



1982-2008
*26 Years of Keeping the
Land & People Together*

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www.landstewardshipproject.org

CSA

Farm Directory

2008



**2008 Edition of the Twin Cities Region
Community Supported Agriculture
Farm Directory**



**LAND
STEWARDSHIP
PROJECT**

This Land Stewardship Project publication
is also available at:

www.landstewardshipproject.org

Updated: *March 2008*

What is Community Supported Agriculture (CSA)?

At their most fundamental level, CSA farms provide a weekly delivery of sustainably grown produce to consumers during the growing season (approximately June to October). Those consumers, in turn, pay a subscription fee. But CSA consumers don't so much "buy" food from particular farms as become "members" of those farms. CSA operations provide more than just food; they offer ways for eaters to become involved in the ecological and human community that supports the farm.

What does CSA membership involve?

Membership arrangements vary among farms. For instance, some CSA operations deliver their food to the neighborhoods where members live, while others arrange for members to come to the farm and help make deliveries. Some CSA farms expect members to work on the farm at least once during the season while others only expect members to support the farm with their membership.

Although each CSA farm makes its own arrangements with its members and has its own expectations of them, being involved with a CSA operation always means sharing the rewards as well as the risks of farming. The rewards include: enjoying the freshest produce available, often harvested the same day you receive it; knowing where, how and by whom your food is being produced; having a direct connection with the people who produce your food; and supporting the kind of stewardship that is good for the land as well as its people.

The risks include weather and pests. Though formidable for small, self-sustaining farmers, these risks are bearable when shared by a group of subscribers. By linking together through CSA operations, farmers and consumers alike can benefit from an agriculture that provides beautiful and bountiful food while preserving the ecological and social basis necessary for coming generations to be so blessed.

Notes



Land Stewardship Project Food Programs

◆ **Community-based Food Systems & Economic Development**

This is LSP's organization-wide program area for all food systems work. In southeast Minnesota, LSP and regional farmers have opened a dialogue with food service professionals at health care and educational facilities about purchasing and serving local food. East of the Twin Cities, LSP has organized a **St. Croix River Valley Buy Fresh Buy Local** chapter to promote greater local consumption of food grown in the Valley. A **Pride of the Prairie Buy Fresh Buy Local** chapter is working to increase the variety and amount of locally produced foods in restaurants, grocery stores and institutions in western Minnesota.

◆ **The Stewardship Food Network**

This is a listing that contains contact information for Land Stewardship Project farmer-members who sell meat, dairy products, eggs, vegetables, herbs and various other sustainably-raised products direct to consumers.

◆ **Food Alliance Midwest—Creating Food Choices**

Food Alliance Midwest is a third-party certification program that uses a certification seal in a public education and consumer awareness campaign to support local farms and foods. By looking for the Food Alliance Midwest certification seal, consumers can choose and purchase foods from farms that are local, environmentally-friendly and socially responsible. Food Alliance Midwest is the only program that combines these healthful elements into one certification seal.

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More Information

For more information on LSP's local food systems work, contact Terry VanDerPol at 320-269-2105 or tlvdp@landstewardshipproject.org. More information is also available at www.landstewardshipproject.org/foodfarm-main.html.



Selecting a CSA

It is often difficult to choose which CSA to join. While membership in any CSA includes a weekly share of fresh produce, other factors may vary from farm to farm. You may want to use this list* when choosing a farm:

✓ **Location:** The CSA farms listed in this directory are located throughout Minnesota and western Wisconsin. You should keep in mind the driving distance when considering your level of involvement and the involvement expectations of the farm.

✓ **Pick-up site/Delivery Day:** The CSA farms listed have various delivery or pick-up dates. Some farms will deliver your share to your door or to a common pick-up site, while others require you to pick up your share at the farm or help with share deliveries.

✓ **Length of Season/Number of Deliveries:** The length of season and number of deliveries vary among the farms. Most begin in May or June and run through September or October. Some farms have an optional winter delivery for an additional cost.

✓ **Types of Produce and Other Food Items:** All of the CSA farms offer a wide variety of seasonal vegetables. Some farms offer unusual varieties while others may add extras to their standard shares. Some farms may give members the option to buy honey, fruit, flowers, eggs, wool/yarn, meat or other specialties at an additional cost.

✓ **Opportunities for Involvement:** Community building is an important part of the CSA approach; all farms encourage you to become involved. Most farms plan several farm events while others encourage their members to just “drop by.” Some farms expect involvement in the farm as part of membership.

**Ideas and wording used for this list taken from MACSAC, the Madison Area Community Supported Agriculture Coalition.*

CSA Resources

◆ **The U.S. Department of Agriculture's Sustainable Agriculture Research and Education Program** has compiled a nationwide listing of CSA farms. Go to www.sare.org/csa/index.htm to access the list. You can search for farms by state. You can also receive the free listing by writing to: CSA/CSREES, 1400 Independence Ave., SW, Stop 2207, Washington, DC 20250-2207 (when writing, please specify whether you want the entire directory or just a list for your state).

◆ **The Biodynamic Farming and Gardening Association** has a national listing of CSA farms; phone: 1-888-516-7797; website: www.biodynamics.com/csa.html.

◆ ***From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh, Seasonal Produce, 3rd Edition*** is a low-cost resource for anyone interested in using seasonal produce. This book contains more than 370 recipes and features 46 different vegetable and herb sections. To order this 200-page book, call 608-226-0300, or log onto www.macsac.org

◆ **Harvest for the Hungry** is a program of the Emergency Foodshelf Network (EFN) that provides fresh, locally-grown produce to households facing hunger in our community. Harvest for the Hungry relies on donors and CSA members to help purchase produce from Minnesota and western Wisconsin farmers at wholesale prices. Your contribution will be evenly distributed among Harvest for the Hungry's local farm partners, or you may designate your entire donation to a specific farm. For more information, visit www.emergencyfoodshelf.org or call 763-450-3869.



Land Stewardship & You

The Land Stewardship Project, founded in 1982, believes that all people—farmers and non-farmers alike—have a fundamental responsibility to care for the land that sustains us. That's why our work is based in grassroots organizing and constant dialogue with the people who share a vision of a sustainable future on the land. The Land Stewardship Project relies on the power of the people to make positive change—whether it be in organizing against factory farming, developing sustainable farming systems, or coming up with visions of what a community-based food system should look like.

The Land Stewardship Project is a membership organization that is making this vision a reality by instituting programs that are rooted in the deep, fertile soil of communities like yours. Our members include people on farms, in the city and in suburbs. We are working with farmers, consumers, policy makers, businesses, academics, environmentalists and people concerned with justice in our society.

The Community Supported Agriculture farms listed in this directory paid a fee to be included. This free publication is also made possible by the members of the Land Stewardship Project. We need your support to continue building and promoting a sustainable way of producing and consuming food.

Join Land Stewardship Project today!

