

know
where
your
food
comes
from



frevillefarm.com

Dear Friend,

At Freville Farm our mantra is #KnowWhereYourFoodComesFrom. Are you passionate about knowing where your food comes from? Help us spread the word and start a larger conversation! Take a photo with the enclosed sign or sticker at your favorite farm, in your garden, or anywhere you get food. Post it to social media with the hashtags

#KnowWhereYourFoodComesFrom and #FrevilleFarm.

Add anything you want to share about how you acquire food. Some example topics are lack of access to quality food in your region, pricing, climate change, organic vs. conventional, Big Agriculture vs. small farms, pesticide use, homesteading, and gardening.

I also invite you to visit our website at frevillefarm.com to see what we're cooking up at our small farm in the Hudson Valley. We grow many of our ingredients (sustainably and holistically) and source only the best for what we can't grow.

Inspired by the diversity in our fields, we work in small batches, with products changing seasonally. Everything at Freville Farm is made with love for our land and our customers.

Thank you for spreading the #KnowWhereYourFoodComesFrom message!

Thank you,



Sarah A. Friedman



Join the movement !

①

Take a picture with your sign (or sticker) and post it on social with #KnowWhereYourFoodComesFrom and #FrevilleFarm



②

And then sign up for informedelivery.com if you want to see more behind the scenes @frevillefarm

③

Come along on our Freville Farm adventure virtually by following us @frevillefarm on Instagram, I post everyday. Scan this QR code with your smartphone to go to our newsfeed!

