

# Tarleton Tavern Farm

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4333 Frankfort Road  
Georgetown, Kentucky 40324

Phone: 502.682.3750  
E-mail: [TarletonTavern@aol.com](mailto:TarletonTavern@aol.com)  
[www.TarletonTavernFarm.com](http://www.TarletonTavernFarm.com)



## **ABOUT THE FARM:**

At Tarleton Tavern Farm, we have a long history of hospitality and good foods going back to 1790 when the Tavern was built. At that time, the Tavern also served as the post office, stage coach stop and toll booth and was the center of the community known as White Sulphur in Scott County.

These days, the farm is home to the Enlow / Richardson family and many furred and feathered friends. We still pride ourselves on our hospitality, in addition to our great produce and meats.

Here at the farm we raise a large vegetable and herb garden that we market through our CSA program. We also use our greenhouse to start all of our own plants. Our vegetables and herbs are naturally grown from heirloom varieties.

Our cattle are raised and finished on pasture with no antibiotics, steroids or growth hormones.

Our pigs are raised on trimmings from our gardens and tables and are supplemented with organic grains. They are never given animal by-products or antibiotics.

Our chickens are free ranged on pasture. Our broilers average 6 - 7 lbs. and are sold whole. Our happy hens produce the most delicious eggs!

In the fall, we also raise huge, gorgeous Mums.

## **WHAT TO EXPECT:**

Our members pay a fee upfront and receive a weekly basket (share) containing a variety of produce from May to October (20 weeks). The products may change weekly depending on what is in season in any given week. Pick ups are scheduled in Lexington, Georgetown and Frankfort, Kentucky.

With your delivery, you will receive a Newsletter with information about the vegetables in the box, helpful recipes and information about goings-on at the farm. We also host a yearly community event for our shareholders with a large meal and fellowship.

Our Vegetable / Herb Share will feed two adults or a small household most of their weekly vegetables. (@ 1/2 bushel)

If you wish to purchase Meats (Beef, Chicken or Pork), you can do so for an additional fee. We also offer free range eggs. These items can be included in your weekly deliveries.

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## **WHY A CSA?:**

Since shareholders pay for their shares upfront in a CSA program, a farmer is able to be paid for his operating costs at the beginning of the season and does not have to wait until his harvest comes in. This allows for more planning of crops and revenue.

A CSA allows consumers to feel a real connection to their local farmers and the land on which they operate. CSA members will be receiving healthy, fresh, and local farm products weekly, while also knowing the farmers they are supporting.

A CSA Program fits in perfectly with the idea of "Buying Local". "Buying Local" not only benefits farmers for obvious economic reasons, but also benefits consumers. Studies have shown that eating a regional diet consumes 17 times less oil and gas than a typical diet based on food shipped across the country. Local foods can be grown for taste, rather than to survive the abuse of shipping and industrial harvesting. Most importantly, fresh food just tastes better! Most local produce has been picked within 24 hours.

## **OUR GREEN INITIATIVES:**

We are currently pursuing Organic Certification for our vegetables and herbs, but already grow using Organic practices. We do not use any pesticides or herbicides and believe whole heartedly in natural methods for soil supplementation. Great soil makes for better vegetables!

We use a gravity-fed Drip Irrigation system using water collected from our barn roof. We also supplement our collected water with ground water from our tested well and spring fed pond.

Hardly anything is thrown away here on the farm. What food scraps that are not fed to the pigs are composted. That compost is later added to boost the soil.

We even try to use salvage materials in our building repairs and construction projects.

In general, it would be much easier to not maintain green practices. It would be easier to grow good looking produce if we sprayed for pests and pumped the ground full of artificial fertilizers. However, that good looking produce would not taste as good or be as healthy for our customers. It also would eventually ruin the quality of the land for future use.

"Green" farming is a constant challenge, but ultimately is very important for our customers and the future of our operation.

Tarleton Tavern Farm is Kentucky heritage at its' best!