For more information, contact us at:

LAND STEWARDSHIP PROJECT

2200 4th Street

White Bear Lake, MN 55110

Phone: 651-653-0618

E-mail: lspwbl@landstewardshipproject.org

Website: www.landstewardshipproject.org



*Cover art for this directory
by Nora Wildgen*



*Inside art by
Jennifer Clough*

Women's Environmental Institute CSA Farm

Jacquelyn Zita & Karen Clark
Women's Environmental Institute
P.O. Box 128
North Branch, MN 55056
Phone: 651-583-0705
E-mail: csa@w-e-i.org
Website: www.w-e-i.org

The Women's Environmental Institute (WEI) is a nonprofit progressive environmental justice retreat center with a farmland orchard campus. It's located on Amador Hill 65 miles north of the Twin Cities, between North Branch and Taylors Falls. WEI is committed to teaching and promoting organic and sustainable agriculture and environmental and social justice. When our members purchase a CSA share, they help us support this work.

WEI provides a weekly bushel box delivery of organically certified produce to our members from mid-June to mid-October. Each box contains an array of seasonal vegetables, herbs, fruit, recipe ideas, environmental information, and a farm newsletter. We also operate an organic apple orchard and will be adding delicious organic apples to the box come fall. Our drop sites include Seward Co-op, Mississippi Market Food Co-op and other co-ops in the Twin Cities and central Minnesota area. Home deliveries are available by special arrangement.

This year WEI has developed more classes and workshops for our Organic Farm School. Upon completion of our Farm School, successful student/intern graduates will receive a certificate in Beginning Organically-Certified Farm Management.

We invite our members to visit the farm and participate in the food growing process. Watch for WEI's Organic Farming Day (March), CSA Farm Picnic Day (July), Salsa Saturday (August), Fall Harvest Festival (October), and Cider Saturday (November).

Want to meet local farmers who are producing environmentally-sound, healthy food and who are offering it for sale direct to consumers?

Then join us for the

2008 Community Food & Farm Festival



Saturday, May 3: 10 a.m. - 5 p.m.

Sunday, May 4: 10 a.m. - 5 p.m.

**Minnesota State Fairgrounds' Grandstand Building
1265 Snelling Avenue North
St. Paul, Minnesota
There is no admission charge.**

Contact Georgia Rubenstein at **651-653-0618** or
intern@landstewardshipproject.org for more information.

More information is also available at
www.landstewardshipproject.org/cfff/cfff.html.

- ➔ Meet local farmers who are direct-marketing earth-friendly vegetables, fruits, meats, eggs and dairy products.
- ➔ Learn more about sustainable agriculture.
- ➔ Participate in Minnesota's leading environmental exposition.*

* This event is part of the Living Green Expo, a free, annual event that provides information and products to help Minnesotans improve the environmental and social impacts of their day-to-day living. Log on to **www.livinggreen.org** for more information.

The Community Food & Farm Festival is co-sponsored by the Land Stewardship Project and the Minnesota Food Association.

BC Gardens

20355 408th Ave.

Belgrade, MN 56312

Phone: 1-888-884-9766; 320-254-8820

E-mail: bcgardens@willmar.com

BC Gardens *delivers organic* produce fresh from our farm to **your doorstep** (if you live within our delivery area), throughout the Twin Cities, St. Cloud and Willmar areas. We grow over 100 varieties of vegetables, herbs and edible flowers. We offer six varieties of beans, over 20 lettuces and greens, a colorful assortment of peppers, 12 succulent squash varieties, and over a dozen tantalizing heirloom tomatoes. Sweet juicy melons are included during their season. Our seed varieties, mostly heirloom, are chosen to tantalize your taste buds. Your 1/2 bushel box is filled with ample produce for two people for a week with recipes and garden updates.

We offer not only the convenience of home delivery but choices of extending your 14-week main season by adding spring and late season options and bi-weekly deliveries.

Our 20-acre farm, bordered on two sides by creeks and trees abounding in wildlife, is located 100 miles west of the Twin Cities. BC Gardens has been certified organic since we started farming in 1998 and is certified by the Global Organic Alliance. We've recently formed a partnership with the Hendrickson Family Farm of Sauk Centre, which will be growing some of your root crops. They're not certified organic, but have been growing without chemicals for over 20 years.

Our goal is to offer members fresh, flavorful, homegrown food, produced locally and sustainably grown in a manner that nurtures you and the earth.

Convenience, quality, variety, flavor and freshness are yours at BC Gardens. BC Gardens *delivers...*

Webster Farm Organics

Nett Hart & Tamarack

P.O. Box 53

Foreston, MN 56330

Phone: 320-983-2289

At Webster Farm Organics, respect and responsible actions for the earth extend to every part of our life here, which means care of the woodlands, meadows, creeks and homestead in a chemical-free manner is as important to us as the chemical-free and sustainable practices in the fields. We rely on solar heat and rainwater systems for our greenhouses. We work with natural rhythms, weather and rainfall rather than supplanting them with farmer-controlled resources. We grow only heirloom, open-pollinated crops. We believe that the future lies in a radical wholism with the natural world.

Salad Days is a 20-week subscription (May through September) of fresh salad greens, herbs, edible flowers, tomatoes, peppers, cucumbers, summer squashes, radishes, scallions and more. We pack in reusable muslin bags and deliver Thursday evenings to Twin City sites where we meet our members: Blue Moon Coffee Cafe, Lake and 39th, South Minneapolis—4:30 p.m.-6 p.m.; Garden of Eva, Marshall and Snelling, St. Paul—6:30 p.m.-7 p.m.; Linden Hills Co-op Home Store, 43rd near Upton, Minneapolis—7:30 p.m-8 p.m.

We are developing a vibrant community around the farm and Friday evenings from 5 p.m-7 p.m. neighbors pick up their produce right here, as can any member by arrangement. All produce can be eaten fresh and we will give you smaller quantities of more varieties to accommodate small busy households. We offer a larger share as well. The season includes weekly newsletters, our favorite recipes and farm events.

Our produce is fresh; our members are spoiled.

Sylvan Hills Farm

Larry & Jackie Diehlmann/Kujak

E2161 530th Ave.

Menomonie, WI 54751

Phone: 715-235-1695

Website: www.sylvanhillsfarm.com

Certified organic produce! Local Fair Trade member! We can be found at Midtown and Mill City farmers' markets Saturdays in Minneapolis from early June through October. We have drop-off points throughout the Twin Cities area for CSA members. Vine-ripened produce picked within 24 hours creates outstanding great taste! For more information check our website.



Big River Foods Cooperative (May Farm)

Minnesota Food Association

14220 Ostlund Trail N.

Marine on St. Croix - May, MN 55047

Phone: 651-433-3676

E-mail: tcuperus@mnfoodassociation.org

Website: www.mnfoodassociation.org

The Big River Foods Cooperative (formerly known as May Farm) is a program of the Minnesota Food Association (MFA), which has the mission of building a more sustainable food system by training aspiring farmers in chemical-free vegetable production. Our boxes are filled with produce grown by farmers in training with the supervision of a production manager.

The CSA will be 18 weeks of fresh vegetables and herbs. We offer full and half shares. The full share will be big enough to feed a family of four and a half share is enough for two, both shares delivered 18 weeks mid-June through mid-October. We are heavy on the standard vegetables and include recipes with a newsletter every week.

