

Cascade Harvest Coalition **Supporting Farmers**

 Supporting Consumers Building Healthy Communities

The Cascade Harvest Coalition is a non-profit organization dedicated to building a strong regional food system in Washington. We work collaboratively with farmers, local governments, businesses, other non-profits and the public to address the critical issues of farm viability. farmland preservation, farmer education, farm product development and marketing, consumer education and community development. Our programs tackle current food and farming issues and develop strategies for creating a healthier, more sustainable food and farming future.

To learn more, visit www.cascadeharvest.org

Puget Sound Fresh



Puget Sound Fresh is the Northwest's premier consumer education and local farm product branding program. The Puget Sound

Fresh label is designed to:

- Help consumers identify the best locally produced food and farm products, and
- Help local farmers successfully market their products.

Look for the Puget Sound Fresh label at local grocery stores, farmers markets and restaurants. Can't find it? Ask for Puget Sound Fresh products to be carried where you shop and eat.



Looking for Local?

Make it easy: look for Puget Sound Fresh. Puget Sound Fresh means highest quality, best tasting, local farm products.

Puget Sound Fresh farms are located within the 12 Puget Sound counties and are known for excellent growing conditions, good stewardship practices and exceptional products.

Choose Puget Sound Fresh...discover the best local farm products.

To find out more about Puget Sound Fresh and local farms, visit www.pugetsoundfresh.org or call 206-632-0606.

Puget Sound Fresh is a program of Cascade Harvest Coalition with primary support from King County and King Conservation District, and additional help from Snohomish and Pierce Counties.





Alternative formats available. Call 206-263-6429 or TTY Relay: 711

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Community Supported Agriculture

CSA Directory 2008



Discover a tasty opportunity, fresh from the farm...

www.pugetsoundfresh.org

How CSAs work:

Community Support Agriculture programs are a great way to support local farmers and, in return, for local farmers to support you. Here's how it works: you buy a "share" of a local farm, in return you receive a box of farm-fresh produce every week during the growing season. The farm benefits from your financial and community support. You benefit by receiving the best local produce and getting to know your farm and farmer. It's a unique and special relationship that builds community, supports our farmers and gives you first-pick to peak-freshness Puget Sound Fresh foods.

Each CSA program is unique: some deliver their boxes to your home or a central pick-up location; some ask you to pick-up on the farm. Some offer extra add-ons, like eggs or flowers; some are produce-only. Some have installment payment plans; some require payment up-front at the start of the season.

This guide offers information on both CSAs and Home Delivery services. Two types of CSAs are included: traditional CSAs that grow most or all of the food on their farm and hybrid models that grow some food and source some food from neighboring farms or farms outside the area. Home delivery services are not CSAs, because they do not farm, but often buy food from local farms.

Join a CSA! It's easy:

- 1) Select a program that fits your lifestyle. Some things to consider: location of the farm, size and price of share, delivery and pick-up options, growing practices, and on-farm participation opportunities.
- 2) Next, contact the farm.

A phone call to the farm you selected is often the best way to find out about signing up for the program. Some farms also offer online registration.

3) Finally, sign up!

You are now part of a community that supports local agriculture. Congratulations!

Quick Reference Guide by County/Area

This brochure lists all farms that offer CSAs in the Puget Sound area. Use the Quick Reference Guide to see which farms service your area. Or go to *www.pugetsoundfresh.org* and click on the "CSA" button.

