

CSA

Farm Directory

2014



**2014 Edition of the Twin Cities,
Minnesota & Western Wisconsin Region
Community Supported Agriculture
(CSA) Farm Directory**



This Land Stewardship Project publication
is also available at:
www.landstewardshipproject.org/stewardshipfood/csa

Updated: Feb. 1, 2014

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.

The farms listed in this directory have paid a fee to the Land Stewardship Project to be included. The Land Stewardship Project is not a certification agency for Community Supported Agriculture farms and does not guarantee customer satisfaction.

Please keep in mind that while membership in a CSA farm means sharing in the bounty of the season, it also means sharing in the risks. At times, raising food in the Upper Midwest can be made quite challenging by inclement weather, pest infestations and other factors beyond the farmers' control. We encourage you to contact the farms directly and ask questions to determine what best fits with your needs, lifestyle and schedule. We recommend reading the "Selecting a CSA Farm" (this page) and "Questions to Ask a CSA Farmer" (page 2) guides before beginning a search for a CSA operation that fits your needs best.

Good luck as you take that first step into an exciting sector of our food system!

Selecting a CSA Farm

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 refer to 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 to the pick-up site or the farm 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. Most farms deliver shares to a common pick-up site, but a few will deliver your share to your door, while others require you to pick up your share at the farm or help with deliveries.
- **Length of Season/Number of Deliveries:** The length of season and number of deliveries varies 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:** Most 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; most farms encourage you to become involved. Some farms plan seasonal festivals or special 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 VIDEO: Ever wonder what it's like to belong to a CSA farm? Check out a three-minute video by Larry Schmidt and Katy Podolinsky, *Community Supported Agriculture: What to expect when you join a farm*, at www.landstewardshipproject.org/stewardshipfood/csa.

Questions to Ask a CSA Farmer

As the number of CSA farms has grown in the region over the years, eaters interested in knowing the faces behind their food have been offered more choices than ever. However, increased choice can bring with it some challenges. How do you choose the farm that best fits your needs and is most likely to provide a satisfying experience?

Below are a few questions that should be asked of any farmer you are considering entering into a CSA relationship with. Potential CSA members should not be shy about asking such questions — and a good CSA farmer should be forthcoming with answers. After all, this is about creating a trusting relationship built on good food, good stewardship and good friendships.

- How many years have you been farming?
- How many seasons have you been doing a CSA?
- Have you ever worked or trained on another CSA farm?
- What vegetables do you plan to provide to shareholders?
- What is the size of a share? Do you offer half shares?
- What is your system for storing and transporting the produce once it is harvested?
- At the drop-off locations, is the produce left in a sheltered area?
- How do you view the CSA notion of shared risk/shared bounty?
- Are farm members welcome on the farm, and what community events are held?
- Is there a farm work requirement?

2014 CSA Directory editing & layout: Ben DeVore



*Inside art for this directory
by Jennifer Clough*



*Cover art for this directory
by Nora Wildgen*



*Back cover art for this directory
by Alexandra Breyer*

CSA Farms Delivering to the Twin Cities
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CSA Farms Delivering to the Twin Cities

• **Amador Hill Farm & Orchard**
at the Women's Environmental Institute
P.O. Box 128, North Branch, MN 55056
15715 River Road, 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 environmental and agricultural justice organization. Our farm and farm campus are located at Amador Hill Farm and Orchard, 65 miles north of the Twin Cities. As the Growing Power Regional Outreach Training Center for Minnesota, WEI is committed to teaching and promoting organic and sustainable agriculture in relationship to environmental and social justice. When you purchase a CSA share, it helps us support this work.

WEI provides a weekly delivery of certified organic produce to our members for 18 weeks. Each box contains seasonal vegetables, herbs, and sometimes fruit. Our autumn season boxes, starting in late August, will contain a variety of certified organic apples from our orchard. CSA Members are encouraged to visit and participate in our farm.

Our delivery day is Thursday for east-central Minnesota or Fridays in the Twin Cities metro area. We have several private corporate drop sites in the metro. CSA members may also add bread and cookie shares from Red Door Bakery in Chisago City. WEI accepts e-checks or credit/debit card orders online. WEI is a proud participant with Harvest for the Hungry's program.

• **Apprenticeship/Employment Opportunities** •
Internships available that include room and an hourly wage.
For more information or to apply, visit our website.

• **Avodah Farm**
Martha & Geoffrey Black
N3729 McGrath Lane
Pepin, WI 54759
Phone: 715-307-8662
E-mail: avodahfarm@gmail.com
Website: www.avodahfarm.net

Avodah Farm (pronounced AH-vo-DAH) is a small family farm in Pepin County, Wis., about 80 miles from Saint Paul. Avodah is a Hebrew word whose meaning encompasses labor, worship, and service. Through the work of farming, we seek to live out the Jewish principle of Tikkun Olam, Repairing the World—by rebuilding our topsoil, our local economy, and the connections between city and country. We use no synthetic chemicals, ensuring our produce is safe for you and the environment.

Members will enjoy bountiful $\frac{3}{4}$ bushel boxes of garden-fresh vegetables and herbs, delivered on Wednesdays to four **pickup sites:**

1) Minneapolis (Longfellow neighborhood); 2) Saint Paul (Mississippi Market on West 7th); 3) St. Louis Park (41st block of Wooddale Ave. S.); and 4) Mendota Heights (off Lexington just north of Hwy 110).

Wisconsin locals can pick up at the farm. We offer three **subscription plans:** 1) Regular Subscriptions (18 weeks, June–October, can be shared between two households); 2) Alternate Weeks Subscriptions (eight deliveries, every other week); and 3) Traveler's Choice Subscriptions (you choose how many deliveries to receive and which weeks of our season to receive them).

We try to provide a reliable supply of basic seasonal staples, while also bringing novelty and variety to our members' diets. To accomplish this, we grow around 150 varieties of about 50 crops. Each box typically contains 8–12 different items. Members also receive a weekly e-mail newsletter with recipes, storage tips, and farm news, as well as the opportunity to enjoy family-friendly seasonal celebrations on the farm.

CSA Farms Delivering to the Twin Cities

• **Axdahl's Garden Farm & Greenhouse**
Brian & Leslie Axdahl
7452 Manning Avenue North
Stillwater, MN 55082
Phone: 651-439-3134
E-mail: info@axdahlfarms.com
Website: www.axdahlfarms.com

Axdahl's Garden Farm and Greenhouse, a family owned and operated farm, is situated along the St. Croix River in Stillwater, Minn. We practice sustainable farming, are certified by Food Alliance Midwest, members of the Land Stewardship Project and highly involved with the NRCS' Conservation Stewardship Program.

We strive to protect the land and the bounty it provides. Our reward is soil rich in natural nutrients that provide mouth-watering produce. We are experienced growers and have been providing safe, pesticide-free produce to local distributors, restaurants, grocery stores and the local community for over 30 years.

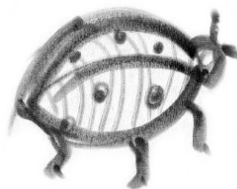
18-20 weekly shares will begin in mid-June with fresh herbs and lettuces and other greenhouse/high tunnel grown produce. Summer veggies include snap peas, sweet corn, green and wax beans, zucchini and yellow squash, cucumbers, tomatoes, sweet and hot peppers and more. Fall brings pumpkins, winter squash, Brussels sprouts and more.

Weekly pick up locations will be available at our farm market in Stillwater, at the River Market Co-op in Stillwater, Bread Art in Bayport, Lake Elmo Inn, Fresh and Natural Foods in Hudson and at select centralized locations in the Twin Cities for groups of 20 members or more by request.

For our CSA members, we will provide a membership card which offers a 15 percent discount for full share members and a 10 percent discount for half share members on any regular priced product that we have at farm market in Stillwater, April-December.

• **The Backyard Grocery, LLC**
Sara Morrison
N7375 910th Street
River Falls, WI 54022
Phone: 651-983-1300
E-mail: thebackyardgrocery@gmail.com
Website: www.thebackyardgrocery.com

Specializing in heirloom and unique vegetables, we offer several share sizes perfect for any family. A fun CSA where you can expect something unexpected in every box! Looking for larger quantities for canning or freezing? We can accommodate those needs as well. Not interested in canning yourself? Check out the canning share and have handmade canned goods delivered to you! Grown with care and free of synthetic chemicals, we are proud to offer you the best of the harvest each week!



CSA Farms Delivering to the Twin Cities

Bakers' Acres Farm

Lisa Baker

36861 Co. Rd. 9

Avon, MN 56310

Phone: 320-309-0746

E-mail: info@bakersacresfarm.com

Website: www.bakersacresfarm.com



We're happy to hear we're meeting our customers' needs! We provide super fresh, staple fruits and vegetables like green beans you know how to cook, and we don't give loads of unusual foods — just a few to keep things interesting. We will continue to provide useful, delicious CSA boxes, and in this 4th year, we're expanding to offer 50 shares. Bakers' Acres is a 15-acre family farm in Avon, Minn., in organic transition. We offer 2 CSA share sizes of fruits, vegetables and herbs for 18 weeks, as well as eggs from pasture-raised hens fed organic feed, free-range chicken, and grass-fed beef. Our success stems from irrigation on every field, a food safety plan, hoop house, brand-new wash-and-pack room in the barn, walk-in cooler, and our sincere reverence of the land. We avoid using antibiotics, synthetic hormones or fertilizers, toxic pesticides, and GMO seed and feed.

