

Brookford Farm is a whole diet regenerative farm offering products for all your diet needs.

~Seasonal certified organic vegetables

~100% grass fed dairy, beef and lamb

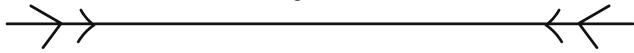
~Pastured pork, chicken and eggs,  
(fed non-GMO grain)

~Duck eggs

~Lacto-fermented krauts, pesto and sauces

~Aged meats

~Broth made from our pastured raised chickens, 100% grass fed beef and organic vegetables



### ADD EXTRA PRODUCTS TO SUPPLEMENT YOUR SUBSCRIPTION!

#### YOUR ORDER WILL BE DELIVERED WITH YOUR SHARE.

Aside from our wide variety of farm fresh products, we source from local farms & companies from all over NH, MA, ME, RI and VT to bring you the healthiest products!

Wild Caught Fish | Organic Coffee | NON  
GMO baked goods | Chocolates

Ecologically Grown Fruit | Mushrooms  
Beans | Bread and Tortillas | Local Beverages  
Salsa and Sriracha | Flour | Olive and  
Sunflower Oil | Vinegar and Syrup  
Honey | Soap

[www.brookfordfarm.com](http://www.brookfordfarm.com)

### Eat with the Seasons!

A CSA Farm is one which forms a partnership with a community of individuals (members) who support the farm's operation through the purchase of shares. The members of the farm pledge in advance to cover anticipated production costs of the farm. In return, each week they receive some of the farm's bounty. Members also share some of the risk of farming, which could include poor harvests due to unfavorable weather or pests.

#### CSA Benefits:

- Healthy food that is locally grown and freshly harvested!
- Being part of a community that supports the farm and the local economy.
- Knowing how your food is grown and that the land and animals are taken care of in a sustainable and humane manner.
- You are always welcome to visit and tour Brookford Farm anytime!

Brookford Farm  
250 West Road  
Canterbury, NH 03224  
603.742.4084  
[www.brookfordfarm.com](http://www.brookfordfarm.com)



# BROOKFORD FARM

## YEAR ROUND CSA

Community Supported  
Agriculture

~PAY BY ORDER ~ FLEXIBLE HOLDS~



# ORGANIC VEGETABLE SHARES

YEAR ROUND

EACH WEEK RECEIVE A VARIETY OF OUR SEASONAL VEGGIES

**Large Vegetable Share \$40/week**

\*Large Share = large box (3/4 - 1 bushel recommended for a large family)

**Medium Vegetable Share \$29/week**

\*Medium Share = medium box (1/2 bushel recommended for a small family)

**Small Vegetable Share \$20/week**

\*Small Share = small bag (recommended for single person)



# MEAT SHARES

DISTRIBUTED MONTHLY

**100% GRASS FED BEEF & LAMB~PASTURE RAISED PORK AND CHICKEN**

Once a month you will receive a mix of meat cuts (meat is frozen): 100% grass fed beef, pastured pork, 1 Broiler (10 lb share)

Choose from one of the following sizes:

10 lb Mixed Meat Share: \$160/month

20 lb Mixed Meat Share: \$310/month

30 lb Mixed Meat Share: \$460/month

**Beef Share \$102/month:** Once a month you will receive approximately 6 pounds mixed cuts of our 100% grass fed beef.

**Pork Share \$75/month:** Once a month you will receive approximately 6 pounds mixed cuts of our pastured pork.

**Ground Beef Share \$46/month:** Once a month you will receive approximately 4 pounds of our 100% grass fed ground beef.

**Mixed Chicken Share \$72/month:** Once a month, you will receive 6 lbs. of a mix of cuts from our pasture raised chickens.

**Broiler Share \$65/month:** Once a month, you will receive 2 of our pasture raised broilers (whole chickens).

# ADD ONS

## DAIRY, MEAT AND MORE!

ADD ON TO YOUR VEG OR MEAT SHARE

**Artisanal Cheese Share \$18/week** Each week receive 2 wedges (approximately +/-1/2 lb.) of our farmstead cheese (farmer's choice!)

**Kraut Share \$9/week:** Each week you will receive 1 jar (15 oz.) of our lacto-fermented products.

**Egg Share \$8.75/week:** Each week you will receive a dozen eggs from our flock

**Weekly Meat Sampler Share \$13/week:** Once a week receive 1 lb. of the following cuts: Ground Beef/Burger Patties, Ground Pork, Sausage Link, Pork Chop, Bacon (farmers choice!)

**Aged Meat Share \$14.50/week:** Each week you will receive approximately 1/2 lb stick of our aged meat. Chorizo, Summer Sausage, Soppressata, Hard Salami (farmers choice!)