Seattle Area

Boistfort Valley Farm Dog Mountain Farm **Full Circle Farm** Growing Washington's Local Choice Food Box Helsing Junction Farm Jubilee Farm Lake Cavanaugh Farm Local Roots Farm Oxbow Farm Root Connection CSA Seattle Market Gardens Stoney Plains Organic Farm Tiny's Organics Tolt River Farm Whistling Train Farm Willie Green's Organic Farm

East King County

Boistfort Valley Farm Changing Seasons Farm Dog Mountain Farm Full Circle Farm Growing Washington's Local Choice Food Box Jubilee Farm Local Roots Farm Oxbow Farm Root Connection Farm Tiny's Organics Tolt River Farm Willie Green's Organic Farm

South King County

Boistfort Valley Farm Helsing Junction Farm Take Root Farm Terra Organics Whistling Train Farm Vashon Island Hogsback Farm Plum Forest Farm

Tacoma/Pierce County

Boistfort Valley Farm Helsing Junction Farm Left Foot Organics Take Root Farm Terra Organics Terry's Berries Zestful Gardens

Olympia/Thurston County

Boistfort Valley Farm Greenman's Garden Helsing Junction Farm Kirsop Farm Left Foot Organics Pigman's Organic Produce Patch Rising River Farm Stoney Plains Organic Farm Winlock Meadows Farm Wobbly Cart Farming Collective

Everett/Snohomish County

Growing Washington's Local Choice Food Box Klesick Family Farm Root Connection Willie Green's Organic Farm

Jefferson County

Dharma Ridge Farm Nash's Organic Produce

Kitsap County

Farmhouse Organics Persephone Farm Pheasant fields Farm Mason County Greenman's Garden

Clallam County

Nash's Organic Produce Salt Creek Farm

San Juan County

Lacrover Farm Lopez Community Farm Maple Rock Farm Sweet Earth Farm

Island County

Butler Green Farms Klesick Family Farm Maha Farm and Forest Molly's Island Garden Rosehip Farm and Garden

Skagit County

Cedarville Farm Hedlin Farms Jericho Farm Klesick Family Farm Lake Cavanaugh Farm Riversong Farm

Whatcom County

Cedarville Farm F.A. Farm Growing Whatcom CSA Wake Robin Farm



See inside for more about each farm



CSA Program Listings Alphabetical listing of all farms that deliver in the Puget Sound area

Boistfort Valley Farm

Heidi and Michael Peroni Curtis **360-245-3796** *info@boistfortvalleyfarm.com www.boistfortvalleyfarm.com* Greater Seattle-area, Tukwila, Tacoma, Olympia, Centralia, On-farm pick-up \$550/share – 20 weeks starting in June *Flowers available, Certified Organic*

Butler Green Farms

Brian MacWhorter Bainbridge Island butlergreenfarms@comcast.net www.butlergreenfarms.com Members buy farm store credit instead of a pre-packed box \$500/share – 25 weeks starting in June Certified Organic

Cedarville Farm

Mike and Kimberly Finger Bellingham **360-592-5594** *cedarville322@mac.com* Whatcom and Skagit counties \$405/Summer share; \$125/Fall share – 31 weeks total starting in May *Certified Organic*

Changing Seasons Farm

Laura Casey Fall City **425-591-7879** changingseasons@centurytel.net www.pugetsoundfresh.org

Common Ground Farm

Julie Puhich Olympia, WA **360-866-9527** On-farm pick-up

Dharma Ridge Farm

Zach Wailand and Haley Olson-Wailand Chimacum **360-732-0178** www.dharmaridegfarm.com info@dharmaridgefarm.com Port Townsend, On-farm pick-up \$400/share – 25 weeks starting in June

Dog Mountain Farm

Cindy and David Krepky Carnation **425-333-0833** *farmer@dogmtnfarm.com www.dogmtnfarm.com* Seattle, Carnation, On-farm pick-up \$675/share – 20 weeks starting in May, Fall and Spring share options *Certified Naturally Grown, Salmon* Safe

F.A. Farm

Walter Haugen Ferndale **360-312-0335** *wvhaugen@hotmail.com* \$460/share, discounts for early sign-up

Farmhouse Organics

Anne and Peter Weber Poulsbo **360-394-7754** farmhouseorganic@aol.com www.farmhouseorganics.com

Full Circle Farm

Andrew Stout Carnation **425-333-4677** *csa@fullcirclefarm.com www.fullcirclefarm.com* Hybrid model, Greater Seattle-area, East and North King County \$29/small; \$38/medium; \$47/large – Year-round service Additional items available Certified Organic, Salmon Safe