Share Sizes (1/2 bushel box): Small (every-other-week) and Large (every week). These are based on customer preferences; if you want a larger box (e.g., 3/4 bushel), we can accommodate!

Pick-up Locations & Delivery Days:

- Tuesdays in Monticello and the Twin Cities (Northeast, Uptown, South and St. Paul).
- Thursdays in St. Cloud, Sartell, St. Joe, Cold Spring, Avon, Albany and Melrose.
- We can add a drop site on our delivery route for 5 or more customers.

On-Farm Activities: We welcome CSA members to help with harvest and attend events! To place an online order or for more information, visit www.bakersacresfarm.com.

• Big River Farms

Minnesota Food Association

14220 B Ostlund Trail North

Marine on St. Croix, MN 55047

Phone: 651-433-3676

Website: www.mnfoodassociation.org



We're on a mission! Big River Farms is a program of the Minnesota Food Association, a nonprofit organization working to make Minnesota's food system more sustainable. One way we are doing this is by training immigrant and aspiring farmers. The farmers-in-training tend their own "mini-farms" at our farm site, and their produce is pooled together to bring you the freshest produce the St. Croix Valley has to offer!

Our 18-week season runs mid-June through mid-October. Your membership gets you a weekly box of the season's finest, delivered to neighborhood sites across the greater metro area.

The veggies we pack into your box each week will vary with the rhythms of the growing season. This means that in the early boxes you might see snap peas, broccoli, scallions and greens (among others). The heat of the summer will bring along garden favorites like tomatoes, peppers, eggplants, potatoes, summer squash and more. As we wind into fall, look for different varieties of winter squash, lots of roots and greens.

We also participate in a program called Harvest for the Hungry, which works with regional farms to get fresh produce into local food pantries. Donations are matched 100 percent, and the money is used to purchase food from our farmers-in-training for the food pantries. Donations to either MFA or Harvest for the Hungry can always be added onto share prices. Please call or visit www.mnfoodassociation.org for more on farm tours, CSA share details/sign-up, and MFA workshops/events.

CSA Farms Delivering to the Twin Cities

• Big Woods Farm

Laurie & David Hougen-Eitzman

10752 Nerstrand Blvd.

Nerstrand, MN 55053

Phone: 507-334-3335

E-mail: farmers@bigwoodsfarmcsa.com

Website: www.bigwoodsfarmcsa.com



Big Woods Farm is located near Nerstrand, Minn., an hour's drive south of the Twin Cities and adjacent to Big Woods State Park. We are busily planning our 22nd season as a Community-Supported Agriculture farm, producing delicious, freshly picked produce for our members.

A full share includes weekly distributions of seasonal produce, typically beginning in mid- to late-June, at **four locations**: the farm on Mondays, at Just Food Co-op in Northfield on Mondays or Thursdays, at Valley Natural Foods in Burnsville on Thursdays and in South Minneapolis near Lake Nokomis on Thursdays. A share is geared toward a household of 3-4 vegetable fans. Please see our website for up-to-date information about the 2014 season.

Our produce is grown under the premise that if we farm in a way that nurtures the soil then the soil will produce vegetables that nurture all of us. A healthy soil grows healthy food and sustains a myriad of life. We use no synthetic herbicides, pesticides or fertilizers.

We welcome members to two on-farm festivals each season: a height-of-the-summer garlic and vegetable cook-out, and a fall pumpkin and squash Harvest Day 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.

• Blackberry Community Farm

Tim, Karen, Jacob, Jewell & Joy Hermann

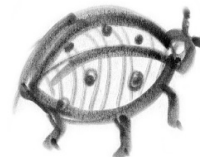
County Road S

Box 136 Wheeler, WI 54772

Phone: 715-658-1042

E-mail: blackberry@mosaictelecom.net

Website: www.mosaictelecom.com/~blackberry



Blackberry Community Farm is located 20 miles north of Menomonie, Wis. Our family/community farm is a 30-acre homestead surrounded by woods. It consists of an orchard, herb and vegetable gardens, honeybee yard, berry patches, and sugar bush. This is our 24th season of sustainable farming and 19th season as a CSA farm. We will deliver more than 40 kinds of seasonal, chemical-free vegetables, herbs and fruits (strawberries, currants, raspberries, melons and apples). We offer deluxe and half shares.

DELUXE SHARE: 3/4 bushel box of vegetables, fruits, herbs & some specialty items delivered for 20 weeks (mid-June through October). HALF SHARE: same as above but for 10 weeks of your choice.

Tuesday pick-up sites:

1) Proechel's, 782 Holly Ave., St. Paul; 2) Patagonia, 1648 Grand Ave., St. Paul; 3) Seward Co-op, 2823 East Franklin, Minneapolis; 4) Eastside Co-op, 2551 Central Ave., NE Minneapolis; 5) Ecopolitan, 2409 Lyndale Ave., Minneapolis; 6) Lucia's to Go, 1432 West 31st St., Minneapolis; 7) Living Word Lutheran Church, 4300 Nicols Rd., Eagan; and in Wisconsin; 8) Farm; 9) Menomonie Market Food Co-op; 10) and Eau Claire, Wis.

Members are welcome to visit or volunteer; there will be a summer and fall farm festival. Our farm practices are all sustainable, without harmful chemicals. Give yourself a season of great local food; you are worth it! We are looking forward to being your farmer.

• Apprenticeship/Employment Opportunities •

We provide education/training in CSA farm work, private housing, some vegetarian meals plus garden produce, and a stipend.

CSA Farms Delivering to the Twin Cities

• **Blackbrook Farm, LLC**
James Dodge & Ayla Graden
827 15th St.
Clayton, WI 54004
Phone: 828-702-0444
E-mail: blackbrook.farm.llc@gmail.com
Website: www.blackbrookfarmstead.com



We are a small, Certified Naturally Grown, family farm located in Clayton, Wis., about 70 miles northeast of the Twin Cities. On our 40-acre farmstead, we grow about 10 acres of vegetables, herbs and fruit for our 150 member CSA, farmers' markets and wholesale.

We also offer egg shares to members and pork shares in the fall. As sustainable farmers, we strive to continuously improve our soil structure and increase the available nutrients in order for our produce to be as healthy and nutritious as possible.

Our practices include using cover crops, green manures, crop rotation and animal manures. We never use any chemical fertilizers or pesticides. For the 2014 season we are offering full and small share boxes to our CSA. Our boxes are packed full for our season starting in mid-June and running through mid-October.

We grow over 60 crops that include everything from tomatoes and potatoes and fresh herbs to carrots, spinach, broccoli and sweet corn.

We deliver our CSA boxes on Thursdays to the Twin Cities and surrounding areas and also offer on-farm pick-up. With your box of fresh produce you will also receive a weekly newsletter with updates from the farm, pictures, recipes and the contents of the box. For more information on our farm and for weekly pictures of our boxes and newsletters from previous years, please visit our website at: www.blackbrookfarmstead.com.

• **Blue Roof Organics**
Sean R. Albiston
14611 Manning Tr. N.
Stillwater, MN 55082
Phone: 651-491-1014
E-mail: albiston.sean@gmail.com



B.R.O. is growing again! The kids are bigger and can now help.

Please e-mail albiston.sean@gmail.com with any questions.

I have over 15 years of intensive diversified vegetable, herb and flower production experience. I'm well versed in the NOP and what it means to us.

Anyone willing to bike to the farm for share pickups gets a "magical" prize (prize not actually magical). Let me know if you're interested in the possibility of a work-for-share arrangement of some sort.



CSA Farms Delivering to the Twin Cities

• Broadfork Farm

Kelli Tennyson & Tim Sutton

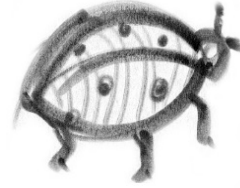
1924 Vale Ave., Stewart, MN 55385

Phone: 612-799-6692

E-mail: broadforkfarmer@gmail.com

Website: www.broadforkfarm.org

Facebook: www.facebook.com/broadforkfarmMN



Certified Bee-Friendly Farm! Broadfork Farm is certified through Partners for Sustainable Pollination for our farming practices and land conservation efforts that provide continual forage and habitat for native pollinators such as wild bees. Committed to biodiversity and sustainability, we are a small-scale, family farm that believes nature plays an important role on our farm and our farming practices reflect that. No chemicals or pesticides are ever used. We maintain fields of buckwheat, clover, perennial grasses and native flowers to encourage bees and other beneficial insects. Without native pollinators we wouldn't have the tasty nutritious food we all enjoy and rely on.

We grow a diverse array of vegetables and fruit, including many heirloom varieties. Our CSA runs 18 weeks and consists of two share options: a full share (3/4 bushel box every week) or a half share (3/4 bushel box every other week.) We offer pick up locations throughout the Twin Cities, home delivery options and on-farm pickup.

In addition to our CSA we raise heritage breed Berkshire pigs and grass-fed lamb. We believe in giving our livestock the healthiest, happiest life possible. Allowing them to express their natural behaviors of rooting around on our fields/woodlands and grazing our lush pastures. We take great pride in the animals we raise and hope that translates to customers who equally value food raised with dignity and respect.

To join our CSA and become a farm member visit our website at: www.broadforkfarm.org.

