN, CRITERION, MACOUN, FREEDOM, GRAVENSTEIN