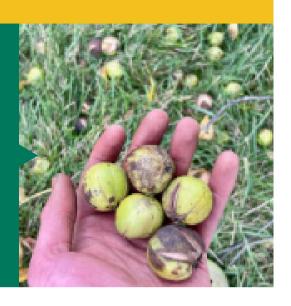
YOU ARE INVITED TO PARTICIPATE IN NORTHERN **FOREST FOODS'** ANNUAL:

Hickory Harvest!

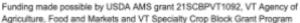
- To you like spending time outside?
- Could you use seasonal work paying a living wage?
- → Are you interested in becoming part of a grassroots. movement that builds place-based food security?

For anyone interested in contributing directly to the food security of our bioregion, this represents a wholesome and reciprocal opportunity to be the change we wish to see.



Did you know that the most common hickory species in our region produces an oil-rich nut that can be pressed into a delicious culinary oil similar to olive oil?

This fall, beginning late September, Yellowbud Hickory trees will be dropping thousands of gallons of fresh nuts that will be pressed into a delicious and nutritious staple cooking oil.



We have located many beautiful trees waiting for our love and attention, all we need is a team of dedicated pickers!

We have created a volume-based payment system for pickers. For each 5-gallon bucket of fresh nuts, we will pay \$25. Conservatively, this equates to \$10-15/hour while learning the ropes, and can very likely become \$25+/hour once pickers "get the swing of things."



Contact:

Tina Barney, Northern Forest Foods tbarneyvt@mac.com

For nut drop off locations, contact:

Western NH



Lionel Chute Ichute@sullivancountynh.gov 603-542-4891

Southwestern VT



Michael Fernandez michael@bccdvt.org



Eastern VT / Upper Valley



Jennifer Byrne whiterivernrcd@gmail.com 802-369-3167