• Burning River Farm

Michael Noreen

1125 Clam Falls Drive

Frederic, WI 54837

Phone: 715-653-2245

E-mail: farmer@burningriverfarm.com

Website: www.burningriverfarm.com



Burning River Farm is located in beautiful western Wisconsin. Our goal is to grow the best tasting food you've ever eaten and to play an active role in strengthening the local, sustainable food system. We are Certified Naturally Grown (applying for organic certification for 2014), using only natural methods to grow soils and food. We grow 40+ kinds and 100+ varieties of vegetable favorites to provide our members with amazing flavor and a great value. You'll enjoy crisp lettuce, tender greens, tomatoes, fresh sweet corn, winter squash, fresh herbs and much, much more.

We have 200+ memberships available for the 2014 season, averaging 18 weeks from early June until mid-October. Deliveries are made every Thursday to drop sites throughout the Twin Cities and metro area. We have three box sizes. The 3/4 bushel family share is ideal for two veggie-loving adults or a family of four, and the 5/9 single share is ideal for one to three people. Our Mini "Salad" Share, ideal for one to two light eaters, is heavy on greens and salad. Deliveries include a newsletter with stories from the field and a rundown of the week's offerings and recipes.

In addition to recipes we provide, we are also teamed up with Local Thyme CSA recipe service. You'll have free access to the Local Thyme website, full of hundreds of delicious recipes.

• Apprenticeship/Employment Opportunities •

Available with nice affordable housing, veggies, valuable on-the-job training, hourly wage and year-end bonus. Inquire early!

CSA Farms Delivering to the Twin Cities

• Buttermilk Falls CSA

Carter Beck

579 280th Street

Osceola, WI 54020

Phone: 612-567-7551

E-mail: csa@buttermilkcsa.com

Website: www.buttermilkcsa.com



Buttermilk Falls CSA is a 200-member CSA farm nestled among the forests and prairie lands of the beautiful St. Croix River Valley, 30 miles from the Twin Cities. Yes, we really do have a waterfall. Member families enjoy festivals and gatherings, hikes along the river and exploring the hidden spring and historic limekilns. Our gardens have been producing CSA shares for more than 25 years without the help of chemical fertilizers, herbicides or pesticides.

A CSA share from Buttermilk Falls CSA is a tasteful assortment of seasonal vegetables and berries, herbs and flowers from our own market gardens. Each week's share box will contain 7 to 10 kinds of produce and will weigh 10 to 15 pounds or more (usually enough to share with friends). Shares will begin around June 15th and will continue for 18 weeks.

At Buttermilk Falls CSA we're working hard to create a superior CSA experience.

We provide home delivery to families in the St. Croix Valley, Minneapolis, St. Paul and surrounding communities at a reasonable fee. No fly list: Let us know which vegetables just won't fly with your family and we will substitute other selections.

Two free vacation weeks: Take up to two weeks off and we will add those boxes at the end of the season.

Get Involved Right Away! Your prompt purchase of a CSA Share from Buttermilk Falls CSA allows us to invest in seeds, equipment and materials now when we need them most.

• Common Harvest Farm

Dan Guenther & Margaret Pennings

212 - 280th Street

Osceola, WI 54020

Phone: 715-294-2831

E-mail: commonharvestfarm@gmail.com

Website: www.commonharvestfarm.com



2014 marks our 25th season as a CSA. 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. We are located six miles south of Osceola, Wis., along the bluffs of the St. Croix River (approximately 50 miles from Minneapolis and St. Paul). As a farm community, we continue to look for ways to nourish ourselves both physically and spiritually through working with nature.

We grow 40+ different vegetables and herbs with an emphasis on the traditional favorites of green beans, potatoes, tomatoes, onions and carrots. We typically deliver for a 19-week season, beginning the middle of June and ending in mid-October. In addition to our regular vegetable share, we offer a fruit share and an extended season share with deliveries in November and December.

We have drop-sites in 14 Twin Cities locations, including Minnetonka, St. Louis Park, Golden Valley, South Minneapolis, the Seward and Longfellow Neighborhoods, and the Merriam Park and St. Anthony Neighborhoods of St. Paul. We have a fall gathering each year. 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.

CSA Farms Delivering to the Twin Cities

• **Community Homestead**

Christine Elmquist

501 280th Street, Osceola, WI 54020

Phone: 715-294-3038

E-mail: garden@communityhomestead.org

Website: www.communityhomestead.org



Sustaining land and people since 1995. We are a MOSA-certified organic CSA farm, garden and orchard, providing high quality vegetables and herbs, as well as therapeutic, social and vocational opportunities for our developmentally challenged residents. All proceeds directly sustain this nonprofit intentional community of 6 households.

Several options are available. Twenty weekly boxes are delivered from June–October. Boxes come in three sizes: “family,” “couple,” and “single.” Winter shares are also available (4 deliveries every-other-week, November–December) as well as options including bread, cookies, pickles, jam and fruit, and separate meat shares. Everything is grown, baked or picked right here on the farm by teams of people with diverse abilities.

Deliveries are made to 12 sites in the Twin Cities metro area—Minneapolis, St. Paul, Maplewood, Shoreview, Vadnais Heights, Stillwater, and Osceola. No work or driving required. We love visitors and you are welcome to come to our organic dairy farm, gardens, and community. Several festive events are planned throughout the year.

Community Homestead is a lively community of about 40 people. Families live together with adults with developmental challenges. Rhythm, reliability and self-esteem are stressed in all our activities. 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 year, and summer volunteer internships available.

• **Country Taste Farm**

Nancy & Peter Clay

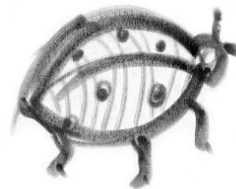
36463 Blackfoot St. NW

Cambridge, MN 55008

Phone: 763-689-5727

E-mail: Info@countrytastefarm.com

Website: www.countrytastefarm.com



Country Taste Farm is a small CSA farm serving central Minnesota. The fruits and vegetables we grow express our most basic values: to **provide naturally grown, nutrient-rich, exceptionally tasty, environmentally-friendly foods**. Country Taste Farm uses IPM practices (Integrated Pest Management).

Our fresh produce is grown outside in fields and inside high tunnels. Most produce is grown using plastic mulch for weed protection and drip irrigation. We have 3 high tunnels (totaling 6,360 square feet), each with drip irrigation; high tunnels protect the plants from frost, hail and cool weather to give a longer growing season with a controlled environment. We use only organic labeled insect and disease sprays to protect plants from bugs and disease. We are working to balance the biology in our soil with chemical-free methods to produce our fruits and vegetables; at this time we supplement the soil with some fertilizer. We have over 5 acres under cultivation. 2014 CSA membership include 16-18 weeks from mid-June to mid-October, choice of 3 sizes: Full Peck, ½ Bushel, and 1 1/9 Bushel.

Farm Pickup Tuesday & Thursday 4 p.m. - 7 p.m.

Deliveries: Cambridge to Blaine, Tues. 12 p.m.-2 p.m. (Hwy. 95-Hwy. 10); Dalbo/St. Francis to Anoka, Thursday 12 p.m.-2 p.m. (Hwy. 95-Hwy. 10); Farm Market Fridays 10 a.m.-2 p.m.

Some of the fruits and vegetables we provide include: apples, asparagus, beets, broccoli, cabbage, cauliflower, carrots, cucumbers, green beans, garlic, herbs, lettuce, melons, onions, pea pods, peppers, potatoes, pumpkins, radishes, raspberries, rutabagas, spinach, strawberries, sweet corn, squash, tomatoes and zucchini.

CSA Farms Delivering to the Twin Cities

• Crazy Boy Farm

Proeun & Amy Doeun
53100 Fairfield Avenue
Rush City, MN 55069
Phone: 651-270-3658
or 320-358-3695

E-mail: crazyboyfarm@yahoo.com

Website: <http://www.crazyboyfarm.com>



We are a small, local, family-operated farm. We began as a young professional couple in St. Paul, but as our children arrived we wanted to move from an urban setting back to the land. Both of us have farming in our backgrounds. Amy comes from “good, hardy farm stock” of western Minnesota. Proeun was born in the jungles of Cambodia where his parents literally lived off the land. It is an interesting story how we came together to create a family, farm, and way of life we love.

We are in a sustainable transition as we grow heirloom vegetables for our CSA market. We will be certified organic in July of 2014. We are working to continually expand our offerings to meet our customers’ needs. Our season begins in late June and runs for 16 weeks until mid-October.

Each week we provide you with a box of the freshest, in-season produce. We vary the offerings weekly and include items you are familiar with, as well as interesting and exciting heirloom varieties, including Asian heirloom vegetables. Mondays and Thursdays are delivery days.

On Mondays, we offer pick-up on the Eastside of St. Paul (35E and Maryland), St. Paul Midway (near Cleveland and University), Shoreview and Roseville/Falcon Heights, North Minneapolis (Up Café), and Mendota Heights. On Thursdays, we offer farm pick-up (53100 Fairfield Ave, Rush City, Minn.), pick-up in Cambridge, Lino Lakes, Minneapolis and Bloomington. (Other drop-sites upon request.) We offer full-time, part-time (full boxes every-other-week), and peak season (mid-July to mid-September) shares.

• Driftless Organics

Mike Lind, Josh & Noah Engel
50561 County Road B
Soldiers Grove, WI 54655
Phone: 608-624-3735

E-mail: csainfo@driftlessorganics.com

Website: www.driftlessorganics.com



In 1993, at the sprightly ages of 11 and 9 years old, we — Josh and Noah Engel — had a vision of building a sustainable AND successful organic farm, renowned for producing high-quality goods. With the help of Mike Lind and our dedicated crew, we are well on our way to achieving that goal.

