



MAINE SENIOR FARMSHARE 2010



A FarmShare is \$50 worth of fresh fruits, vegetables and herbs during the growing season !!!

To take part in the Senior FarmShare program you must:

- Be a Maine resident, 60 years old or older (55 if Native American); and
- Not be an immediate family member or live in the same household as the farmer; and
- Meet the income guidelines:
 - ~ \$20,036/annual; \$1,670/month for one-person household
 - ~ \$26,955/annual; \$2,247/month for two-person household

This program is based on a partnership between you and the farmer you've selected.

Do your part by following the tips below:

- > You may sign up with only one farmer per program season.
- > Before you sign an agreement form, be sure you have a way to get to the farm or farmers' market to get the produce (unless your farmer delivers).
- > Before you sign an agreement form, check to see if your farmer plans to have the fruits and vegetables you are looking for.
- > Plan to make FarmShare purchases regularly throughout the season.
- > Your farmer is required to give unused shares to other seniors.

Let your farmer know as soon as possible if you are not able to use all of your FarmShare !

> FarmShare purchases can be used to get fresh, unprocessed Maine-grown fruits, vegetables and herbs only.

If your farmer has other products for sale, i.e., eggs, cheese, meats, pickles, jams, jellies; you can buy them with your own funds.

- > Try some new vegetables and fruits as well as old favorites. Some farms and farmers' markets have recipes and storage tips available.
- > Remember, weather may affect what your farmer has to offer.

For more information talk to your farmer
or call your local Area Agency on Aging at 1-877-353-3771.

Enjoy fresh, tasty, nutritious Maine-grown food. It's good for your health and it's free !

