

## **The DayDream Farmer's Local Farm Cooperative comes to Ellis Hospital Employees**

Help us create a local food economy small farms can thrive in by joining The DayDream Farmer's Cooperative (CSA). The Co-op connects you to your farmers and their fresh seasonal produce, all conveniently delivered to you at work! Members sign-up for a weekly or every-other-week box of produce grown by Juniper Hill Farm, Denison Farm, Pleasant Valley Farm, our own fields, and more. The produce in the boxes changes every week and with the seasons.

The Co-op offers two size boxes - small \$25.75 & medium \$36.80. You can add subscriptions to eggs, microgreens, and sourdough bread as well. The small box is meant to be a small, manageable amount of produce for one to two people. If you're worried it's too much, spread it out by choosing to pick-up every-other-week instead of weekly! Every box comes with a newsletter full of recipes for the items in the box and tips on how to best store the produce.

**We'll be set up at Ellis Hospital, Thursday March 20th, at the entrance of the cafeteria! We want to tell you about our program and see how many employees of Ellis might be interested. If we have 50 members interested in signing up we will begin a drop off!**

Invest in your long term health and become inspired in the kitchen again this year by joining The DayDream Farmer's Local Farm Cooperative! Easy sign-up form located on our website. [www.thedaydreamfarmer.com](http://www.thedaydreamfarmer.com) Contact Aliza Pickering with any questions. (802) 681-5595