Join us, from the beginning of June until the middle of October, for a CSA season you are sure to never forget. Our boxes are chock-full of those vegetable goodies that you just can’t get enough of such as sweet corn, tomatoes, sweet peas and broccoli—plus much, much more! This year we are excited to offer organic sunflower oil shares, organic grass-fed beef packs and two vegetable storage boxes in time for the holiday season. All of this, plus a newsletter with recipes and stories from the farm, and a fall harvest/pizza party to boot; does it get any better than that?

Starting in June, we offer every-week shares (20 boxes) or every-other-week shares (10 boxes) and we are excited to offer SIX pick-up sites in the Twin Cities area. For more information and pricing, please check out our website at www.driftlessorganics.com.

CSA Farms Delivering to the Twin Cities

• Earth Dance Farm

Norm Gross

27842 141st Ave.

Spring Valley, MN 55975

Phone: 507-378-4252

E-mail: norm.the.farmer@gmail.com

Website: www.earthdancefarm.net



Earth Dance Farm is a 42-acre parcel in the rolling hills of southeast Minnesota's Bluff Country. Purchased in December 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. Last year we grew over 45 different herbs, vegetables, and fruit for 185 families. It was a wonderful season for us.

For the 2014 season, we offer 200 memberships in the St. Paul, Minneapolis, and Rochester/Austin areas. Full shares and single shares are available for our 18-week summer season. We have a spring share and a fall share as well. A substantial 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 some individual home or work deliveries and also have host family drop-sites. We encourage members to visit the farm at anytime or join us for workday opportunities and camping weekends. We gather in the fall to celebrate the harvest, our lives and our relationships. Please contact us with any questions or to schedule a visit.

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

• Apprenticeship/Employment Opportunities •

Internships available with room, board and a stipend.

• eQuality Farms, LLC

David Gray

Buffalo, MN

Phone: 763-222-9548

E-mail: david@equalityonline.org

Website: www.equalityonline.org



eQuality Farms, LLC is located in Buffalo, Minn., on 12 acres of land. Our produce is all-natural and we use the best practices. We are currently transitioning to become certified organic. We employ adults with developmental disabilities and use our farm for programmatic and educational opportunities for this population.

We grow vegetables and cut flowers and sell our produce at farmers' markets. We also offer CSA shares that run from mid-June through October. Pick-up and drop off locations for CSA members depends on their geographic location. Pick up at the farmers' markets is also an option. For our members, we offer tours, volunteer opportunities and host an annual CSA member picnic. People can visit our farm to see where their produce is grown and meet the individuals who are growing it.

eQuality Farms is an entrepreneurial venture of eQuality, Pathways to Potential, a nonprofit organization that serves adults with developmental disabilities out in the community.

To learn more about our farm and program, please visit www.equalityonline.org. You can visit our farm page, as well as links to our Facebook pages.

• Apprenticeship/Employment Opportunities •

We are currently seeking an intern and volunteers to help out at the farm.

CSA Farms Delivering to the Twin Cities

• Farm Where Life is Good

Lara & Roger Anderson

N7971 747th St.

River Falls, WI 54022

Phone: 715-426-7582

E-mail: farmwlig@dishup.us

Website: www.farmwlig.locallygrown.net



We are farming and living the good life and passing it on to you— a wide variety of fresh produce for your breakfasts, lunches and dinners (and a few snacks in there too!). We grow good food with sustainable practices while transitioning our land to certified organic standards. Our land is our home and way of life; we respect it, work with it and hope to pass it on to future generations richer than when we came to live here. We would love to pass on the vegetables and fruits that the soil, sun, rain and honest labor at Farm WLIG gives us.

The 2014 season will be our third year growing for market, and our second year with our high tunnel in operation for an extended season.

We deliver mid-week to several locations in River Falls, Wis., and eastern Twin Cities (Inver Grove Heights, Woodbury, Maplewood). Our weekly produce subscription will bring you a ¾ bushel box of freshly harvested, seasonal produce from May to October. Our goal is to provide you each week with salad fixings (baby greens, cucumber, etc.), traditional vegetables (carrots, broccoli, greens, etc.), starches (potatoes, winter squash, etc.), sauté/seasonings (onions, garlic, etc.), specialty items (peppers, tomatillos, melons, etc.) and herbs.

You can add to your weekly subscription by shopping at our Online Market where you can buy individually. The seasons, weather, bugs and wild critters all contribute to what is harvested, so we plan accordingly. Welcome to Farm WLIG, we hope to feed you soon.

• Featherstone Fruits & Vegetables

Greta Sikorski, Jack Hedin, Farmer

Jennifer Breitlow, CSA Contact

43090 City Park Rd.

Rushford, MN 55971

Phone: 507-864-2400

E-mail: office@featherstonefarm.com

Website: www.featherstonefarm.com



Featherstone Fruits and Vegetables is located in the spectacular Bluff Country of southeastern Minnesota. We grow our crops on nearly 140 acres of rich farmland located in a variety of microclimates where they attain peak quality. We are certified organic by MOSA and deliver CSA shares to over 20 drop-sites throughout the Twin Cities, Rochester, and Winona. The summer season runs 21 weeks from the last week in May through October and distributes Sustainer and Solo shares of fruits and vegetables in pre-packed boxes. Our winter shares extend the season for shareholders with nine boxes distributed from November through February.

We offer a simple, sustainable mix of mainstream veggies in hearty proportions. Our boxes include familiar produce, such as asparagus, leaf lettuce, heirloom tomatoes, broccoli, onions, peppers, carrots, peas, beans, potatoes, sweet corn, strawberries, cantaloupes and watermelons. We round out the boxes with a selection of herbs throughout the season, including basil, oregano and thyme.

Shareholders stay connected to the farm and get cooking tips in a variety of ways, including: a weekly newsletter during the season, our blog, Facebook and Twitter feed. Shareholders are also invited to set up a visit with their family by advance call and are encouraged to attend on-farm events such as our spring Open House and Plant Sale and our Strawberry Social (u-pick).

A passion for high quality, healthful foods, and a commitment to a sustainable future in agriculture drive Jack and the Featherstone employees to dedicate themselves to growing the best produce possible.

CSA Farms Delivering to the Twin Cities

• Fox & Fawn Farm

Tim & Nina Kirkman

17250 County Road 122, New Germany, MN 55367

Phone: 952-353-1762

E-mail: foxandfawnfarm@gmail.com

Website: www.foxandfawnfarm.com



Fox and Fawn Farm is a chemical-free fruit and vegetable farm located in western Carver County near Watertown, about 35 miles west of the Twin Cities. We are a small family farm, run by head farmer Tim “Red” Kirkman and strawberry-picking expert Nina Healy Kirkman.

Our two-year old, Nathan, helps with raspberry sampling, our farm dog Henry helps keep animal pests up in the trees, and a small team of friends and family help to keep the weeds under control.

We grow 160 varieties of 50 annual crops in addition to rhubarb, strawberries, and raspberries for our CSA members. We have also planted perennial crops including apple, apricot, aronia, asparagus, blackberry, blueberries, cherry, chestnut, cranberry, currant, elderberries, fiddlehead fern, gooseberry, grapes, hazelnut, honeyberry, pawpaw, peach, pear, peashrub, pine nuts, plum, seaberry, serviceberries, and numerous herbs. They will be available to our CSA members as they mature over the next several years.

Our CSA offers the bounty of the season for 17-18 weeks, garden-fresh recipes, stories of our triumphs and travails, and a connection to the food on your plate with farm visits and a harvest celebration in September.

We offer Thursday delivery to: Chanhassen, Chaska, Victoria, and Waconia.

Tuesdays we deliver to: Excelsior, Hopkins, Minneapolis (Tangletown), and St. Paul (St. Anthony Park).

We offer full shares (3/4 bushel) and half shares (3/8 bushel). Deliveries start in mid-June and run until mid-October. Fall shares may also be available, weather permitting.

Foxtail Farm

Chris & Paul Burkhouse

124 280th St., Osceola, WI 54020

Phone: 715-294-162

E-mail: foxtailcsa@yahoo.com

Website: www.foxtailcsa.com



After 15 years of successful Summer CSA farming, we are now offering ONLY Winter Shares! Foxtail Farm uses only natural methods—no chemical fertilizers or pesticides—to produce healthy, fresh, great tasting produce. We are located in the St. Croix River Valley south of Osceola, Wis., about 50 minutes northeast of the Twin Cities.

Where do you go when your Summer CSA wraps it up for the season? We are excited to grow all summer long just for our Winter CSA members! Winter shares are delivered every three weeks from November to April with a break in January. The 1 1/9th bushel box includes:

- 1) Fresh spinach, kale, Brussels sprouts, broccoli, cabbage and other cold hardy veggies from the field for as long as possible, and then from our 4 large field tunnels. When it's really cold we have vacuum packed, frozen veggies from the summer like sweet corn, sweet red peppers, greens, broccoli, and ripe tomatoes.
- 2) Winter storage crops like winter squash, potatoes, sweet potatoes, carrots, garlic, beets, onions etc., out of our root cellars all winter long.
- 3) Tasty treats from our certified kitchen. These include breads made from freshly ground Foxtail wheat, soups, granola, pickles, sour kraut, canned tomato sauce and lots of other tasty and healthy treats!

