

Dear Friend,

At RTB, we spend a lot of time thinking about food. Where our food comes from, how, and by whom it is grown factor into our daily thoughts and actions. Community Supported Agriculture (CSA) has become pivotal to the success of local farmers because they provide farmers with a fair return on their labor, they encourage communication and cooperation between farmers and consumers, and they keep local dollars in the community which contributes to the development of regional food systems. Another important function CSAs play are by providing the farmer with an assured market. Thus, allowing farmers to focus on the important work of producing food rather than spending money and time marketing their product.

RTB livestock farmer and farm manager, Geoff Kinder, would like to say THANK YOU to all of you that have supported local farmers with a 15% discount to CSA members, either at RTB or at another farm in the region, toward your meat purchase at this month's Open Market Day - Saturday, Nov. 22nd. And, in a spirit of celebration and thanks, the RTB team will be dressing in costumes this month and would like to invite you to do the same. Patrons that come in costume will also receive the 15% discount ~ Warning: costumes are subject to RTB judgment - we want to see some effort here folks!!!

Open Market Day Highlights: As usual, we will be gathering at the barn and the wood fire will be cooking up some tasty treats for all to sample!

- Geoff will be selling sausages, pork and lamb for you to stock up on for the holiday season ahead. He is also offering the option of a **CowShare**. A CowShare is another way you can support local farmers while experiencing the benefits of purchasing and eating beef that has been raised locally and ethically. Our cows are 100% grass-fed and grass-finished, they don't do drugs (they are antibiotic and hormone free;) and are pastured (they eat only their natural diet). All it takes is one person to organize a group - email Geoff for more information on CowShares atgeoffkinder@hotmail.com
- Ashley's Produce will be selling cabbages, carrots, Macomber turnips, spinach, storage radishes, bok choy, salad turnips and herb bundles.
- Join Liz on a RTB farm tour beginning at 2:00pm – we will meet at the barn!

With gratitude,



Elizabeth Wiley
Program Manager
Round the Bend Farm - *A Center for Restorative Community*