Garden Treasures

Mark and Patricia Lovejoy Arlington **360-435-9272** Arlingtonfarmersmarket@gmail.com www.arlingtongardentreasures.com \$650/full; \$475/half; \$425/senior – 25 weeks starting in May Flowers, nursery plants available Certified Organic

Greenman's Garden

Claude Mahmood Shelton **360-432-3520** *CWM3RD@comcast.net www.greenmansgarden.com* Olympia, Shelton \$550/share – 20 weeks starting in June

Growing Washington's Local Choice Food Box

Vincent Felice Woodinville **206-403-5883** *Vincent@growingwashington.org www.growingwashington.org* Seattle, East King County \$29/box – 20 weeks starting in June

Growing Whatcom CSA Amaris Lunde

Bellingham **360-927-1968** *amaris@growingwashington.org www.growingwashington.org* Bellingham, On-farm pick-up \$450/regular; \$250/half-share— 20 weeks starting in June

Hedlin Farms

Dave Hedlin Mount Vernon **360-466-3977** *hedlin@hedlinfarms.com www.pugetsoundfresh.org* Farmers Markets, On-farm pick-up *Food Alliance Certified*

Helsing Junction Farm

Anna Salafsky Rochester **360-273-2033** *orders@helsingfarmcsa.com www.helsingfarmcsa.com* Tacoma, Portland, Olympia, greater Seattle-area \$450/regular; \$650/large; \$50/storage or bulk additions – 18 weeks starting in June *Certified Organic*

Hogsback Farm

Amy and Joseph Bogaard Vashon Island **206-463-1896** On-farm pick-up \$450/share *Flowers, eggs available*

Jericho Farm

Rebecca Morse Concrete **360-826-3046** *jericho00@yahoo.com* On-farm pick-up \$350/regular; \$225/half-share – 18 weeks starting in June

Jubilee Farm

Erick and Wendy Haakenson Carnation **425-222-4558** *jubileefarm@hotmail.com www.jubileefarm.org* Seattle-area, East King County, On-farm pick-up \$600/regular; \$800/large – 20 weeks starting in June Fall, Winter, Spring share options *Salmon Safe*

Kirsop Farm

Genine Bradwin and Colin Barricklow Olympia **360-352-3590** *kirsopfarm@zhonka.net www.kirsopfarm.com* Thurston County, On-farm pick-up \$500/share – 23 weeks starting in May *Certified Organic*

Klesick Family Farm

Tristan Klesick Stanwood **360-629-5350** *tristan@organicproduceshoppe.com www.organicproduceshoppe.com* Hybrid model, Snohomish, South Skagit counties, Camano Island \$30/family box; \$23/small, vegetable-only, or fruit-only boxes

Lacrover Farm

Paul Lacrampe Friday Harbor **360-378-3515** *farmers@lacroverfarm.com www.lacroverfarm.com* On-farm pick-up \$350/full; \$180/half-share – 11 weeks starting in June Fall, Winter, Spring shares available *Poultry, eggs, wool available*

Lake Cavanaugh Farm

Becky Brown and Martha Goodlett Mount Vernon bbrown@drizzle.com www.lakecavanaughfarm.com Seattle, On-farm pick-up \$525/regular – 20 weeks starting in June Flowers available

Left Foot Organics

Ann Vandeman Olympia **360-754-1849** *info@leftfootorganics.org www.leftfootorganics.org* Tacoma, Olympia, Tumwater, On-farm pick-up \$445/full; \$255/half-share – 22 weeks starting in June *Flowers available, Certified Organic*

Local Roots Farm

Siri Erickson-Brown Carnation **206-218-9787** *siri@localrootsfarm.com www.localrootsfarm.com* Seattle, On-farm pick-up \$300/regular; \$400/large – 20 weeks starting in June *Herbs and flowers available Certified Naturally Grown*