Contact us now to get more information and to reserve a spot!

• **Apprenticeship/Employment Opportunities** •
Year-round apprenticeships for a couple may be available.

CSA Farms Delivering to the Twin Cities

• **Fresh Earth Farms**
Chris & Susan James
6455 Oakgreen Ave. S.
Denmark Township, MN 55033
Phone: 651-436-2778
E-mail: Chris@FreshEarthFarms.com
Website: www.FreshEarthFarms.com
Facebook: www.Facebook.com/FreshEarthFarms
Twitter: www.Twitter.com/FreshEarthFarms



Why join Fresh Earth Farms?

Truly Local: We are located in the Twin Cities just 20 minutes from downtown St. Paul. Your money stays local to support the Twin Cities economy. Our property taxes support Minnesota, Washington County and the local school district. Very few food miles.

Real CSA Farm: Community Supported Agriculture is a business model, not a box of produce. Every member shares in the success of the farm. All the produce we grow goes to our members (or local food shelves). No competition from alternative sales channels (e.g. farmers' markets, wholesale).

Small, Family Farm: We don't skimp on customer service. Have a question? Talk directly to the farmer! We provide personalized service to all our members. You won't compete with grocery stores for our attention — or our produce.

Support Community: We donate excess produce to Twin Cities food shelves. We hire only local Twin City residents and students. We donate shares to local nonprofit organizations and schools.

Support Other Small Family Farms: We resell organic fruit, meat and cheese from similar small family farms.

Sustainably Grown: Through the use of cover crops, rotations and organic inputs, we provide nutritious, delicious fruits, vegetables and herbs while improving the soil for future generations.

• **Frost Farm**
Alan & Kati Bailey
9052 Spring Lake RD NE
North Branch, MN 55056
Phone: 651-674-0812
E-mail: katiandalan@frostfarmsmn.com
Website: www.frostfarmsmn.com



Frost Farm is a small family farm run by Kati and Alan Bailey and their five children in North Branch. We grow and raise all our produce and animals naturally to provide the healthiest farm fresh food possible.

Our CSA runs for 16 weeks from late June through October. We raise over 35 types of vegetables and herbs on our farm. Also available are CSA egg shares that are delivered with the produce share. Goat milk, cheese, soap and lotions are also for sale from time-to-time (please e-mail for goat product availability). We deliver to many different locations in the Twin Cities area. Please visit our website for additional details.

CSA Farms Delivering to the Twin Cities

• Gale Woods Farm

Tim Reese

7210 County Road 110 West

Minnetrista, MN 55364

Phone: 763-694-2002

E-mail: mhochstetler@threeriversparkdistrict.org

Website: www.galewoodsfarm.org



Gale Woods Farm is owned and managed by Three Rivers Park District. 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, canoeing and fishing.

The CSA operation involves teenaged 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 inspiration to create positive change in their home communities. Produce is also provided to the Mound West-Tonka food shelf. Shareholders are encouraged to get involved with the farm for events such as maple syruping, lambing in the spring and our harvest celebration in the fall, as well as assisting the youth farmers on workdays.

The season runs from mid-June to mid-October. Eggs, meat, maple syrup, honey and other products raised at Gale Woods are available for purchase in the farm store. Shares are picked up market-style at the farm on Tuesday and Thursday afternoons. This market is also open for the general public to purchase produce. For sign-up information and pricing, please contact us.

• Green Earth Growers

7150 Casey Parkway

Prior Lake, MN 55372

Phone: 952-447-4131

Website: www.greeneearthgrowers.net

E-mail: info@greeneearthgrowers.net



We are located about 30 miles south of the Twin Cities. We are strongly committed to sustainable agriculture practices. We never apply chemical herbicides, pesticides or synthetic fertilizers to our land or our produce!

We are Certified Naturally Grown, which means our produce is grown in strict accordance with the national organic standards. We grow a variety of traditional fruit and vegetable favorites, along with some unique heirloom vegetables.

Our current delivery day is Tuesday and our drop-sites are at our farm in Prior Lake, Valley Natural Co-op in Burnsville, Whole Foods in St. Paul and Wagners in Bloomington! Please check our website for any additional drop-site information. We love knowing where our food comes from — who's your farmer?!?



CSA Farms Delivering to the Twin Cities

• Growing Hope Farm

Marcos Stoltzfus

1892 Tatum

Falcon Heights, MN 55113*

Phone: 303-842-1540

E-mail: marcos@growing-hope-farm.org

Website: www.growing-hope-farm.org



Inspired by the spirit of Jesus, Growing Hope Farm (GHF) is a nonprofit organization impacting the lives of vulnerable youth and families in our communities by providing healthy food, a unique natural setting and life-changing learning.

We do this through a partnership with a local farm and volunteers (largely from area churches) to produce fresh, healthy, local food, which we then direct to families with little access to healthy food. In 2013, we distributed over 7,000 lbs. of food to St. Paul and Minneapolis residents in need.

In 2014 we are seeking volunteers to help with production/ distribution, and share “sponsorships” (tax-deductible donations), to provide families in need with fresh vegetables throughout the growing season. We also offer “typical” CSA memberships, which help to support our work.

We welcome all who share our vision and want to help. For information on how to volunteer on the farm, fund increased production or purchase a personal CSA share, contact us or visit our web page.

*Address provided is mailing address only. See website for more information.

• Growing Lots Urban Farm

Michael Pursell

1915 E 22nd St., Box 5

Minneapolis, MN 55406

Phone: 651-485-1034

E-mail: growinglots@gmail.com

Website: www.growinglotsurbanfarm.com



Growing Lots is a unique 2-acre CSA and market farm based in Afton, Minn., and in the Seward neighborhood of South Minneapolis, where we’ve transformed vacant city lots into vibrant agricultural landscapes over the past four growing seasons.

Whether in town or in the country, our growing practices are informed by organic and permacultural methods, and our community-oriented CSA proudly features on-farm pickups every Wednesday at our main farm site in Seward. We offer 22-week full shares best suited for two- or three-person households, as well as every-other-week half shares for folks who travel a lot during the summer or otherwise have less time to cook. We strive to achieve a balance between popular staples and our desire to broaden members’ culinary horizons. We also offer an add-on canning share and a fall share to members, cut flowers for sale at CSA pickup, and on-farm classes on various urban homesteading skills.

We send a weekly full-color newsletter to members where the farmers aren’t afraid to deliver the real dirt about food, farming, the weather, and the land. We may even wax-poetic from time-to-time, and we always feature recommendations about how to cook and store your produce.

Find out more about who we are and what we do at www.growinglotsurbanfarm.com.



CSA Farms Delivering to the Twin Cities

• **Harmony Valley Farm, LLC**
Richard de Wilde & Andrea Yoder
S3442 Wire Hollow Rd., Viroqua, WI 54665
Phone: 608-483-2143
E-mail: csa@harmonyvalleyfarm.com
Website: www.harmonyvalleyfarm.com

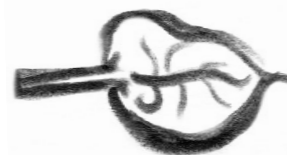


Established in 1985, Harmony Valley Farm is one of Wisconsin's first certified organic farms. Since 1993, our CSA members have enjoyed a wide variety of produce, including asparagus, ramps, strawberries, melons, sweet corn, tomatoes, our famous salad mix, and a fall bounty of root vegetables. With attentive care given to maintaining mineralized soils, we grow vegetables with superior nutritional value and taste!

Choose a 30-week share (May-December), 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 grass-fed Angus beef and pork delivered five times a season; certified organic, Fair Trade coffee, roasted locally just before delivery; and an organic cheese share featuring a selection of high quality organic cow, sheep and goat's milk cheeses produced by regional 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 12 Twin Cities delivery sites including: St. Paul, Bloomington, North and South Plymouth, Eden Prairie, Linden Hills, Lyn-Lake/Kingfield, Powderhorn, Northeast Minneapolis, Como Park, Whittier and Rosemount.

• **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 our 12th 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, Wis. We're about 65 miles southeast of St. Paul and are certified organic by MOSA.

Beyond being certified organic, we also make a strong effort to re-mineralize our soils to grow the most nutritious crops we can. By feeding the microbial life in the soil we are growing healthful, nutritious food for our family and yours.

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. We also offer our popular winter shares so you can extend the good eating later into the year. The winter share consists of four deliveries every-other-week from October through Thanksgiving. 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 on Thursdays to five pickup sites in St. Louis Park, three in Minneapolis and two in St. Paul. Please visit our website for more details, to sign-up or read the past year's newsletters.

CSA Farms Delivering to the Twin Cities

• Hulgan House Heritage Farms

Doreen Devoy-Hulgan

35118 191st Ave.; Montgomery, MN 56069

Phone: 507-779-6627

E-mail: HulganHouse@gmail.com

Website: <http://hulganhouseheritagefarms.weebly.com>



Hulgan House Heritage Farms is a small, family-owned and operated, diversified farm in Montgomery, Minn., about 50 miles southwest of the Twin Cities. As a champion of organic farming, open-pollinated/Heirloom produce and Heritage livestock, Hulgan House Heritage Farms is committed to promoting sustainable agriculture, environmental stewardship, and social justice through education, conservation, and activism. When you purchase any of our farm products, you are directly assisting us in our efforts in these areas and casting your vote for a more just, secure, food future.

