

# Laughing Stock Farm

79 Wardtown Road, Freeport, Maine 04032

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## Maine Senior FarmShare Information for Seniors

### Eligibility Requirements:

To take part in the Senior FarmShare Program you must:

1. **Be a Maine resident, 60 years old or older** (55 if Native American)
2. **Not be an immediate family member or live in the same household as the farmer**
3. **2010 income guidelines:** (NOTE: *we will be using the 2009 income limits until we hear from USDA as to the new income limits. please check back*)
  - o Maximum of \$20,036/per year (\$1,670/month) for a one-person household; or
  - o Maximum of \$26,955/per year (\$2,247/month) for a two-person household
  - o *(Note: If you have established eligibility in MaineCare, or Supplemental Security Income, or Low Income Home Energy Assistance Program, or Low Income Drug Program, you automatically meet the income guidelines.)*

If you are uncertain about your eligibility to participate in Maine Senior FarmShare, you should contact your local area agency on aging by calling the **ELDERS-1** toll-free number at  
**1-877-353-3771**      **1-877-353-3771**.

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### BENEFITS OF FARMSHARE:

As a participant in the program, you are qualified to receive a free share (\$50 worth) of first-quality, fresh, local produce from Laughing Stock Farm, a Freeport farm, for 8 weeks during the growing season. You will be able to choose a wide variety of vegetables at the farm on Wardtown Road every Thursday from June to October.

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### HOW AND WHEN TO SIGN UP:

Sign up takes place during March and April each year directly with Laughing Stock Farm.

Seniors must sign up each year with a farmer. Please do not assume that you are automatically signed up if you participated in a prior year. You may choose a different farmer from year to year, but you can only sign up with **one** farmer for **one** share in **one** program year.

The number of seniors who qualify for the Senior FarmShare program significantly outnumbers the number of shares available for distribution. If Laughing Stock Farm has filled all of their shares, you may ask to be put on a waiting list. Please understand that meeting the eligibility requirements does not guarantee you a share.

You are not officially signed up until you complete and sign the agreement form given to you by the farmer. These forms will be available to the farmers in March. It is your responsibility to directly contact a local farmer to sign up.

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## SENIOR RESPONSIBILITIES

You are signing an agreement with a Laughing Stock Farm to use your entire share by the end of October. Only sign up for a share if you are fairly certain you will be able to use all of it. *You must let us know if your share will not be used.* If you cannot or do not use your full share, Laughing Stock Farm has to provide produce for which we have been paid by signing up another senior.

### Things you should consider when signing up with our farm:

- Do you like the vegetables we grow at laughing Stock Farm? See Below.
- You have to PICK UP your produce at the farm on Wardtown Road. Do you have transportation to get to the farm enough times over the 8 week season to use up your \$50 share?
- At Laughing Stock Farm, you choose what you will receive every week from all the products that are available at that time of year.

### LAUGHING STOCK FARM PLANNED SEASONAL AVAILABILITY:

PRODUCE	EARLY	MID	LATE		EARLY	MID	LATE
Apples			X	Leeks			X
Blueberries		X		Lettuce, Mixed Greens	X	X	X
Cranberries			X	Onions/Scallions		X	X
Strawberries	X			Parsley	X	X	X
Beans, Wax and String		X		Parsnips			X
Beets		X	X	Peppers, Bell		X	X
Beet Greens	X	X		Potatoes			X
Cabbage, Red and Green			X	Pumpkins, Pie			X
Carrots		X	X	Radishes	X	X	X
Chives	X			Spinach	X		
Corn, Sweet			X	Summer Squash/Zucchini		X	
Cucumbers, Slicing and Pickling		X	X	Winter Squash			X
Eggplant			X	Swiss Chard	X	X	X
Garlic		X	X	Tomatoes		X	X
Herbs	X	X	X	Turnips/Rutabaga			X
Kale/Collards	X	X					

Notes:

- 1) Availability may vary depending on growing conditions.
- 2) Not all products are available every week.
- 3) Other produce may be available over the entire season.
- 4) Other products such as eggs, cheese, and meat are available for purchase.