



Fenmire Farm Kitchen Box

Information about Pilot “Duck Shares”

The Fenmire Farm Kitchen Box is a monthly kitchen share of our small farm's specialty-crafted foods right at your door. We are able to grow or source all our ingredients in the community, so we can work our culinary magic to bring our farm-grown and -made meals to your table all year round!

We're bringing our own unique passion and expertise to the traditional notion of the [CSA](#), the community supported agriculture programs that connect farmers directly with community members to provide great food to those who want it and sustained support for small farms.

Our version of the CSA, our Fenmire Farm Kitchen Box, focuses on ready-to-eat, restaurant quality meals and ingredients. Think where Blue Apron meets a traditional CSA. You'll get some components to build meals, both fresh and prepared, and oven-ready entrees and sides. We focus on the crops we grow (including winter squash, mushrooms, duck eggs, salad greens, and herbal teas, for example), feature fermentation and slow food techniques, and prepare locally raised meats into accessible, delicious favorites.

When you sign up for a monthly Duck Share, you're supporting our small farm while filling your pantry, fridge, and freezer with locally and sustainably made ready to eat foods and condiments you can reliably reach for to feed your family. As farmers, we're committed to raising climate resilient crops, fertilizing with happy ducks, geese, and rabbits, and saving seeds that will feed the future. As cooks, we believe the best, most nutritious food tastes delicious when it's made slowly and in small batches. And by being both farmers and cooks, we have the privilege of introducing you to new favorite foods made old ways.

Duck Share – regularly \$100/month, \$75/month for pilot only

Our runner ducks live up to their name year round, speeding around the farm to forage and enjoy the abundance from the gardens! Just like our speedy friends, you enjoy sustainably raised, small-batch, slow-cooked food that fills your belly and brightens your day!

The value of the items in each month's Share ranges from \$104 to \$110. For the pilot only, Shares are available for \$75/month! We are asking for a three month commitment for the pilot with an option for anyone who signs up for the pilot to lock in the \$75/month price for six months when you pay for the full six months up front (\$150 savings).

A Duck's Share includes:

1 – frozen restaurant-quality entrée (serves 2-4) – valued at \$25-35

1 – frozen pack of fermented sourdough waffles (8 pack) – valued at \$12

1 – bread (farm braid, oatmeal soda bread, cornbread, etc) – valued at \$10-12

1 – dairy ferment (yogurt, buttermilk, kefir) – valued at \$10-12

3 – shelf-stable pantry items (sauces, condiments, seasonings, stocks, etc.) – valued at \$18-36

? wildcard items (refrigerated pickles, witch hazel facial toner, syrup, etc.) – valued at \$12-20

Agriculture items (as available): duck eggs, mushrooms, asparagus, salad greens, etc – valued at \$6-12

TOTAL VALUE:	\$104-\$110
REGULAR COST:	\$100
PILOT COST:	\$75

To sign up for the Fenmire Farm Kitchen Box, please email us with your family/household members' names and whether you will be picking up or having us deliver at farmer@fenmirefarm.com

April sign ups are due Wednesday, April 15th at 7pm (for the box available April 17th).

May sign ups are due Friday, May 1st at 7pm (for the box available May 8th).

First come, first served.

FAQs: Foretold to be Asked Questions

Why are you doing a Kitchen Box?

While Jem was managing elementary school vegetable gardens in Denver Public Schools during 2021, she started a small weekly supper club delivery to share in the community of food, remotely. It was designed to support meals for neighbors with food insecurity in the community as well, and fed 20 people a week while being cost-neutral. A fire lit, she attended culinary school, and then became a culinary instructor, specializing in slow-cooking techniques of smoking, braising, slow-roasting, and sauce-making, while planning and maintaining a drip-irrigated rooftop vegetable garden in downtown Denver. In

her daily classes, she developed a passion for helping home cooks learn the confidence to use whole ingredients and substitute local ingredients in their cooking. Additionally, she trained culinary students (future chefs!) on fermentation techniques and their applications in the professional kitchen with a focus on global foodways.