Our farm provides CSA customers with a weekly share of sustainably and naturally raised produce for 16 weeks, beginning in early June (weather permitting). Each box contains seasonal vegetables, herbs, flowers, and fruit. A full share is sufficient for 4-5 people, and the half share should satisfy 2-3 people.

We also raise Heritage chicken, eggs and holiday Heritage turkeys, all available separately or as add-ons to our CSA shares. Many of the foods we grow are included in the Slow Foods USA's Ark of Taste. CSA Members are encouraged to visit the farm and participate in volunteer days and family-friendly happenings.

- Our Shakopee drop site delivery day is Friday.
- On-farm share pick up day is Tuesday.
- Check our website for additional drop sites.
- We are proud to offer financial assistance to low-income subscribers.
- Help us make our goal of fresh, safe, nutritious food for all a reality by donating to our scholarship fund. Contact us for more information.

• Hungry Turtle Farmers Cooperative

Derek Maxwell

110 Keller Ave. North; Amery, WI 54001

Phone: 847-977-8828

E-mail: collaborativefarming@gmail.com

Website: www.hungryturtlefarmers.coop



Hungry Turtle Farmers Cooperative is a new model for building a sustainable local food system. We are a group of 12 small farms located near Amery, Wis., who are working together, creating a community, and providing a source for a whole diet direct from small farms.

The Hungry Turtle Farmers Cooperative was formed by a group of farms with the hopes of creating a sustainable, resilient local food system. Each of the farms involved practices ecologically focused methods of farming. We believe that a sustainable agriculture is necessary to create a resilient local food system.

This year we will be offering a variety of CSA share options. The produce for the shares will be sourced directly from the member- farms, bringing you the best of each of the farmers. We will focus on shares for those new to CSA, small and specialty shares. In addition to vegetable CSA shares, we will offer a variety of other products including grass-fed beef, pastured pork and poultry, medicinal herbal teas and much more.

We will deliver shares weekly to nearly 30 sites in the Twin Cities and surrounding areas. We utilize web based payment systems and will keep you updated with what's happening on the farms, and share seasonal recipes through our blog.

CSA Farms Delivering to the Twin Cities

• Jake’s Burr Oak Farm

Pamela Dixon

2470 Wilson St.

Wilson, WI 54027

Phone: 715-441-2988

E-mail: jakesburroakfarm@gmail.com

Website: www.jakesburroakfarm.com



Jake’s Burr Oak Farm is located in the small rural village of Wilson in St. Croix County, Wis. – just 40 minutes from the Twin Cities. The farm grows vegetables and fruit for CSA members, and has a Brewer’s Garden that supplies hops, herbs and flowers used to create seasonal beers brewed at Dave’s BrewFarm, the craft brewery on-site. The brewery’s taproom is open on weekends and a farm stand is open during summer and fall.

CSA shares are delivered on a weekly basis to pick up locations in St. Paul, Minn., and Hudson, Wis. Members can purchase a full share, 16 weeks, or a half share, 8 weeks. Produce consists of a large variety of seasonable vegetables, lettuce and greens, and fruit (apples, raspberries, melons).

There is also an option to purchase pasture-raised chicken and duck eggs. For those craft beer enthusiasts, we provide a Beer Share that consists of two 1 liter bottles on a monthly basis for pick up at the Hudson location and at the farm (we cannot deliver Beer Shares to St. Paul).

La Finca CSA Farm

Charlie Kersey

P.O. Box 93, Bruno, MN 55712

Phone: 320-216-5296

E-mail: lafinca@earthlink.net

Website: www.lafincacsa.com



La Finca is a diverse landscape of fields, forest, and wetlands where we grow about 8 acres of organic produce in our fields and hoop houses.

Our 17-week Summer Share includes over 50 certified organic veggies, fruit, and herbs, which are delivered to our pick up sites in St. Paul (3 locations), South Minneapolis, Hopkins, Saint Louis Park, Arden Hills, Lake Elmo, and Duluth. An e-newsletter with preparation tips, recipes, photos, and an update from the fields is included with your weeklyshare.

In addition to our Summer Share, we also offer a Mixed Summer Share (our Summer Share with 10 weeks of fruit), Fall Share, and pasture raised Chicken Share (offered in the summer and fall). The fall Share (Oct. - Nov.) contains the best of the fall crops, including salad greens, cooking greens, and certified organic apples.

We also offer other natural foods including grass-fed beef, wild fish, and gluten-free baked goods prepared in our on-farm commercial kitchen. We carry a Food Handlers License through the Minnesota Department of Agriculture.

Please visit our website (www.lafincacsa.com) or contact us by phone at 320-216-5296 for more information about our farm shares, baked goods, and natural foods.

We invite you to join La Finca in 2013!

La Finca, Inc. is certified organic by ICS.

CSA Farms Delivering to the Twin Cities

• **Lacey “J” Ranch**

Jim Lacey

29837 152nd Street

Zimmerman, MN 55398

Phone: 763-213-2345

E-mail: laceyjranch@gmail.com

Website: www.laceyjranch.com



Lacey “J” Ranch has been a family owned and operated farm since 1987. We raise all of our own vegetables using natural and sustainable practices to provide you over 120 varieties of farm fresh produce.

Through our 18-week CSA, we work cooperatively with neighboring family farms who share our love of the land to also offer you strawberries, blueberries, 14 varieties of apples, free-range chicken eggs and over 18 different flavors of artisan sourdough breads.

You will receive fruits while they are in season as part of your vegetable share. Bread and egg shares are available to add on to your vegetable share if you so desire.

We raise all the usual vegetables that you grew up with, but we love to raise things like ground cherries, patty pan squash, purple carrots and yellow-fleshed watermelon to make sure that your eyes and taste buds are more than satisfied.

We deliver to drop-off sites in the northern Twin Cities Metropolitan Area.

• **Little Flower Farm**

Shane & Chiara Dowell

20200 Quinnell Ave. N

Scandia, MN 55073

E-mail: littleflowerfarmcsa@gmail.com

Website: www.littleflowerfarmcsa.blogspot.com



Little Flower Farm is a Fjord Horse-powered farm located in the St. Croix River Valley, just 2 minutes north of Marine on St. Croix. Entering our 5th season as a CSA farm, we offer:

- FRESH GOAT CHEESE (CHEVRE) SHARES
- CSA VEGETABLE SHARES
- GOAT’S MILK SHARES
- GOAT MEAT

Our commitment to a truly sustainable agriculture is at the heart of our small family farm. We raise goats and sheep because of the miracles they work on the land, managing grassland and grazing invasive shrubs. They provide a non-grain based alternative to corporate feedlot farms, and keep us well stocked with pelleted manure, creating a closed and gentle system of farm-generated fertility. Best of all their fantastic personalities keep us in stitches! Figuratively and literally! They are the champions of the small family farmstead of yesteryear, and a healthy grass-fed and grass-finished treat for your table, and right in your backyard! We use herbal worming regimens and rotational grazing and are antibiotic-free.

Our does and ewes are the only herd west of the Mississippi that are put to bed with live opera singing.

Visit our website and e-mail us to ask about our comprehensive herd-shares. You have a right to incredibly healthy, delicious, and inspired handcrafted food right in your backyard. Sign up with us! We need your support!

CSA Farms Delivering to the Twin Cities

• **Live Earth-Grace & Hope**

38616 Pine Avenue
Center City, MN 55012
Phone: 612-226-5803

E-mail: jessicapaul08@gmail.com

or contact@gracenhope.org

Website: www.gracenhope.org

Facebook: <https://www.facebook.com/graceandhope>



Live Earth-Grace and Hope, a Minnesota nonprofit, was established to bring about environmental justice, food and economic justice for one and all.

Our Mission is to: **Empower our environment, enrich our soils and feed a healthy community while alleviating poverty.**

You can support our work by participating in our CSA. Vegetable boxes are available from mid-May to December. We grow our produce in greenhouses also. Boxes contain an assortment of vegetables and also canned sauces on request. A typical box contains beans (green, yellow, purple) peapods, cabbage, broccoli, lettuces, kale, arugula, micro-green salads and much more.

You may add eggs to your box for an additional charge of \$4.00 per dozen of free-range/organic eggs from unvaccinated hens.

We do not use any chemicals or pesticides on our produce. We produce all our crops using chemical-free and biodynamic methods. We make our own soil at the farm and also our own fertilizers.

Produce is delivered to various locations in the Twin Cities and suburbs. Drop off sites are: Marshall St. NE Minneapolis; St. Paul, Eden Prairie; Blaine; Cambridge; North Branch, Stacy, etc.

We accept credit cards and debit cards for payments. We also have installment pays to make CSA more accessible for you.

• **Loon Organics Inc.**

Laura Frerichs & Adam Cullip

23229 200th St.

Hutchinson, MN 55350

Phone: 320-587-0140

Website: www.loonorganics.com



Celebrating our 10th farming season, we are excited to continue growing food and community at our 40-acre certified organic farm in the Minnesota community of Hutchinson (about 70 miles west of the Twin Cities). Our 2014 CSA shares are a mix of popular standbys and less familiar heritage/heirloom vegetables and herbs. All produce is fresh, pre-washed and certified organic, the majority of it being picked within 24 hours of delivery.

Quality produce is our goal. You'll also receive a weekly *CSA Loonletter*, chock-full of favorite recipes, produce tidbits and farm news. Three harvest gatherings, farm tours, and u-pick opportunities are offered in the summer and fall for members. Additional produce for preserving and canning is offered to members at wholesale prices throughout the season, along with the option to extend the season with a Fall CSA Share. We offer full and 1/2 share sizes. One full share is 18 weeks of boxes containing 10-15 different vegetable crops that should be enough for a family of four, or a voracious veggie eatin' couple. A 1/2 share is a full box every-other-week, and is great for beginners and dabblers (9 weeks of boxes).

