

HEB Farm

Fort Defiance, VA



HEB Farm is a family owned and operated regenerative farm. Our goal is to raise food that will nourish and heal ourselves, our local community, and our planet. Our chickens are pasture-raised and follow a rotational grazing model of livestock production. The chickens rotate to fresh pastures and consume things like grass, bugs, fresh air, and sunshine, just like mother nature intended! They are *never* medicated and are supplemented with non-gmo grains from a local mill.

We are offering a weekly chicken add-on with the Project Grows Vegetable CSA for \$25 per week for 20 weeks.



One week you will receive one of our delicious, homegrown whole chickens. These broilers will weigh around 5lbs. Meats will be frozen in an insulated reusable bag. (\$5 one-time reusable bag fee)

The alternate week you can expect a different cut of chicken of similar value (Boneless Skinless Breasts, Leg Quarters, Wings, or Ground Chicken) along with a dozen eggs.



Photo credit: [Danielle's Images](#)

If you have any questions, please email us at hebfarmhomestead@gmail.com

Follow us online!



HEB Farm



hebfarmhomestead