We have drop-sites in Stillwater, Minneapolis, Forest Lake, Roseville (off Snelling), Bayport, Edina, Robbinsdale, St. Paul, Eden Prairie and more. We will be offering home delivery for the surrounding communities of Scandia, Marine, White Bear Lake, Stillwater, and all points in-between. The farm is a 40-minute drive from North St. Paul. Produce can be picked up from the farm as well.

Our delivery van and tractors will be run on 100 percent biodiesel. We will be hosting various festivals and educational opportunities for children and adults throughout the season.

MFA is also a member of Harvest for the Hungry, a program of the Emergency Food Network where you can donate money to have Big River Foods Cooperative produce taken to food shelves (see page 3).

Big Woods Farm

Laurie & David Hougen-Eitzman
10752 Nerstrand Blvd.
Nerstrand, MN 55053
Phone: 507-334-3335

E-mail: bigwoodsfarm@deskmedia.com

Big Woods Farm is entering its 16th season of providing freshly-picked, sustainably-grown produce to our members in the Twin Cities and in Rice County, Minn. Our 79-acre farm is located one hour south of Minneapolis, near the maple-basswood forest of Big Woods State Park and the farm fields of Nerstrand, Minn.

A weekly half-bushel basket (8-25 pounds) of seasonal produce is available for pick-up at three locations: at the farm on Mondays, at Just Food Co-op in Northfield on Mondays or Thursdays, and in South Minneapolis near Lake Nokomis on Thursdays.

In addition to a garden share, members may sign up for a share of award-winning sheep cheese from our neighbors at Shepherd's Way Farm and an egg, free-range chicken, and/or Thanksgiving turkey share from L & R Poultry and Produce in Wanamingo Township.

Two festivals are held each season: a height-of-the-summer garlic and vegetable cookout, and a fall pumpkin and winter squash harvest potluck. At the latter, members help pick the squash and pumpkins, and take home a cache for the winter plus jack-o-lanterns for the doorstep.

Members are welcome to visit the farm most anytime, to work up a sweat in the garden or to simply wander about, enjoying the countryside. Pick-your-own flowers, cherry tomatoes, basil and green beans are offered as the summer progresses.



Spring Hill Community Farm

Michael Racette & Patty Wright
545 1-1/2 Avenue
Prairie Farm, WI 54762
Phone: 715-455-1319

E-mail: springhill@chibardun.net

Website: www.springhillcommunityfarm.com

Spring Hill is a family farm supported by a wonderful community of member households from the Twin Cities and Prairie Farm area. Tucked into the rolling hills of western Wisconsin, we are located about 80 miles east of Minneapolis/Saint Paul.

We grow over 35 different vegetables and herbs and round out our vegetable production with a few beehives and a sugar bush for maple syrup. Our "Standard Share" typically includes 18-20 weeks of vegetables with an emphasis on the basics: carrots, potatoes, beans, tomatoes, onions and lettuce. We also offer an "Every Other Week Share" and a onetime "Winter Delivery."

Joining Spring Hill includes a work requirement. Each household comes to the farm at least once during the season to harvest and wash vegetables, visit with the farmers and other members and deliver packed bags of fresh veggies to the Twin Cities. Members are also welcome to participate in work days and seasonal celebrations.

We invite you to join us in our 17th season. You'll experience the richness of this community, knowing the land on which your food is grown, and eating incredibly fresh, tasty vegetables.



Rock Spring Farm

3765 Highlandville Road
Spring Grove, MN 55974

Phone: 563-735-5613

E-mail: csa@rsfarm.com

Website: www.rsfarm.com

Rock Spring Farm CSA emphasizes normal vegetables, done better. We are passionate about our produce, and we are always looking for ways to make everything just a little bit special. Our carrots aren't just clean, they shine; our European greenhouse cucumbers are seedless, skinless and sweeter than American varieties; and we grow most of our tomatoes in the ground in our greenhouse, extending the season and providing a better tomato.

Our summer vegetable share contains eight to 14 items in meal-sized quantities. Many of our CSA members have found themselves eating more vegetables—with less fuss from the children—because of the freshness and flavor of our produce. And because we take pride in the cleanliness of our vegetables, it is simple to go from the box to the table.

In addition to the standard CSA share, we offer an early Spring Share, a Winter Share (storage crops and salad greens from our greenhouses), and a Fruit Share. Our Friday afternoon delivery sites include Grand Avenue in St. Paul; 50th and France in Minneapolis; Seward Food Co-op and Linden Hills Food Co-op in Minneapolis; both Mississippi Markets in St. Paul; Lakewinds Natural Foods in Chanhassen; and Rochester. A weekly newsletter with farm news, information about the produce, and original recipes from our kitchen accompanies every box.

Our produce is certified organic by the Midwest Organic Services Association. Certification is your guarantee that we not only act organic, we follow all of the rules that make “organic” a meaningful label.



Blackberry Community Farm

Tim & Karen Hermann

E7339 County Road S.

Wheeler, Wisconsin 54772

Phone: 715-658-1042

E-mail: bhftrust@localnet.com

Website: <http://members.localnet.com/~bhftrust/>

Blackberry Community Farm is located 80 miles east of the Twin Cities. Our family farm is a 30-acre homestead surrounded by woods. It consists of: a mixed orchard; flower, herb and vegetable gardens; honey bee yard; berry patches; beautiful rolling hills; and woods with abundant wildlife. This will be our 18th season doing sustainable farming and the 13th season of CSA farming.

A share of a 5/9 bushel box (average 16 pounds) of seasonal chemical-free produce is delivered for 16 weeks (mid-June through September). We will deliver more than 40 different kinds of vegetables, fruits and herbs. The focus will be on the basics, but members will also receive strawberries, raspberries, apples, a honey sample and a few surprises. Extra produce and honey may be available for sale.

Tuesday pick-up sites will be at the Mississippi Market (622 Selby Ave., St. Paul) and Seward Co-op (2111 E. Franklin, Minneapolis). Friday pick-up sites will be Menomonie Market Food Co-op (Menomonie, Wis.), Patagonia (1648 Grand Ave., St. Paul) and Ecopolitan (2409 Lyndale Ave., Minneapolis).

Members are welcome to visit or volunteer. Volunteers are invited to share a meal with us. There will also be a summer and fall farm festival. This farm season we are looking forward to sharing God's blessing of health and love with you!

• *Apprenticeship/Employment Opportunities* •

We will provide education and training in a variety of farm work. Private housing, some vegetarian meals plus garden produce and a stipend are provided.

Burning River Farm

Michael Noreen
1125 Clam Falls Drive
Frederic, WI 54837
Phone: 715-653-2245

E-mail: burningriver@thousandplaces.org

Burning River Farm is located three miles east of Frederic, Wis., northeast of the Twin Cities. It is our goal not only to support the continued strengthening of a local, sustainable food system, but to grow the best tasting food you've ever had. This year we will be growing a wide variety of Certified Naturally Grown vegetables and herbs, from standard favorites to a bit of the eclectic. Throughout the season you get to enjoy crisp lettuce, tender greens, tomatoes, fresh sweet corn, winter squash and fresh herbs, just to name a few.