At the time of the supper club, S.E. had just spent a few years managing our community's food pantry, serving 30,000 residents, many living in a true food desert. They also revitalized a community garden plot and greenhouse, facilitating vegetable garden giveaways to neighbors looking to try growing their own food while expanding traditional food pantry services to reach more of the community. They taught workshops on composting, mulching, seed starting, and natural pest intervention. Since moving to Vermont, S.E. has captured more than bold flavor in their wild-fermented vinegars (and wines), having reconnected with their Irish roots, culturing a traditional buttermilk plant to make Irish farm style buttermilk. Our baked goods are infused with sourdough, kefir, or farm cheese, and even our soft drinks are homemade, often with some extra bread!

We started urban farming together in 2011 on a fire escape, and kept going in rentals, and in earnest at our first home built in 1956 on a former landfill in Northeast Park Hill in Denver. We learned how to grow plants with limited water, air pollution, hard soil conditions, and almost no canopy. Using ancient techniques of adding and waiting...and adding...and waiting, we were able to bring incredible diversity to our 6,000 sqft plot, with hundreds of perennials flowering and fruiting, and hundreds of pounds of vegetables coming out of rotating beds.

We have been saving seeds since 2015 and have selected for the outdoor growing traits we value: in-ground germination, uncovered for their lifecycle, long unrefrigerated shelf life, outstanding flavor and nutrition. In this way, we are trying to care for the gift of vegetables that can do these things already, and help adapt them to a rapidly deteriorating climate, allowing the strength of their genetic diversity, not their homogeneity, to guide us on the path to feeding future generations. The plants we eat at every meal are the craft of untold generations of individuals who wanted to share a meal with someone they would never meet, and so saved it in a seed for the future. One of our goals as farmers is to grow food in the ways people always have and still do, with maximum diversity, high density, and open-pollination—this will give us the most resilient plants in the long run. Our goal is not singular, and so neither are our crops or interests, and we are always searching for new and old ways to experience the bounty of this beautiful place. If that I had more hands and more mouths with which to catch and taste and rejoice.

We also believe that eating locally should not be limited to seasonal vegetables, but should also apply to the pantry, fridge, and freezer. We offer locally grown ingredients in all of our farm goods and prepared foods because we believe that we can break the dependency on corporately processed foods and relearn the culinary collage that is cooking regional cuisine. We think that smoked pumpkin butter makes a darn fine flatbread sauce, and that rhubarb's tang belongs in barbecue. We also know that breaking the pattern of produce grown under plastic, with natural gas heaters, then shipped across one or two seas or continents is not an optimal plan, so why are we doing it? We strive to give you food that doesn't just come from the same continent, it comes from our farm, or one of our friends from the market, or farther

down our road, or it's salt. We catch all the sugar we use in our products here on our farm from our sugar maples. We make the vinegar we use, and the chile powder, mushroom powder, and dried herb blend. We grow the beets we use to cure the pork our neighbors raised before we turn it into bacon. Monocropping, commodity markets, and globalization have all been keen tools for capitalism to undermine plant diversity, and therefore resilience. We aim to follow the plants in a direction that serves them best to show gratitude for their support of us, our neighbors, and our friends.

The Fenmire Farm Kitchen Box is an outgrowth of several years of planning, harkening back to that first supper club in Denver. After testing (and retesting) recipes and filling our own pantry til it's overflowing, we're ready to bring our favorite foods to you and your family through the Fenmire Farm Kitchen Box.

When and how do I receive my Share?

We will be offering local* delivery for a \$15 fee on the second Friday of every month (unless otherwise noted). We will offer free pickup at the farm by appointment only on the second Friday in the afternoon. Those dates are:

- April 17, 2026** (3rd Friday)
- May 8, 2026
- June 12, 2026
- July 10, 2026
- August 14, 2026
- September 11, 2026
- October 9, 2026
- November 13, 2026
- December 11, 2026

*Local delivery covers Randolph, Bethel, and Braintree – \$15 delivery fee

Future options for delivery may include South Royalton, Brookfield, Northfield, Barre, and other towns, but are not available for the pilot, unfortunately.

