## Here's what people are saying about their local food shares:

"It's so much fun to see what's in our share every week-and the kids are actually excited about vegetables!"

"Having such fresh, seasonal ingredients every week has brought my cooking to a whole new level. It's really hard to make it to a farmer's market, so this is a great option."

"I love knowing I'm saving money, supporting local farms, and eating healthy, whole food from the earth."

"This is how everyone should get their food."

"Better for your health, the economy, and the earth. Can't beat it!"



## **Some of the Local Producers** You'll be Supporting...

**Living Land Farm** 

Parker Produce

**Nettie Fox Farm** 

**Campbell Family** 

Farm

**Misty Meadows** 

Little Brook

**Farms** 

Hillcrest Orchards

Maine-ly Poultry

Tide Mill Farm

Port Clyde Fresh

Catch

Nature's Circle

**Farm** 

30 Acre Farm

Heiwa Tofu

Sonnental Dairy

White Orchard

Farm

**Kountry Kettle** 

**Great Hope Farm** 

**Bar Harbor** 

Seafood Co.

Little Lads

Hampden Honey

**Grandy Oats** 

Strawberry Hill

Farm

Maine Natural Oils

**Black Bear Brew** 

Winterport

Winery

**Oyster River** 

Artisan Brick

Oven

Albie's

Anne Marie's

**Good Bread** 

**Borealis** 

Four Seasons Farm

Horse Power Farm

Livingstone Farm

**Back Stage Farm** 

And Many More



Pick-Up, Delivery and Year-Round Farm Stand

SUPPORT LOCAL FARMS

**EAT BY THE SEASON** 

TRY NEW FOOD

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207.659.1980

<b>PRODUCE</b>		PICK UP OR DELIVERY?	<b>CONTACT INFO</b>
☐ Small	\$8/wk (\$32)	Pick-up locations & times	Name:
Large	\$12/wk (\$48)	(please check one)	Email:
		''	Phone:
<u>MEAT</u>		■ Waterfront Farm Stand	Payment Information: (due monthly)
☐ 1 - 3 lbs.	\$14/wk (\$56)	100 Marina Rd., Hampden	CC#
☐ 4+ lbs.	\$25/wk (\$100)	(also open to non-shareholders) Saturday 11:00 am - 2:00 pm	Exp Security Code
		Saturday 11.00 am 2.00 pm	auto renew
<b>EGGS</b>		☐ <b>EMDC</b> (downtown Bangor)	☐ check enclosed
☐ 1/2 doz.	\$2/wk (\$8)	Tuesday 4:00 - 5:00 pm	paid cash
☐ 1 doz.	\$3.50/wk (\$14)	☐ Fairmount Park Neighborhood	paid online
		Tuesday 3:00 - 4:00 pm	Any foods you love, hate or are allergic
<u>CHEESE</u>			to? Picky kids? Please let us know.
☐ 3/4 - 1 lb.	\$7/wk (\$28)	St. Joseph Hospital	
		Friday 3:30 pm	
<b>BREAD</b>		☐ Husson University Newman Gym	
☐ 1 loaf	\$4.50/wk (\$18)	Thursday 3:45 pm	
		•	
<b>PANTRY</b> (see website for more details)		☐ Your Office	
	\$8/wk (\$32)	Many Bangor area businesses have	
		their shares delivered directly to their employees! Talk to your	
Raw milk, yogurt, butter, ice cream		wellness coordinator or HR person	
and more available by request.		if you would like your shares	
		delivered to work.	