There will be 100+ memberships available for the 2008 season and the season will run 19 weeks from early June until mid-October. Deliveries will be made every Thursday and can be made to a drop-site or directly to your home or work. We have two box sizes: 3/4 bushel family share is ideal for two veggie-loving adults or a family of four; 5/9th single share is ideal for one to three people. Included in each delivery is a newsletter with stories from the field, a rundown of the week's offering and recipes. Please contact the farm for a complete list of what will be growing and to see if you are within the delivery area.

You can also find us every Saturday at the Mill City Farmers' Market. Everything is grown naturally without harmful chemicals, with your health in mind. We had a great season last year.

Please join us for another!

• ***Apprenticeship/Employment Opportunities*** •

Apprenticeships area available with room, board and stipend. Inquire early!

Riverbend Farm

Greg & Mary Reynolds
5405 Calder Ave. SE
Delano, MN 55328
Phone: 763-972-3295

E-mail: riverbend@usinternet.com

Website: www.rbfcsa.com

Riverbend Farm, located 35 miles west of Minneapolis, in Delano, Minn., has been supplying Twin Cities co-ops and independent restaurants with locally grown, certified organic vegetables for the past 15 years. We are now expanding our market to include a small 50-member CSA. We will provide a box of the best tasting seasonal produce from the middle of June to the middle of October (eight to 20 pounds of food depending on the time of season).

All of our produce is certified organic and sustainably grown through cover crop and crop rotation systems, composting and the use of green manures. We are active in the Local Fair Trade Network as well. You can be sure that your CSA share will support your health as well as the health of our community.

Our 18-week delivery season will provide you with a diverse array of delicious, fresh-from-the-fields, seasonal produce. We also grow many heirloom varieties to ensure that your meal plan will never lack in color, flavor or an abundance of choices. In addition, we offer extra produce (at an additional cost) for families interested in canning, freezing, etc., to ensure that their diet is as local as possible year-round.

Shares available for pick-up at the farm on Tuesday evenings and local area co-ops on Wednesdays. Contact us or visit our website at www.rbfcsa.com for more information.

• ***Apprenticeship/Employment Opportunities*** •

Employment opportunities available. Farm experience necessary.

Ploughshare Farm

Gary & Jennifer Brever

6653 Harvest Place NW

Parkers Prairie, MN 56361

Phone: 218-267-5117

E-mail: gjbrever@midwestinfo.net

Website: www.ploughsharefarm.com

Ploughshare Farm is a certified organic farm located 18 miles north of Alexandria. We grow a wide variety of organic vegetables and some fruits on 160 acres of fertile soil bordering the Chippewa River. Our produce is considered to be some of the highest quality in the state. As one prominent food co-op manager wrote: “Ploughshare Farm has created an identity in our department equating their name with the freshest and choicest money could buy.”

Weekly deliveries to our CSA members include an array of garden staples, gourmet and specialty crops. As a family of six ourselves (four boys under the age of 11) we keep in mind what families want to eat. In order to assist families with the basics of eating “in-season” vegetables, we offer weekly newsletters telling about the goings-on at the farm and including recipes. We have cooking classes yearly, a farm festival in the fall, and all our members are welcome to visit the farm throughout the season.

The name “Ploughshare” symbolizes how our work for justice is connected with our family’s passion for growing premium produce and being good stewards of the land. We deliver weekly from mid-June to mid-October. We have drop-sites at central locations in Minneapolis, Minnetonka, New Hope, St. Paul, St. Cloud, Fergus Falls and Alexandria.

- ***Apprenticeship/Employment Opportunities*** •
Internships available with stipend. Inquire early!

Common Harvest Farm

Dan Guenther & Margaret Pennings

212 - 280th Street

Osceola, WI 54020

Phone: 715-294-2831

This marks our 19th season of growing chemical-free vegetables and herbs. We are located six miles south of Osceola, Wis., along the bluffs of the St. Croix River Valley. Our farm grew out of a vision of an urban-based peace and justice community that was seeking greater connections to the land by working to create a model of sustainability. As a farm community, we continue to look for ways to nourish ourselves both physically and spiritually through working with the healing properties of nature.

We grow 40+ different vegetables and herbs with an emphasis on the traditional favorites of green beans, potatoes, tomatoes and carrots. We typically deliver for a 20-week season, beginning the middle of June and finishing the season with a fall storage delivery in mid-November. In addition to our regular vegetable share, we offer honey and a fruit share.

We have drop-sites in 13 Twin Cities locations, including seven sites in Minneapolis, four in St. Paul, one in Minnetonka, and St. Louis Park. We have a fall festival each season that includes folk dancing and a potluck. Our members are welcome to visit the farm at any time.

Our members often tell us that the simple act of eating locally is something that gives them hope. Consider joining us in eating well from the goodness and bounty of the earth.

• ***Apprenticeship/Employment Opportunities*** •

Internships available that include room, board and a stipend.



Community Homestead Incorporated

Coordinator: Christine Elmquist

501 280th Street

Osceola, WI 54020

Phone: 715-294-3038

E-mail: christine.elmquist@communityhomestead.org

Website: www.communityhomestead.org

Sustaining land, sustaining people. This certified organic CSA farm, garden and orchard provides high quality vegetables and herbs while providing therapeutic, social and vocational opportunities for our developmentally challenged residents. All proceeds sustain this nonprofit community of six households.

Our season runs from the end of May to October. Boxes come in two sizes: "family" or "couple." Additional items can be purchased online weekly and added to your weekly standard vegetable box including: flower bouquets, fruits, jams, eggs, beef, pork, bread, cookies, dairy-free baked goods, cards and coffee. Deliveries are made to nine sites in Minneapolis, St. Paul, Maplewood, Shoreview, Stillwater, Somerset and Osceola. No work or driving required. Visitors, families, groups and classes are very welcome to our organic dairy farm, gardens and community! Several festive events are planned throughout the year.

Established in 1995, Community Homestead is a lively, nonprofit community of about 40 people. In six extended households, families live together with adults with developmental challenges. Rhythm, reliability and self-esteem are stressed in all our activities. Everyone has a varied schedule to meet their needs and those of the community.

Between homemaking, bakery, woodshop and crafts, the farm and garden, there is an important place for everyone. All members are volunteers, receiving room and board and sharing a healthy lifestyle. Seasonal or long-term volunteers accepted.

• *Apprenticeship/Employment Opportunities* •

AmeriCorps and summer internships available.

Piney Hill Farm

Erin Altemus

E623 North County Road X

Glenwood City, WI 54013

Phone: 715-265-4516

E-mail: ealtemus@hotmail.com

The farm consists of 80 acres of rolling hills outside of Glenwood City, Wis. (one hour east of the Twin Cities). Once a dairy farm, the land is now being put back into production for vegetables. In the spring we tap maple trees for syrup. We have four dairy goats, 12 chickens, three pigs and two giant gardens.

After a season selling at a local farmers' market, growing vegetables and raising pork for our own wedding, as well as selling a minimal amount of shares to friends in Minneapolis, we are ready to expand and begin our CSA.

Each week beginning in early June, you will pick up your share at a prearranged drop point. There will be drop points in Uptown, Seward Neighborhood and St. Paul. In addition, if you can get together four or more shares in your area, we will deliver to you directly. Each share will include 10-25 pounds of produce each week including eggplant, sweet corn and heirloom tomatoes. Some weeks there will be cut flowers and other extras. There will be two events at the farm for members, one in June and the other a harvest party in late August.