What do I need to receive my Share?

You may either provide your own cooler on your porch/doorstep for delivery or we will provide a recycled cardboard box or styrofoam cooler with your share and receipt.

Who can subscribe?

We are first opening this opportunity to our newsletter subscribers for April 2026 and then only opening this to the wider public in May 2026. We are only taking on a very limited number of new shares. First come, first served.

When do I have to subscribe by and how do I sign up?

April sign ups are due Wednesday, April 15th at 7pm (for the box available April 17th).

May sign ups are due Friday, May 1st at 7pm (for the box available May 8th).

Email us with your family/household members' names and whether you will be picking up or having us deliver at farmer@fenmirefarm.com. (We may have additional questions when we reply.)

If you have dietary restrictions, please email us and we can discuss accommodation options.

If you can't sign up now, don't worry. We will also be accepting new orders in June or July.

How do I pay?

We accept Venmo (@fenmirefarm), cash, or check (pay to: Fenmire Farm). For the pilot, payments are due each month before or at the time of delivery, unless you'd prefer to pay for all three months in advance. We're also offering everyone who signs up for the pilot the opportunity to lock in the \$75/month price for six months when you pay for the full six months up front (\$150 savings).

Is there a container deposit?

Yes! Since this is a pilot, we are starting with a small container deposit. We ask for \$25 with your first payment due upon first delivery or pickup; this is much, much lower than the value of the reusable containers we will be providing. We will happily return the entire deposit at the end of the pilot or roll it forward if we have received back all reusable containers we have provided.

Is there anything special about the pilot?

In addition to a reduced price for three to six months (nice), those who subscribe to the Fenmire Farm Kitchen Box will get "first dibs" on our farm's harvest including: fresh produce and eggs, dried teas and seasonings, preserved sauces and soups, and everything else we create.

It is our sincere hope that you would be able to support our work in two additional ways during this pilot:

- Please be willing to respond to a short survey at the end of the first two months to help us shape the future of this offering.
- Please bear with us—and our beautiful farm animals and plants—as we develop this project. We have high hopes and a solid foundation we're building on, but there are bound to be hiccups as we figure out all the little things!

What specifically can I expect in each Share?

We are eagerly looking forward to these next three months and are delighted to share our anticipated menus for April, May, and June 2026, which follow (pages 6-8). For additional sample menus and photos (from actual Shares in January, February, and March of this year), please continue to the end of this document (pages 9-11).

Our lacto-fermented jack-be-pickles getting ready to be transformed into a delicious, gorgeous relish!



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2026 April, May, June Fenmire Farm Kitchen Box Menus

Anticipated April Duck Share (dependent on actual availability)

Items to be refrigerated (or frozen):

VALUE

- Frozen Entrée: Maple Sap-Braised Pork Shoulder with pumpkin (2 pounds) \$23
 Locally raised, slow-cooked, and shredded pork with onion, garlic, ginger, and farm-fermented apple-sage vinegar with a side of slow-roasted farm-grown pumpkin and winter squash
Serving instructions: Reheat low on stove top or in oven to desired temperature, eat as-is alongside pumpkin, in a taco, or on a sandwich or freeze within 3 days
- Frozen Breakfast: Sourdough Waffles (8 pack) \$12
 Overnight fermented sourdough waffles with farm-cultured buttermilk, farm-made maple syrup and farm-raised duck egg that can be reheated in the toaster

A freshly baked loaf of Oatmeal Soda Bread



- Bread: Oatmeal Soda Bread aka Oaten Cake (medium loaf) \$12
 Traditional Irish bread made of farm-cultivated kefir and farm-fermented oats

- Dairy: Buttermilk (16 oz bottle) \$12
 Farm-cultured buttermilk

Items that are shelf-stable:

- Pantry Items:
 - 1: Stock (pint) \$9
 - 2: Pumpkin Butter (half pint) \$12
 - 3: Looseleaf Herbal Tea Blend (15 g in tin) \$12
- Wildcard Item(s):
 - Pickled Pumpkin Relish (quarter pint) \$6