Lopez Community Farm CSA

Lisa Murgatroyd and Jesse Pizzitola Lopez Island **360-468-4101** *lopezcsa@yahoo.com* On-farm pick-up *Flowers available*

Maha Farm and Forest

Anza Muenchow Clinton **360-579-2892** *mahafarm@whidbey.net www.mahafarm.com* Whidbey Island, On-farm pick-up \$450/share – 22 weeks starting in May *Produce, eggs, flowers available*

Maple Rock Farm John Steward

Eastsound **360-376-6080** stewardship@maplerockfarm.com www.maplerockfarm.com Members buy farmers market credit instead of a pre-packed box \$500/share – 23 weeks starting in May

Molly's Island Garden

John and Molly Petersons Langley **360-321-5547** *petersns@whidbey.net* \$460/regular – 23 weeks starting in May, On-farm pick-up *Eggs, flowers available*

Nash's Organic Produce

Kia Kozun Sequim **360-681-7458** nashsorganicgirl@yahoo.com www.nashsproduce.com Port Townsend, Port Angeles, Clallam County, On-farm pick-up 25 weeks starting in June *Certified Organic*

Nature's Last Stand

John Huschle Carnation **425-444-6541** *natureslaststand@earthlink.net www.natureslaststand.net* Hybrid model Seattle, East King County \$35/small; \$50/large box – Year-round service

Oxbow Farm

Sarah Cassidy and Luke Woodward Carnation **425-788-1134** *farmers@oxbowfarm.org www.oxbowfarm.org* Seattle, On-farm pick-up \$500/regular – 20 weeks starting in June *Certified Organic, Salmon Safe*

Persephone Farm

Rebecca Slattery Indianola **360-297-1877** persephonefarm@aol.com www.pugetsoundfresh.org On-farm pick-up \$650/full; \$450/half-shares – 22 weeks starting in June Herbs, flower, eggs available

Pheasant Fields Farm

Nikki and Allen Johanson Silverdale **360-697-6224** *info@pheasantfields.com www.pheasantfields.com* Poulsbo, On-farm pick-up \$450/regular – 24 weeks starting in May *Herbs, flowers, eggs, poultry available*

Pigman's Organic Produce Patch

Jan and Dean Pigman Olympia **360-491-3276** *dpigman@gmail.com www.pugetsoundfresh.org* Olympia, On-farm pick-up \$420/regular; \$260/half-share – 20 weeks starting in June Bulk and canning shares available *Certified Organic, Salmon Safe*

Plum Forest Farm

Rob Peterson & Joanne Jewell Vashon Island **206-463-3518** *plumforest@zipcon.net* On-farm pick-up \$500/share – 20 weeks starting in May, Farm store credit option available *Eggs available*

Rising River Farm

Jennifer Belknap Rochester **360-273-5368** *contact@risingriver.com www.risingriver.com* Olympia, Tumwater, Centralia, Chehalis, On-farm pick-up \$400/regular; \$325/small-shares – 20 weeks starting in June

Riversong Farm

Christie Steward Stein Mt. Vernon **360-424-1999** On-farm pick-up \$250/share – 22 weeks *Eggs available*

Root Connection CSA

Claire Thomas Redmond **425-881-1006** *root-coop@hotmail.com www.rootllc.com* Lynnwood, Seattle, On-farm pick-up \$537/regular; \$875/large-share – 21 weeks starting in June

Rosehip Farm & Garden

Linda Bartlett and Valerie Reuther Coupeville **360-678-3577** *rosehip@whidbey.net* On-farm pick-up 20 weeks starting in June *Flowers, plant starts available*

Salt Creek Farm

Doug Hendrickson Port Angeles **360-928-3583** saltcreek4@juno.com www.saltcreekfarm.org Port Angeles, On-farm pick-up \$445/full; \$365/half; \$245/single-shares – 24 weeks starting in May

Seattle Market Gardens

Michelle Jones High Point Market Garden;