CSA pick-ups are at our farm a few miles west of Hutchinson, at our booth at the Mill City Farmers' Market on Saturdays, at several sites in Chanhassen, and at Harvest Moon Co-op in Long Lake. Loon Organics is certified organic by MOSA.

CSA Farms Delivering to the Twin Cities

• **Marshwatch Farms**
Terrie & Chef Joe Adams
1396 Country Trail West
Shakopee, MN 55379-9115
Phone: 612-710-2062 (Joe)
or 612-710-6923 (Terrie)
Website: www.marshwatchfarms.com



Marshwatch Farms is a CSA and retail farm market offering 70+ varieties of salads, greens, vegetables, herbs, herbal teas, free-range eggs and honey. No chemical pesticides, fertilizers or herbicides are used in our gardens. Sustainable farm practices are reflected in the quality of our produce. We offer both family- and couple-share memberships.

Members pick up their shares at the farm's walk-in cooler on the day they select. This is intended to eliminate rushing to meet time requirements. But more importantly, it is a way for members to connect with their "Personal Farmer" and to receive help with recipes, etc.

Members also receive Chef Joe's recipes along with Terrie's preserving and canning tips in the weekly newsletter, *The Mews*. There are periodic events planned for members to participate, including cooking classes and other fun offerings. While at the farm, members can enjoy the bluebird walk, a butterfly garden, and u-pick herb, flower gardens and lake views.

- **Summer CSA:** June to October
- **Fall CSA:** October through November
- **Market:** Monday-Friday, mid-June to October

• **McKinley Community CSA**
McKinley Staff & Neighbors
3300 North Lyndale Ave.
Minneapolis, MN 55412
Phone: 612-588-7591
E-mail: mckinleycommunitycsa@yahoo.com
Website: <https://www.facebook.com/mckinleycommunitycsa>



McKinley Community CSA is a community-run urban farm in North Minneapolis. We are neighbors working together to improve our collective good fortune. We turn vacant lots into thriving farm sites to improve the economic, nutritional and environmental health of our community while creating beautiful, livable neighborhoods.

Once-a-week, for an anticipated 17-week season, you will receive a box of seasonal vegetables and herbs. We offer shares in two sizes: $\frac{3}{4}$ and $\frac{1}{2}$ bushel boxes. Deliveries start mid-June and run through the beginning of October. All pickup locations are in Minneapolis. We farm to grow biodiversity in our soil and surroundings; we do not use synthetic pesticides or fertilizers. Our farm partners with other local food producers to offer you additional products including; honey, mushrooms, eggs and pork. Membership with our farm includes a weekly newsletter and invitations to all events held by the CSA.

All CSA membership involves shared risk with the farmer, 2014 will be our farm's 5th year in operation. We have learned a lot over past seasons and are still learning. We will continue to work hard to bring you beautiful food while meeting our community's goals. Shareholders that would be happiest with an investment in our farm will also want to invest in healing the urban ecology, rebuilding local economies and community building, especially across racial and economic identities.

Thanks for considering our farm.

CSA Farms Delivering to the Twin Cities

• My Minnesota Farmer

Jean Braatz

35100 191st Ave., Montgomery, MN 56069

Phone: 612-245-6271

E-mail: csa@mymnfarmer.com

Website: www.mymnfarmer.com



Looking for a farm that offers more than just vegetables? Besides delicious vegetables, enjoy fruit and herbs as well as chicken, eggs, turkey and beef.

As your farmers, we strive to offer the best, freshest and most delicious produce around. We offer more than 30 different varieties of fruits and vegetables over an 18-week regular season or a 21-week extended season. Enjoy great produce all year round with our winter share. Our main focus is growing fruits and vegetables that most people know and enjoy. As a CSA member or visitor you may visit our online store to purchase individual products.

We sell young, tender, tasty, broiler chickens raised on grass and sunshine, grass-fed beef shares and Thanks-giving turkeys as additional ways to feed your family with utmost confidence that you are eating quality food.

Our farm is situated on 40 acres, 30 miles south of the Twin Cities. Over the past eight years we have been growing the farm piece-by-piece, each year growing more food on healthier soils. You'll benefit from the superior produce harvested from our 12 high tunnels. We are committed to growing our food free of chemicals in a natural and sustainable way and providing that food to you in its freshest, simplest form.

We offer delivery to 16 Twin Cities and outstate locations, or you can pick-up at the farm where you can bring home any "extras" we have been blessed with. Allow us the opportunity to be your farmer.

• 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

Find the farm on Facebook



Celebrating 20 years of successful CSA farming, North Creek Community Farm is located in the beautiful Hay River Valley, 75 miles northeast of the Twin Cities. I have 160 shares available for the 2014 growing season.

Members receive fresh, organically grown vegetables and occasionally, flowers, delivered each week. My 21st season runs from June through the first week of October.

Drop-off sites are located throughout the Twin Cities Metropolitan Area. Popular farm events happen throughout the summer, including a Garlic Harvest and overnight Corn Feed.

I have added many special additions 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. Membership includes a newsletter with recipes, news and tips for using your share. Have a farm you can call your "own!"

CSA Farms Delivering to the Twin Cities

• Pampered Pumpkin

Laura Dimler

11810 MN State Highway 7

Watertown, MN 55388

Phone: 612-747-0319

E-mail: lauradimler@gmail.com

Website: www.pamperedpumpkin.com



2014 is the 4th season of CSA vegetable production on my family's farm. It will also be the first with certified organic produce and egg shares. My farm was born out of an already existing pick-your-own pumpkin patch. I have a passion for healthy lifestyles and want to be creative with my energy so I am working in the fields.

I am proud of the produce my teams and I have brought to market so far. I strive to bring in delicious and unique produce. I aim for quality and want my members to get what they want: super fresh vegetables. For 2014 my goals include improving my familiarity with lettuce, adding micro-greens to the mix, and engaging in my local community by getting active in Farm-to-School programs.

I deliver in South Minneapolis, Richfield, Excelsior, Navarre, Chanhassen, and Waconia. I offer on-farm pick-up in Watertown.

I have a desire to focus on the community part of the CSA in 2014. I plan to have more volunteer opportunities coordinated, more farm gatherings (equinox and solstice days), lots of pick-your-own opportunities, and to actually get my weekly yoga class on the schedule so that those that want it can sometimes bend and stretch and relax and breath as part of their weekly routine in coordination with picking up healthy food.

• Philadelphia Community Farm

Buttermilk Falls CSA

P.O. Box 668

Osceola, WI 54020

Phone: 612-567-7551

E-mail: csa@buttermilkcsa.com

Website: www.buttermilkcsa.com



Celebrating our 25th season, we are dedicated to CSA, education in sustainable living, conservation and ecological restoration. Our resident community includes adults with special needs and we host many children for visits and service learning in the garden and surrounding natural areas.

Families are encouraged to bring their children to work, learn and play in nature, as we have also been pioneers in the movement to address nature deficit disorder in children. Through biodynamic agriculture, we nurture the farm as a whole organism, building a regenerative circle of soil, plant, animal and human life.

CSA shares are offered this year under a new program name, Buttermilk Falls CSA. See Buttermilk Falls CSA listing on page 9, or visit www.buttermilkcsa.com.

CSA Farms Delivering to the Twin Cities

• **Ploughshare Farm**
Gary & Jennifer Brever
601 Wintergreen NW, Alexandria, MN 56308
Phone: 320-304-0918
E-mail: gjbrever@midwestinfo.net
Website: www.ploughsharefarm.com



- 2012 Named Outstanding Farmer of the Year by MN Jaycees.
- 2011 featured on Lynne Rossetto Kasper's "The Splendid Table."
- 2009 Farm/Farmer Hero of the Year award by *Edible Twin Cities*.

Founded in 1998, Ploughshare Farm is a certified organic farm located 18 miles north of Alexandria, Minn. We grow a wide variety of vegetables and fruits on 30 acres of fertile soil bordering the Chippewa River. Our produce is considered to be some of the highest quality in the state.

Weekly deliveries to our CSA members include an array of garden staples, gourmet and specialty crops. As a family of six ourselves (four young boys under the age of 17), we keep in mind what families want to eat. In order to assist families with the basics of eating "in-season" vegetables, we offer interactive web resources, weekly e-newsletters, recipes and cookbooks. We have opportunities for members to participate in a "hands-on experience" during our Fall Festival and our June Pea Pick.

Summer shares are delivered from early June to late September. We also offer fall storage shares and winter frozen shares delivered October through March. We have drop-sites at central locations in Minneapolis, South and North Minneapolis, Minnetonka, Plymouth St. Paul, St. Cloud, Sauk Centre and Alexandria. In addition, we offer drops for businesses and corporations. If you are interested in hosting a drop-site for your employees or co-workers, please contact us.

For complete information about our CSA please visit our website.

• **Prairie Sun Farm, LLC**
Julie & Dan Geiger
10330 State Highway 25 SW, Watertown, MN 55388
Phone: 952-955-3570
E-mail: ja_geiger@msn.com
Website: www.prairiesunfarm.com



Prairie Sun Farm, located 35 miles west of the Twin Cities, started as a CSA in 2010 to help serve the west metro area. We are certified organic by Midwest Organic Services Association (MOSA).