We believe in sustainable farming practices and use no chemical pesticides, fertilizers or herbicides...because vegetables are supposed to be good for you!

Also available as separate add-ons to your share are farm-raised, free-range pork, maple syrup, and Farmer-to-Farmer coffee from Santiago Atitlan, Guatemala (shade-grown and ethically traded).



Philadelphia Community Farm

Verna Kragnes or Tim Kirkman (715-294-4048)

Tybel Miller or Roland Ulrich (715-294-1689)

P.O. Box 668

Osceola, WI 54020

E-mail: pcomfarm@centurytel.net

Website: www.philadelphiafarm.com

Celebrating our 19th CSA season, our nonprofit mission is to “restore health and vitality to people, animals, plants and the earth.” We are dedicated to education of children, youth and adults, working with people who have special needs, as well as land conservation and ecological restoration. We practice biodynamic and chemical-free principles to nurture the farm as a whole organism with a regenerating circle of soil, plant, animal and human life.

Located one hour northeast of the Twin Cities on the St. Croix River, we have CSA pick-up sites throughout the Metro area and the St. Croix Valley. Festivals are held in April, June and September. A unique Spring Share (April-May) features watercress, salad greens, occasional flowers and more. June-October shares (20-22 weeks) include over 40 types of vegetables and herbs: greens and lettuce, garlic, onions, peas, beans, cabbage, carrots, beets, broccoli, squash, corn, tomatoes, eggplant, peppers, potatoes, etc. Extra vegetables for preserving are available, as are wool and yarn. Some financial assistance is available. We donate shares and surplus to area food shelves.

Members are encouraged to help in the garden, visit the animals, or explore the 300+ acres of preserved forest, prairie, streams, as well as a waterfall. Canoes and a log retreat house are available for families and groups.

• *Apprenticeship/Employment Opportunities* •

We collaborate with many area organizations and offer internships and AmeriCorps positions.

Cramer Organics

Bob & Joey Cramer

3889 Eckert Ave. SE

Delano, MN 55328

Phone: 763-972-6647

E-mail: racramermn@yahoo.com

A small family farm, Cramer Organics is committed to providing the most nutritious, delicious food by getting it to you as fresh as possible and by nurturing a live and healthy soil. We have been certified organic since 2002. This is our second year offering CSA shares. We offer full shares for a family of four or more, and 1/2 shares of over 70 varieties of vegetables and herbs.

Our season starts mid-June and goes to mid-October. Gorgeous leaf lettuces and salad mixes are one of our specialties. We also grow over 30 varieties of specialty cut flowers and they are sold as a separate seasonal share. We include many heirloom varieties of both vegetables and flowers.

Our pick-up sites are Tuesday afternoons at the farm, and Saturday mornings at the Hopkins Farmers' Market. Our farm is located about 18 miles west of 494 just off Hwy. 55.

As a first-time member, you will receive the cookbook *From Asparagus to Zucchini* to help with using all your vegetables as well as providing storage tips and nutrient content. Additional recipes, farm news, health tips, and a list of box contents will accompany your weekly share.

We would like to encourage more membership participation by scheduling some work days, and also by inviting you and your families to come out and see your food growing in the field. We have an end-of-the-season potluck and are thinking about adding another family event towards the middle of the summer. We hope you'll join us!



Crazy Daisy

Jenny Lonto
7229 Willow Drive
Hamel, MN 55340
Phone: 763-478-6147

We're looking forward to the new year with anticipation as we try new cultivation methods and some new varieties of veggies. We'll also be bringing back all of your favorites like those amazing yellow cherry tomatoes!

We're a family farm located in one of the best spots in the Twin Cities, about eight miles straight west of Highway 494 in Corcoran, past Plymouth. We have grown without chemicals for over 30 years.

Your share in the season's harvest will start in late June and run through to just after the first frost which is usually in October. We offer two share sizes: the "Half Share" is the most popular option and is about enough to feed two to four people for a week; a "Full Share" is great for large families and those who are heavy vegetable eaters. Watch for extra "treats" such as fresh herbs and a weekly newsletter with information about the week's harvest and our favorite recipes.

Typically, there is an abundance of tomatoes, beans, cucumbers and corn that will be available for canning, freezing or pickling at no extra cost. If you're partial to anything special let us know and we'll try to fill your needs. For example, some enjoy juicing and would like extra carrots each week.

We're looking forward to meeting some new people in the 2008 season and in seeing our friends again! Give us a call to request a flyer with detailed crop information, price options and location.

North Creek Community Farm

Kate Stout
N14227 290th Street
Prairie Farm, WI 54762-9622
Phone: 715-455-1569
E-mail: kstout@chibardun.net
Website: www.northcreekcommunityfarm.com

North Creek Community Farm is located in the beautiful Hay River Valley 75 miles northeast of the Twin Cities. I have 140 shares available for the 2008 growing season. Members receive fresh, chemical-free vegetables and occasionally beautiful flowers delivered each week. My 16th season runs June through the first week of October. Drop-off sites are located throughout the Twin Cities Metro area. Popular farm events happen throughout the summer, including a Garlic Harvest and overnight Corn Feed. I have added many special items to each week's bag over the years such as the "salsa pack"—all the ingredients for delicious salsa in one bag with a recipe. This is just one example of the surprises that are in store for you at North Creek Community Farm.

Have a farm you can call your "own!"



Nitty Gritty Dirt Farm

Robin Raudabaugh & Gigi Nauer
10386 Sunrise Road, P.O. Box 235
Harris, MN 55032

Phone: 651-226-1186; 651-674-6065

E-mail: nittygrittyfarm@aol.com

Nitty Gritty Dirt Farm is a 15-acre farm owned and operated by Gigi Nauer and Robin Raudabaugh. Together, we provide over 29 years of experience in fruit, vegetable and livestock production, education and customer service. We offer over 100 varieties of fruits and vegetables, as well as lamb shares, pork shares, turkey shares, and artisan bread shares. We serve the areas of east-central Minnesota and the Twin Cities Metropolitan Area. We are located approximately 50 miles north of the Twin Cities. Members are welcome to volunteer on the farm or can just come to visit. Our goal is to provide a variety of fresh produce and other products, all grown with your health, our health and the health of the land in mind.

We are intentional about our chemical-free and sustainable farming practices, including maximizing soil health through green and animal manures, compost, mulch, cover crops and crop rotations. We also use pesticide-free pest management to naturally monitor, prevent and control insects and other pests and maintain animal health and well-being through the use of loose housing and pasture rotations. We are also intentional about creating community and personal well-being through our connections with the land and its abundance and we invite you to share in that with us.

Three farm festivals provide opportunities for visiting the farm to meet the farmers, learn about chemical-free farming, good land stewardship and sustainable living. Other farm activities include workshops in processing and spinning wool, knitting, canning, acoustic stringed instrument lessons and jam sessions.

• *Apprenticeship/Employment Opportunities* •

Full and part-time internships with room, board and negotiable stipend are available.

Culinary Delights Farm

Nancy Welty
21621 County Road 83
Big Lake, MN 55309
Phone: 763-263-8503

E-mail: cdfarms@izoom.net

Culinary Delights Farm is a small family farm where our commitment is to grow the most delicious, beautiful, high quality herbs and vegetables the earth is able to offer. We work with other local family farms to provide the utmost quality and variety for this area.