New Holly Market Garden Seattle **206-723-0678** michellej58@hotmail.com www.seattlemarketgardens.org Seattle, On-farm pick-up \$500/full; \$300/half-shares – 22 weeks starting in June

Stoney Plains Organic Farm

Patricia Meyer Tenino **360-273-6786** *stoneyp@att.net* Olympia, Seattle, On-farm pick-up *Certified Organic*

Sweet Earth Farm

Amanda Zee Friday Harbor **360-378-6717** *sweetearthfarm@rockisland.com* Per week costs: \$30/full; \$20/half; \$10/quarter-shares – 20 weeks starting in June *Eggs available*

Take Root Farm

Jenny Miller Buckley **253-891-3276** *info@takerootfarm.com www.takerootfarm.com* On-farm pick-up Regular and small shares sizes; prorated share pricing – 20 weeks starting in June *Herbs and flowers available*

Terry's Berries

Terry and Dick Carkner Tacoma **253-922-1604** *terryann@terrysberries.com www.terrysberries.com* On-farm pick-up \$290/share – 14 weeks; various starting dates *Eggs available*

Tiny's Organics

Robyn Thompson Wenatchee **206-762-0577** *robyn@ilovetiny.com www.ilovetiny.com* Seattle, East King County, Port Gamble \$836/full; \$484/half-share – 22 weeks starting in June *Certified Organic*

Tolt River Farm

Becky Reimer Carnation **425-333-6886** beckyreimer@hotmail.com www.toltriverfarm.com Seattle, On-farm pick-up \$475/share – 20 weeks starting in June Eggs available, Certified Organic

Wake Robin Farm

Brigget LeClair Ferndale **360-815-1190** wakerobinfarm@gmail.com

Whistling Train Farm

Shelley Pasco Kent **253-859-5197** shelley@whistlingtrainfarm.com www.whistlingtrainfarm.com Seattle, On-farm pick-up \$350/small; \$500/large; \$150/fruit-share – 20 weeks starting in June

Willie Green's Organic Farm

Christine Vaughn Monroe **425-802-4680** *christine@williegreens.org www.williegreens.org* Seattle, On-farm pick-up Small, medium, and large share sizes; various start dates and program durations available WINTER SHARES ONLY

Winlock Meadows Farm

Susie Kyle Winlock **360-785-4927** *winlockmeadowsfarm1@yahoo.com www.winlockmeadowsfarm.com* Olympia, Chehalis, Centralia, Yelm, Longview, On-farm pick-up \$450/small; \$600/large – 20 weeks starting in June. Other sizes, prices and start dates available

Wobbly Cart Farming Collective

Joseph Gabiou Rochester **360-273-7597** *wobblycart@riseup.net* Olympia, Chehalis, Portland and On-farm pick-up \$425/share – 18 weeks starting in June

Zestful Gardens

Holly Foster Tacoma **253-232-0811** *zestfulgardens@gmail.com www.zestfulgardens.org* Tacoma, On-farm pick-up \$510/share -20 weeks starting in June *Eggs available, Certified Organic*

Home Delivery Services

These are not CSAs but often buy products from local farms.

Eden's Organics

danp@edensorganicsonline.com www.edensorganicsonline.com King County, South Snohomish County

New Roots Organics

Carolyn Boyle Seattle **206-261-2500** Carolyn@newrootsorganics.com www.newrootsorganics.com Greater Seattle area

Small Potatoes Urban Delivery (SPUD)

Seattle **206-621-7783** seattle@spud.com, www.spud.com Greater Seattle area, King, Pierce, Snohomish, Thurston Counties

Terra Organics

Kim and Dan Hulse Tacoma **253-627-1581** *info@producehomedelivery.com www.producehomedelivery.com* South King County, Pierce County

Wildly Organic, LLC

Dale and Aimee King Silverdale **360-307-8500** *dale@wild4organic.com www.wild4organic.com* Kitsap County