Agriculture (as available):

- Duck eggs (6 pack) \$6

TOTAL VALUE: \$104
SHARE COST: \$75

CONTAINER DEPOSIT: \$25
 TOTAL COST (of first month) without delivery: \$100

Anticipated May Duck Share (dependent on actual availability)

<u>Items to be refrigerated (or frozen):</u>	<u>VALUE</u>
<ul style="list-style-type: none"> • Frozen Entrée: Duck Egg Quiche with spring vegetables (9-inch pie) Farm-raised duck eggs baked to perfection with a selection of seasonal, bright, spring vegetable and farm-made ricotta 	\$20
<ul style="list-style-type: none"> • Frozen Breakfast: Sourdough Waffles (8 pack) Overnight fermented sourdough waffles with farm-cultured buttermilk, farm-made maple syrup and farm-raised duck egg that can be reheated in the toaster 	\$12
<ul style="list-style-type: none"> • Bread: Goose Egg Farm Braid (large loaf) Braided Brioche-style loaf of bread made with farm-raised goose eggs 	\$12
<ul style="list-style-type: none"> • Dairy: Yogurt (1 quart or 4 half-pints) Farm-cultured creamy yogurt 	\$12

Items that are shelf-stable:

<ul style="list-style-type: none"> • Pantry Items: <ul style="list-style-type: none"> ○ 1: Smoked Mushroom Powder (11 g) ○ 2: Pumpkin Butter (half pint) ○ 3: Granola (1 pint) • Wildcard: Witch Hazel Facial Toner 	\$6 \$12 \$12 \$8
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Agriculture (as available):

<ul style="list-style-type: none"> • Duck eggs (6 pack), asparagus spears 	\$12
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TOTAL VALUE: \$106
 SHARE COST: \$75



Our delectable sourdough flatbread with farm-grown purple potatoes

Anticipated June Duck Share (dependent on actual availability)

<u>Items to be refrigerated (or frozen):</u>	<u>VALUE</u>
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- Frozen Entrée: Sourdough Flatbread (two-10 in. flatbreads) \$25
 Two of our beloved flatbread made of farm-cultured sourdough crust with farm-grown pumpkin spread and Cabot Vermont cheddar cheese with a selection of seasonal toppings
Reheating instructions: Place on baking sheet in oven at 375° for 10-12 minutes
- Frozen Breakfast: Sourdough Waffles (8 pack) \$12
 Overnight fermented sourdough waffles with farm-cultured buttermilk, farm-made maple syrup and farm-raised duck egg that can be reheated in the toaster
- Bread: Cornbread (large loaf) \$10
 Ground farm-grown flint corn with farm-cultured buttermilk
- Dairy: Kefir or kefir smoothie (to be determined) \$12
 Farm-cultured kefir (1 quart) or smoothie with fresh farm-grown berries and greens (1 pint)

Items that are shelf-stable:

- Pantry Items:
 - 1: Wild-Fermented Vinegar (4 oz) \$8
 - 2: Rhubarbecue Sauce (half pint) \$12
 - 3: Chile Powder (11 g) \$8
- Wildcard: To be determined approx. \$10

Agriculture (as available):

- Duck eggs (6 pack), mushrooms \$12

TOTAL VALUE: \$109
 SHARE COST: \$75

Sample menus from previous months

While this is our first time offering the Fenmire Farm Kitchen Box to a wider audience, we traded the following boxes with friends and neighbors in exchange for goods and services. We are proud to share these bountiful menus from the last three months!