Community Supported Agriculture creates a direct relationship between a member and our farm—a partnership. In essence, it is a mutually beneficial arrangement, where in exchange for a member's commitment to buy a share in our harvest, we commit to provide exceptionally high quality vegetables, herbs and fruits, and deliver a bountiful portion of it every week of the season. The members of our CSA program every week receive a share of fresh, naturally grown, in-season produce delivered to a convenient location.

Our fruits, vegetables and herbs are harvested only hours before they are packed into a reusable box. By the next morning that box is out on delivery to our members, so they are receiving produce that barely 24 hours earlier was growing in the field. You can't get much fresher than that.

We are located northwest of the Twin Cities with delivery points in Maple Grove, Maple Grove/Champlin, Anoka, Fridley and Monticello, as well as pick-up at the farm in Big Lake. Our season runs over 18 weeks starting in late June and ending in late October. Call or e-mail us for member information and a sign-up form.



Driftless Organics

Josh & Noah Engel, Mike Lind

50561 County Hwy. B

Soldiers Grove, WI 54655

Phone: 608-624-3735

E-mail: engelbros@yahoo.com

Website: www.driftlessorganics.com

We are excited to offer FOUR pick up sites in the Twin Cities area: St. Paul (Hamline University Area—Thursdays), Minnetonka (Ridgedale Mall Area—Fridays), Linden Hills (Washburn Ave.—Fridays) and Seward Area (35th Ave. S.—Fridays).

Josh and Noah Engel started their organic vegetable operation when they were 10 and 8 years old, respectively. Now 15 years later, they are entering their second CSA season.

Located in beautiful Star Valley, Wis., Driftless Organics farms 40 acres of Kickapoo Valley ground. We are certified organic and have been since 1994. In our day-to-day farming procedures, we strive to find a balance between sustainability and productivity without compromising organic integrity.

As a Driftless Organics CSA member you can expect to enjoy an affordable weekly (or every-other-week) 5/9-bushel box (approximately 10-20 pounds) of fresh, certified organic produce. And we're talking the kind of produce you really like to eat—like sweet corn, tomatoes, broccoli, sweet peppers, winter squash, sweet potatoes, strawberries and more. Added attractions include a weekly newsletter, recipes and coupons for discounted shiatsu massages at the Seward pick-up site. Our season is 19 weeks long, beginning the first weekend in June until mid-October.

By the end of the season, you will have the option of buying a larger box of storage vegetables like potatoes, winter squash, carrots and parsnips to keep you going through the winter months. New to this year, we are offering grass-fed beef! Check out our website!

La Finca

Charlie Kersey

P.O. Box 93

Bruno, MN 55712

218-372-8804

E-mail: lafinca@earthlink.net

Website: www.lafincacsa.com

La Finca is a diverse landscape of fields, forest and wetlands where we grow organic produce and cover crops, as well as raise free-range chickens in portable hoopouses. Our 17-week "Summer Share" includes over 50 certified organic veggies, fruits and herbs, which are delivered to our pick-up sites in St. Paul (three locations), South Minneapolis, Hopkins, Saint Louis Park, Arden Hills and Lake Elmo.

Our offerings are dynamic—what we grow is based on the feedback of CSA members and the results of trials with new crops. Salad mix, tomatoes, potatoes, sugar snap peas, broccoli, spinach and carrots are perennial favorites. You will also receive less familiar veggies such as parsnips, salad turnips, mache, radicchio, fennel and others. A newsletter with preparation tips, recipes and an update from the fields is included with your weekly share.

In addition to our Summer Share, we offer Fall, Winter and Chicken Shares. The Fall Share (October-November) contains the best of the fall crops with plenty of veggies that can be stored throughout the early winter. Our new Winter Share contains many of the favorite summer and fall vegetables as well as prepared foods such as soups and pasta sauces. Vegetables for the Winter Share are harvested and processed at their peak of freshness and frozen for delivery in December and January. All of our shares are delivered to the pick-up sites mentioned above.

Bring more organic vegetables and fruit to your table in 2008 by joining La Finca CSA!



Ironwood Farm

Ed & Kris Chew

657 1/2 Street

Prairie Farm, WI 54762

Phone: 715-455-2071

E-Mail: edjchew@yahoo.com

Ironwood Farm is a small CSA dedicated to bringing a variety of fresh, high-quality produce to farm members. The rolling Hay River Valley of western Wisconsin is home to the farm, located 75 miles northeast of the Twin Cities. Our season spans 18 weeks, mid-June to October, with shares made up of over 38 varieties of vegetables, with occasional fruit and flowers. Each week a newsletter accompanies the delivery, filled with recipes and news from the farm. All produce is grown using sustainable farming practices, without the use of synthetic fertilizers or pesticides.

Farm membership includes a commitment to participate in one harvest day at the farm. On harvest days, members help in the field, share lunch with the other members and farmers, then pack the shares and deliver them to their drop-off sites. Members are also invited to come enjoy special events held at the farm throughout the season.

Honey, eggs and soap are available for purchase at the farm. Soap shares are also offered as an option along with the vegetable shares.

We deliver to Amery, Wis., on Tuesday afternoons and to Hudson, St. Paul and Northeast Minneapolis on Thursday afternoons.

• *Apprenticeship/Employment Opportunities* •

Apprenticeship with room, board and stipend available.



Earth Dance Farm

Norm Gross & Laurie Nelsen

27842 141st Ave.

Spring Valley, MN 55975

info@earthdancefarm.net

Phone: 507-378-4252

Website: www.earthdancefarm.net

Earth Dance Farm is an 80-acre parcel in the rolling hills of southeast Minnesota's bluff country. We have 25 acres of tillable land, 20 acres of pasture/place and 35 acres of hardwoods with Bear Creek running through. Purchased in December of 2005, this culminated a nearly two-decade journey back to the land. In 2006 we planted strawberries, raspberries and apple trees, established our bee colonies and grew over 25 vegetables for our six families in St. Paul. Last season our CSA grew to 27 members who received 40 different herbs, vegetables and fruits. It was a wonderful season for us.

For the 2008 season, we offer 50 memberships in the St. Paul, Minneapolis and Rochester areas. Sweet potatoes, leeks, raspberries and parsnips will be a few of the new crops in the bushel boxes this year. A limited number of egg shares are also available. Our chickens are pastured and naturally fed.

Our season runs from mid-June through October with deliveries on Thursdays. We offer individual home deliveries and also have host family drop sites. We encourage members to visit the farm: work in the fields, walk the woods, or relax by the stream. We gather in the summer and again in the fall to celebrate the harvest, our lives and our relationships. Please contact us with any questions.

We are excited about offering the freshest, tastiest and cleanest produce that we can. Although we are not certified organic, we would never consider using any methods that were not chemical-free.

• *Apprenticeship/Employment Opportunities* •

Internship available with room, board and stipend.

