



SUSTAINABLY-GROWN VEGETABLES
& PASTURE-RAISED MEATS




What's the difference between supporting a farmer through a Farm Share vs roadside stand or farmers market?

Why would someone consider a farm share instead?

.These are excellent questions!

The truth is, Farm Shares aren't a good fit for everyone, you shouldn't feel bad if it's not the right fit for you.

Our members who come back year after year aren't a better customer, they are the kind of customer that uniquely fits the Farm Share Lifestyle.





QUESTION 1

Is the relationship to the actual farmer important to you? (Do you really want to support a farmer?)

Our members want to shake the hands of their farmers.

The number one reason our members sign up is to support a local farmer. Its deeply rewarding to know you are doing your part to help support a regenerative local farm.

Both parties realize that there is risk in farming, when things are going well there is an abundance, when nature strikes there is understanding.





QUESTION 2

Do you value having exceptional quality vegetable + grassfed protein ingredients that actually taste good?

The second major reason members sign up is that really LOVE FOOD AND COOKING. Flavor is extremely important. Flavor comes from the rich soils the food was grown in.

If you love cooking & truly value taste, then you'll LOVE a Farm Share. Our artisanal veggies & high end meats make every meal an experience worth repeating.

If your looking for lack luster grocery veggies & pale ghostly meat at supermarket prices. This isn't for you. We carefully select every breed of everything we grow (pig, tomato, carrot) so that you have the most nourishing and delicious meals you've ever eaten, every time you eat with us.



QUESTION 3

ARE YOU WILLING TO TRY NEW FOODS? (REALLY?)

Farm Shares will pull you into an adventure, they invite you to explore variety in your kitchen.

Part of the Farm Share experience is your exposure to a wide variety of vegetables and tasty meat cuts. We also educate you on how to prepare them. Meaning you will find new favorites, that you would have never tried on your own.

This is YOUR CHANCE to get creative, play and express yourself. Swap new ingredients into old recipes and make new favorites. This is our members favorite part, they LOVE exploring the world right from their very own kitchen.



QUESTION 4

DO YOU NEED CONTROL IN YOUR MEAL PLANNING?

*I tell my kids all the time...."you get what you get
and you dont throw a fit"*

This is actually a BLESSING in disguise.

Each type of vegetable and every animal protein contain a unique ratio of beneficial vitamins, minerals and micro nutrients. Eating as diversely as possibly ensures you are getting a full spectrum of these healthy fats, proteins, minerals, anti-oxidants and phytochemicals.

Small caveat, you have the Freedom to choose what you bring home when you pick up on farm! Our on farm shoppers get a market style experience.



QUESTION 5

ARE YOU WILLING TO WORK AT EATING THE FARM SHARE WAY?

Its a journey not a sprint,

IT WILL TAKE TIME TO SEE RESULTS.

Give yourself some Grace, don't be overly critical.

Not every meal will be photo beautiful, you won't love every dish you make. But that's not the point, you are honing skills, learning new flavors and nourishing yourself with every bite.

Quality Time is precious, this is what self care looks like.

Our members report falling deeply in love with cooking, and carving time to slow down and be present while cooking. Farm Share night becomes date-night, family-night, or my favorite audiobook/podcast night!

Go ahead, enjoy yourself. Pour a glass of wine, kick your shoes off, play a favorite album and be fully present.



QUESTION 6

**ARE YOU LOOKING FOR A DEAL? ARE YOU
COMPARING OUR PRICES TO THE GROCERY STORE?**

Our members are not looking for a deal or a bargain.

Eat like your life depends on it, because it does.

Look around, we are getting sicker, earlier and earlier as a nation.

Cheap food is costing us everything.

**Our members realize that exceptional flavor and quality come
from the soil their food was grown in. When your food is
nutrient dense you can eat less and be fully satisfied.**

Studies show we need 8 oranges to reap the nutritional benefits that our grandparents enjoyed when eating 1 orange. We pay for health one way or the other. Our members would rather pay for fresh foods, then pills and surgery later down the road.



SO HOW DID YOU DO?

OUR MEMBERS FULLY REALIZE THAT THEY ARE SUPPORTING A SMALL FAMILY FARM.

Each meal supports the restoration of farm land and in return they receive far superior nutrition, flavor & freshness. They value the story, their food journey, and the relationship to the farmer.

Our Farm Share can FOREVER change the way you eat.

BUT there is NO SHAME if it's not for you!

Shopping weekly, a la carte from our farm store is an excellent choice for many of our customers.

We offer both, so that you get the right fit.
Your expectations will determine your experience.

[READY TO JOIN OUR FARM SHARE? >CLICK HERE<](#)