January 2026

<u>Items to be refrigerated (or frozen):</u>	<u>VALUE</u>
<ul style="list-style-type: none">• Frozen Entrée: Stuffed Jack-Be-Little Pumpkins (two larger or four smaller mini pumpkins) Farm-grown jack-be-little pumpkins stuffed with farm-grown and made pumpkin butter and farm-made ricotta cheese with farm-grown herbs <i>Reheating instructions:</i> Place directly on baking sheet or parchment-lined baking sheet at 375° for 25 minutes or until internal temperature is 165°	\$20
<ul style="list-style-type: none">• Frozen Entrée: Purple Gnocchi (half a pound) Farm-grown Adirondack Blue potatoes in farm-made pasta <i>Reheating instructions:</i> Boil pasta in water 5-7 minutes, gnocchi is done when it floats; sauté in butter before serving	\$16
<ul style="list-style-type: none">• Bread: Cornbread (small loaf) Ground farm-grown flint corn with farm-cultured buttermilk	\$10
<ul style="list-style-type: none">• Dairy Ferment: Kefir Smoothie (pint) Farm-cultured kefir blended with farm-grown borage and berries	\$12
<u>Items that are shelf-stable:</u>	
<ul style="list-style-type: none">• Pantry Items:<ul style="list-style-type: none">○ 1: Smoked Pumpkin Butter (half pint)○ 2: Pumpkin Soup (pint)○ 3: Turkey Green Chile (pint)	\$12 \$10 \$15
<ul style="list-style-type: none">• Wildcard: Wild Mint Tea (20g in bag)	\$8
<ul style="list-style-type: none">• Agriculture: a whole open-pollinated, farm-grown pumpkin (five pounds)	\$10
	TOTAL VALUE: \$113



January 2026 Fenmire Farm Kitchen Box contents, all wrapped up and ready for delivery!

February 2026

<u>Items to be refrigerated (or frozen):</u>	<u>VALUE</u>
• Frozen Entrée: Shepherd's Pie with steak and farm-grown purple potato (two pounds) Rib-eye steak seared and stewed with peas, carrots, fennel, onion, and garlic, topped with rich, purple potatoes mashed with comte <i>Reheating instructions:</i> Place entire package on baking sheet in oven at 350°; leave covered for 1 hour 45 minutes, remove foil, cook until center is 165°	\$35
• Bread: Sourdough Boule (large loaf) Farm-cultivated sourdough treated with love!	\$10
• Dairy Ferment: Kefir Smoothie (pint) Farm-cultured kefir blended with strawberry, blackberry, and banana	\$12

Items that are shelf-stable:

• Pantry Items:	
○ 1: Smoked Pumpkin Butter (half pint)	\$12
○ 2: Wild-Fermented Vinegar (4 oz)	\$6
○ 3: Peachy Queen Hot Sauce (4 oz)	\$10
• Wildcard: Spicy Chile Powder (hatch red chiles and farm-grown habanero) (11 g)	\$8
• Agriculture: Dry beans (half pint)	\$8
	TOTAL VALUE: \$101

March 2026

• Frozen Entrée: Cheddar and Pumpkin Flatbread (two-10 in flatbreads) Two of our beloved flatbread made of farm-cultured sourdough crust with farm-grown pumpkin spread and Cabot Vermont cheddar cheese <i>Reheating instructions:</i> Place on baking sheet in oven at 375° for 10-12 minutes	\$20
• Frozen Breakfast: Sourdough Waffles (8 pack) Overnight fermented sourdough waffles with farm-cultured buttermilk, farm-made maple syrup and farm-raised duck egg that can be reheated in the toaster	\$12
• Bread: Oatmeal Soda Bread (loaf) Traditional Irish bread made of farm-cultivated kefir and farm-fermented oats, let thaw and eat or freeze for up to 6 months	\$12



Duck eggs and buttermilk brighten this springy Share from March 2026!

- Dairy Ferment: Irish-Style Buttermilk \$12
Farm-cultured buttermilk (16 oz bottle)

Items that are shelf-stable:

Pantry Items:

- 1: Pumpkin Butter (half pint) \$12
- 2: Four Alarm Fire Pork Green Chile (pint) \$15
- 3: Pumpkin and Cheese Vegetable Stock (pint) \$9
- Wildcard: Amaranth/Pumpkin Seed Protein Powder (8 oz by volume) \$16

Agriculture:

- Duck eggs (6 pack) \$6

TOTAL VALUE: \$114

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