Featherstone Fruits & Vegetables

Jack Hedin
30997 Zephyr Valley Lane
Rushford, MN 55971
Phone: 507-452-4244
E-mail: info@featherstonefarm.com
Website: www.featherstonefarm.com

Featherstone Fruits and Vegetables is located in the spectacular bluff country of Winona and Fillmore counties. In 2007, we produced 80 acres of MOSA certified organic produce for food co-ops and natural food stores from the Twin Cities to Chicago, and for a healthy 375-member CSA.

The season runs from May through the end of October—distributing Grande and Chica shares of fruits and vegetables in pre-packed boxes. Drop-off days and times may change from year-to-year; 2007 deliveries were on Wednesdays (Winona and Rochester) and on Thursdays and Saturdays (Minneapolis and St. Paul).

Members keep in touch with farm activities through a weekly newsletter, events and potlucks organized in member communities, and through farm visits, including a spring Strawberry Social (u-pick), Midsummer Salsa Workshop, and Fall Harvest Party. Featherstone has the unique opportunity to produce crops on tracts of farmland in the bluff country, in microclimates where they attain peak quality.

We offer an amazing array of more than 40 types of vegetables; including leaf lettuce, salad mix, heirloom tomatoes, asparagus, broccoli, onions, peppers, carrots, peas, beans, potatoes and sweet corn. We also provide strawberries, rhubarb, raspberries, cantaloupes, and watermelons. In addition, we supply the boxes with a variety of herbs; including basil, cilantro, parsley dill, oregano, tarragon, sage and thyme. **New for the 2008 CSA Program:** We intend to expand to 500 CSA shares as well as offer a winter share.

Hog's Back Farm

David & Melinda Van Eeckhout
W8937 Moritz Lane
Arkansaw, WI 54721
Phone: 612-756-0690
E-mail: david@hogsbackfarm.com
Website: www.hogsbackfarm.com

Join us for the 2008 season at Hog's Back Farm! Our farm is perched on a beautiful hilltop overlooking the Chippewa River Valley, between the towns of Plum City and Arkansaw. We are located about 65 miles southeast of St. Paul and practice sustainable farming methods, without the use of chemical herbicides, pesticides or fertilizers.

Our regular season share is chock full of over 40 different crops including lettuce, corn, carrots, beans, tomatoes, peas, squash, potatoes, garlic, broccoli, beets, onions, melons and more. Our main season runs for 18 weeks, from June to October. Our share comes in a large reusable crate which, depending on the time of year, contains from six to 26 pounds of produce. Your share also includes our informative newsletter that tells you what's in the box and what's going on at the farm.

We also offer our popular winter shares so you can extend the good eating later into the year. The winter share consists of five deliveries every other week from late October into December. The winter share overflows with cold-hardy crops like spinach, broccoli, cabbage and kale, as well as storage crops like carrots, potatoes, beets, squash, onions and garlic.

We deliver shares on Thursdays to pick-up sites in Minneapolis, St. Paul, St. Louis Park and Hudson. Please visit our website for a sign-up form, to read the past year's newsletters, or to contact us if you'd like to receive a brochure by mail.

• *Apprenticeship/Employment Opportunities* •
We also have internship opportunities available.

Harmony Valley Farm

Richard deWilde
S3442 Wire Hollow Rd.
Viroqua, WI 54665
Phone: 608-483-2143

E-mail: csa@harmonyvalleyfarm.com
Website: www.harmonyvalleyfarm.com

Established in 1985, Harmony Valley is one of Wisconsin's first certified organic farms. Since 1993, our CSA members have enjoyed a wide variety of produce including asparagus, ramps, strawberries, melons, sweet corn, tomatoes, our famous salad mix, and a fall bounty of root vegetables. With attentive care given to maintaining mineralized soils, we grow vegetables with superior nutritional value and taste! Choose a 30-week share (May-January), a 20-week peak season share (June-October), or choose the weeks that you receive a box with our flex plan! We also offer a popular fruit share full of outstanding fruit produced by organic growers from across North America; certified organic Angus beef delivered four times a season; certified organic, Fair Trade coffee, roasted locally the day before delivery; and new this year, an organic cheese share featuring a selection of high quality organic cow and sheep's milk cheeses produced by local dairy farms!

Every delivery includes a newsletter with reports from the farm plus recipes and tips from our farm chef. We offer several payment options and nine Twin Cities delivery sites including: Bloomington, Plymouth, Maple Grove, Linden Hills/Fulton, Lyn-Lake/King Field, Powderhorn/Corcoran, Northeast Minneapolis/Windom Park, Como Park and Rosemount.

Members are welcome to join us for lunch and a day at the farm anytime during the season. Our meadow is always available for overnight camping and we have several member events each season including a strawberry picking day, a summer barn dance and our fall harvest party potluck.

Footjoy Farm

Chad M. Forsberg
5512 Canine Road
Sparta, WI 54656
Phone: 608-272-3821

Footjoy Farm is located between Black River Falls and Sparta, Wis. We grow a wide variety of heirloom vegetables. Our shares run about 20 weeks starting in June. In the springtime the boxes will be smaller. As the season progresses, the shares will gain weight and size. Springtime brings early season vegetables: a variety of greens, green garlic, peas, radishes, rhubarb, broccoli and broccoli raab, to name a few.

Summertime leads into the beans, zucchini, beets, carrots, cucumbers, melons, garlic, onions, shallots, potatoes, herbs and heirloom tomatoes. And so it goes through the fall. During the course of the season members may find miscellaneous treats and goodies in their boxes from time to time.

Footjoy Farm, in addition to the CSA, grows food for many fine restaurants in the Twin Cities. We grow an abundance of tomatoes and when the season is on we invite members to come down to the farm and participate in canning projects. When the season allows for abundance we can provide extra quantities for the members to freeze or can in their own homes also.

• *Apprenticeship/Employment Opportunities* •

Footjoy Farm will be accepting inquiries and applications for farm intern positions in the 2008 season.



Foxtail Farm

Paul & Chris Burkhouse

124 – 280th Street

Osceola, WI 54020

Phone: 715-294-1762

E-mail: foxtailcsa@yahoo.com

At Foxtail Farm our goal is to promote a sane, local food system by providing our members with the freshest, healthiest produce possible at a price that is fair for the farmer and economical for the consumer. We continue to use only chemical-free methods and use no chemical fertilizers or pesticides. We are not currently certified organic.

Foxtail Farm is located in the St. Croix River Valley south of Osceola, Wis., about 50 minutes northeast of the Twin Cities. For the 2008 growing season we have over 280 memberships available. Weekly shares include seven to 12 different vegetables and weigh 15-30 pounds depending on the season. We are heavy on the basics like Genovese basil, Super Sweet corn, Yukon Gold potatoes, tomatoes and salad greens. In addition, we include a little of the unusual. A weekly newsletter with recipes and farm news is also included. We also host a kids' day and an annual fall harvest festival.

Boxes are delivered on Thursday afternoons directly to your home or workplace in the northeast metro area, including much of St. Paul, Minneapolis and the St. Croix Valley towns of Taylors Falls, Osceola, Marine on St. Croix and Stillwater. A reduced price is charged if multiple boxes are dropped at a single location or if the shares are picked up at the farm. Our season runs from mid-June through mid-October and has averaged 19 weeks. Half shares are not available. A limited number of partial work-share memberships will be available. Payment plans can be arranged.

