

Sharing The Bounty LLC

Duane and Jo Cheney

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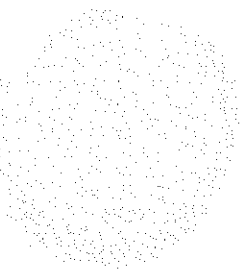


Sharing The Bounty LLC provides a variety of spring cool season through fall harvest vegetables, fresh and dried herbs, and farm fresh chicken eggs. In 2006, Duane and Jo started providing a fresh healthy food source for their local customers. Their five acre home eight miles southwest of Colby Kansas allows them to utilize two acres for gardens and pasture for their chickens.

Consumer Supported Agriculture (CSA) boxes of vegetables are also available on a weekly and bi-weekly basis during the growing season. Duane and Jo joined the High Plains Food Coop in 2012 as an additional marketing tool that has allowed them to provide beyond their local area to those who prefer a healthy, sustainable way of eating and providing for their family.

Farm to School Program is another avenue for connecting students to healthy eating and where their food comes from. Some of the varieties of vegetables they grow that are recommended for the Farm to School Program are carrots, beets, lettuce, various greens, potatoes, onions, squash, etc.

Duane and Jo can provide a fresh food source and education from their farm. Scheduling with them for on site or in school education on sustainable food is a wonderful partnership for the Farm to School Program.



Vegetables Grown

- Corn (Sweet and Blue Indian)
- Kohlrabi, Broccoli, Cabbage, and Cauliflower
- Carrots, Beets, Radish, and Turnips
- Beans (Snap and Dry)
- Peas (Regular, Snap, Snow)
- Pak Choi and Egg Plant
- Fennel, Lettuce and Various Greens, Spinach, Swiss Chard
- Various Herbs
- Celery and Zucchini
- Melons and Cucumbers
- Potatoes and Sweet Potatoes
- Onions, Leek, and Garlic
- Asparagus and Rhubarb
- Gourds, Squash, and Pumpkins
- Tomatoes and Peppers