• *Apprenticeship/Employment Opportunities* •

Internships with room, board and stipend available.

Inquire early!

Gullywash Gardens

Barbara Pumper & Roy Peterson

27404 Scenic Byway Road

Belle Plaine, MN 56011

Phone: 952-873-2534

E-mail: Gullygardens@aol.com

Gullywash Gardens offers shares of vegetables and specialty cut flowers to the southwestern metro area. We farm utilizing sustainable and natural practices, without using chemical fertilizers, herbicides or pesticides. Our emphasis is on soil health which in turn nurtures us. Our farm is located in hill country, bordered with gullies overlooking the Minnesota River Valley and is just outside Belle Plaine, Minn.

Starting out the vegetable season with fresh salad greens and herbs, we add all the mid-season favorites of green beans, tomatoes, cucumbers, sweet peppers and more, and close the season with winter storage crops such as fall squash, potatoes, carrots and onions.

Our vegetable gardens are interspersed with flower beds and we also offer beautiful bouquets of specialty cut annual and perennial flowers. Our floral arrangements are created in shades of lovely pastels, hot dazzlers and autumnal tones. Some favorite flowers which we include are: bachelor buttons, lilies, snapdragons, delphinium, sunflowers, zinnias, ageratum and many more. Enjoy a beautiful pesticide-free bouquet each week to grace your home or office.

Our season will run for around 16 weeks, with shares beginning in early to mid-June. Vegetable shares average a half-bushel. Floral shares are a generous bouquet. Drop-off sites are Lakewinds Co-op (Chanhassen), St. Peter Co-op (St. Peter), Cedar Summit Dairy Farm (New Prague) and on-farm pick-up in Belle Plaine.

Gullywash Gardens is committed to environmentally sound farming practices, social responsibility and a sustainable food system.

Gale Woods Farm

7210 County Road 110 West

Minnetrista, MN 55364

Phone: 763-694-2001

E-mail: mhochstetler@threeriversparkdistrict.org

Website: www.galewoodsfarm.com

Gale Woods Farm is owned and managed by Three Rivers Park District and is located 25 miles west of Minneapolis in Minnetrista. It is a 410-acre park with the mission of demonstrating small-scale, productive, contemporary, sustainable agriculture and offering farming-related educational opportunities to school groups and the general public. The park includes gardens and orchards, an educational barn, beef cattle and sheep managed primarily on pasture, chickens, several miles of hiking trails and canoeing and fishing on Whaletail Lake.

The CSA operation at Gale Woods is unique because it involves teenage youth from the nearby suburbs and the cities in growing produce for the shares. In addition to learning about sustainable agriculture, they are given leadership training opportunities and are inspired to create positive change in their home communities. Produce is also provided to needy families through the Mound West-Tonka foodshelf. Shareholders are encouraged to get involved with the farm for events such as maple syruping, lambing and calving in the spring, and assisting the youth farmers on workdays. The produce season runs from mid-June to early October. There are also egg and meat shares available. Shares are picked up at the farm.



Fresh Earth Farms

Chris & Susan James

6455 Oakgreen Avenue South

Denmark Township, MN 55033

Phone: 651-436-2778

E-mail: FreshEarthFarms@earthlink.net

Website: www.FreshEarthFarms.com

Fresh Earth Farms—keeping local food local! We grow food close to our customers. Our farm is located just south of Afton—20 minutes from downtown St. Paul and just minutes from your table!

We utilize natural methods to grow healthy, nutritious, deliciously fresh fruits, vegetables and herbs. We use no synthetic chemicals; we nurture the soil and let nature do the rest. Unlike a traditional CSA, we provide a flexible approach that allows for families of all sizes—as well as small restaurants—to become members. We accomplish this by selling shares by household size. Single households buy one share. Couples buy two. A family of four gets four shares.

Our produce selection each year is both traditional and unusual. On the one hand we provide food that is familiar and comfortable for most families. On the other hand, we also experiment with the unusual; we grow varieties that aren't generally available in local stores or that are not typically grown here in Minnesota. At Fresh Earth Farms you will find more than 20 varieties of tomatoes, seven varieties of potatoes and 10 varieties of garlic. Typically we grow over 150 different fruits, vegetables and herbs. Be adventurous and try something new!

In addition to our delicious vegetables, we also provide certified organic fruit; Fair Trade, certified organic coffee; grass-fed cheese, beef, pork and chicken.

Join Fresh Earth Farms today! Homegrown freshness, without getting dirty!

A Quick CSA Guide

- BC Gardens*, Belgrade, MN; 320-254-8820; 888-884-9766
- Big River Foods Cooperative (May Farm)*, Marine on St. Croix, MN; 651-433-3676
- Big Woods Farm*, Nerstrand, MN; 507-334-3335
- Blackberry Community Farm*, Wheeler, WI; 715-658-1042
- Burning River Farm*, Frederic, WI; 715-653-2245
- Common Harvest Farm*, Osceola, WI; 715-294-2831
- Community Homestead*, Osceola, WI; 715-294-3038
- Cramer Organics*, Delano, MN; 763-972-6647
- Crazy Daisy*, Hamel, MN; 763-478-6147
- Culinary Delights Farm*, Big Lake, MN; 763-263-8503
- Driftless Organics*, Soldiers Grove, WI; 608-624-3735
- Earth Dance Farm*, Spring Valley, MN; 507-378-4252
- Featherstone Fruits & Vegetables*, Rushford, MN; 507-452-4244
- Footjoy Farm*, Sparta, WI; 608-272-3821
- Foxtail Farm*, Osceola, WI; 715-294-1762
- Fresh Earth Farms*, Denmark Township, MN; 651-436-2778
- Gale Woods Farm*, Minnetrista, MN; 763-694-2001
- Gullywash Gardens*, Belle Plaine, MN; 952-873-2534
- Harmony Valley Farm*, Viroqua, WI; 608-483-2143
- Hog's Back Farm*, St. Paul, MN; 612-756-0690

A Quick CSA Guide

- Ironwood Farm*, Prairie Farm, WI; 715-455-2071
- La Finca*, Bruno, MN; 218-372-8804
- Nitty Gritty Dirt Farm*, Harris, MN; 651-226-1186; 651-674-6065
- North Creek Community Farm*, Prairie Farm, WI; 715-455-1569
- Philadelphia Community Farm*, Osceola, WI; 715-294-4048; 715-294-1689
- Piney Hill Farm*, Glenwood City, WI; 715-265-4516
- Ploughshare Farm*, Parkers Prairie, MN; 218-267-5117
- Riverbend Farm*, Delano, MN; 763-972-3295
- Rock Spring Farm*, Spring Grove, MN; 563-735-5613
- Spring Hill Community Farm*, Prairie Farm, WI; 715-455-1319
- Sylvan Hills Farm*, Menomonie, WI; 715-235-1695
- Webster Farm Organics*, Foreston, MN; 320-983-2289
- Women's Environmental Institute CSA*, North Branch, MN; 651-583-0705



Locating the Farms

To view a map showing the locations and drop sites of CSA farms, see www.mapbuilder.net/UserMapFrame.php?UserName=cstoneburner&Map=Minnesota+Area+CSAs.