We provide organically grown vegetables from June through October in both half share and full share sizes. One full share is 18 weeks of boxes containing 7 to 15 varieties of produce. A half share is a full box every-other-week. Each 3/4 bushel box contains many varieties of vegetables, including a few you probably haven't tried before; all organically grown and picked at their peak for freshness. A weekly newsletter will keep you informed about what's going on at the farm and provide tasty recipes to try.

The farm, which was primarily corn and soybeans before we purchased it, sits on 40 acres with wetlands and prairie surrounding it. During the past few years we have transitioned the land from a conventional, monoculture farm into a diversified, productive landscape. Cover crops are used to enhance the soil and provide weed control, and 10 acres of prairie provide opportunity for wildlife and beneficial insects.

The weekly or bi-weekly shares will be available for pick-up in downtown Chaska at Dolce Vita Wine Shop on Wednesdays, or at the farm on Thursdays. Come join us and share in the rewards of healthy eating. Call, e-mail or visit our website at www.prairiesunfarm.com for more information.

CSA Farms Delivering to the Twin Cities

• **Riverbend Farm**

Greg & Mary Reynolds

5405 Calder Ave. SE

Delano, MN 55328

Phone: 763-972-3295

E-mail: greg.reynolds@frontier.com

Website: www.rbfcsa.com



Riverbend Farm, located 35 miles west of Minneapolis in Delano, has supplied local co-ops and independent restaurants with locally grown, certified organic (MOSA) vegetables for the past 20 years. Recently we have started a Farm-to-School program. We also offer an 80-member CSA. We provide a box of the best-tasting seasonal produce from mid-June until mid-October (8-20 pounds of food, depending on the time of season).

All of our produce is certified organic and sustainably grown with cover crop and crop rotation systems. We have been saving more of the seeds we use to get varieties that are adapted to our changing (and erratic) climate. We are very involved with The Sustainable Farming Association, GMO labeling, and the local food movement. 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 open pollinated, heirloom, and hybrid 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. Mary Jane Miller provides a weekly list of menu ideas and recipes to go along with the share.

Shares are available for pick-up on the farm Tuesday evenings and at local co-ops on Wednesdays.

• **Apprenticeship/Employment Opportunities** •

Employment opportunities available. Farm experience necessary.

• **Sam Kedem Nursery & Garden**

Sam Kedem

12414 191 St. E.

Hastings, MN

Phone: 651-437-7516

E-mail: info@kedemgarden.com

Website: www.kedemgarden.com



Sam Kedem Nursery and Garden in Hastings Minn., offers organic fruits and vegetables, fruiting and ornamental plants and in-store products; on-farm market twice weekly in season. Twenty-six weeks CSA, April to October. Year-round preferred Customer Memberships. Pick-your-own strawberry, raspberry, blueberry, currant, gooseberry, cherry, apple, plum and veggies, including season extension produce, free-range chickens, home-made preserves, eggs, honey, Christmas trees and gift certificates.

Our on-farm CSA lets members choose from seasonal produce and PYO.

Deliveries to drop sites in Twin Cities metro available, depending on participation.

CSA memberships sign up deadline with payment March 15.

Visit our website, www.kedemgarden.com, or e-mail info@kedemgarden.com for details.

Our farm is located close to the Twin Cities, easy access from highway 61 and 52.

Bringing you nutrition and value you deserve.

CSA Farms Delivering to the Twin Cities

• **Savory Spring Farms**
Liz Talley/Urban Graze
P.O. Box 41967
Minneapolis, MN 55441
Phone: 952-201-2330
E-mail: liz@ugraze.com
Website: www.savoryspringfarms.com



Savory Spring Farms is a community of longstanding certified organic family farms tucked into GMO-free valleys in southwestern Wisconsin. The farmland is considered among the purest in the nation, and includes hundreds of acres of pristine forests offering members real treasures! (Think morels, ramps, wild berries....)

Most of the CSA farm's crops come from heirloom seeds passed down for generations; many varieties are no longer available outside this community. The fields are nourished by pure spring water from the nearby hills, which is also the community's drinking water. Not even the noise pollution of machines can be found here.

This very unique, special CSA offers members many seasonal share and "à la carte" options, from summer-only, to nearly year round: 100+ vegetable varieties, fruit in every box, herbs, wild crafted foods, eggs, beef, chicken, turkey, honey, sorghum, maple syrup, apple cider vinegar, fresh milled flours,+++! More options through partnerships include: flowers, cheese, bread, cereals, coffee, and wild rice.

We have the most recipes and tips ever. Personal letters and stories from the farms. Special homemade treats. Huge variety. Amazing boxes. A community of farmers means less risk to you.

Twelve-drop sites throughout the Twin Cities.

• **Shepherd Flock Farm**
Terry Arnold
16987 260th Street
Lindstrom, MN 55045
Phone: 651-257-2656
E-mail: jtarnold@frontiernet.net
Blog: shepherdflockfarm.wordpress.com



Shepherd Flock Farm is located on 47 acres of gently rolling hills in the beautiful St. Croix River Valley, 25 miles north of Stillwater. Our passion is growing fresh, high-quality produce harvested and available for pick-up within a few hours of gathering. Our sustainable production methods and swift harvest-to-table goal help ensure the freshest produce possible, offering optimal health benefits.

We have lived on and farmed this land in a sustainable way for 27 years. In our fourth year as a CSA farm, we raise our vegetables free of chemicals using crop rotation, green manure, animal manures and mulching. Diversity and companion planting help control pests and healthy soil fosters healthy plants, which are then able to ward off pest damage. Shepherd Flock Farm is committed to doing our part to foster a healthy environment where people, plants and animals can thrive.

Thirty shares are available from mid-May through October. A full share is three-quarters of a bushel and feeds a family of four. A partial share is roughly half of this offering. Pick-up is on Wednesdays at the farm, or at a drop off site in Forest Lake. A Thursday morning drop off in Vadnais Heights is also available. We grow a large variety of produce with 8 to 14 different vegetables and herbs each week. Occasional berries and fall apples are also offered. We encourage our members to become familiar with the farming process by volunteering at the farm. Come share in the experience of planting, growing and harvesting!

CSA Farms Delivering to the Twin Cities

• **Sleepy Root Farm**
Brandon & Heather Wiarda
410 125th St
Amery, WI 54001
Phone: 812-217-6877
E-mail: sleepyrootfarm@gmail.com
Website: www.sleepyrootfarm.com



Life should be exciting and full of celebration, especially your CSA share! We are continually searching for the most beautiful, nutritious, user-friendly vegetables, both old and new, to add color and variety to your cooking. Learn modern cooking tips and recipes from chef-turned-farmer Heather as we explore the fullness of what the Midwest seasons have to offer. Our growing practices are chemical-free with a strong focus on soil health, biological diversity and mindfulness. We believe these are key foundations of healthy places, healthy food and healthy people.

Choose from Full, Medium or Small sized shares for 18 weeks of well-balanced vegetables and weekly herbs delivered to the Twin Cities (Northeast Minneapolis, St. Anthony Park, downtown St. Paul, South Minneapolis and more) and east of the Twin Cities (White Bear Lake, Stillwater and Amery, Wis.). Members are welcome to come out to the farm for special events or simply to visit.

Visit our website, www.sleepyrootfarm.com, to view photos of last year's shares, find out more about the farm, and to sign up for the CSA!

• **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



Pretty Good Vegetables Most Years!

For over 20 years Spring Hill Community Farm has grown some pretty darn good food while being supported by some pretty darn great folks, and we'd be pleased to have you join us.

In addition to the pretty good vegetables you'll eat, you can plan to roll up your sleeves and get your hands dirty as you meet some of your fellow members on your annual workday at the farm.

For the details, visit our website or call the farm—we would love to talk with you.

CSA Farms Delivering to the Twin Cities

• **Stone's Throw Urban Farm**

Alexander Liebman

3217 17th Avenue S.

Minneapolis, MN 55407

Phone: 612-454-0585

E-mail: stonestthrowurbanfarm@gmail.com

Website: www.stonestthrowurbanfarm.com



Stone's Throw Urban Farm is a diversified vegetable operation located in the Twin Cities. We transform vacant lots into productive farm landscapes in the North End and Frogtown neighborhoods of Saint Paul and throughout South Minneapolis.

We strive to grow high quality vegetables while engaging the surrounding community in on-farm education. Our goal is to better the ecological health of the Twin Cities. We use no synthetic fertilizers, herbicides, fungicides, or pesticides in our farming practices.

Our farm offers weekly CSA shares for pick-up on Tuesday afternoons in Saint Paul and Minneapolis and Saturday mornings at the Mill City Farmers' Market. We offer FULL and HALF shares on a sliding pay scale from early June to mid-October. The partners of Stone's Throw hope you will join us for the 2013 season!

• **Sylvan Hills Farm**

Larry Diehlmann & Jackie Kujak

E2161 530th Ave.

Menomonie, WI 54751

Phone: 651-262-7185

E-mail: sylvan@wedeliverwellness.com

Website: www.sylvanhillsfarm.com



We make certified organic produce affordable! One of our challenges is getting the boxes to close.

We are a small mom-and-pop family farm with friendly connections to customers. We are located about 55 miles east of the metro area, and are certified organic through a third-party accredited inspection agency. Our produce is vine-ripened and delivered within 24 hours for peak nutrition and freshness. We do not warehouse produce, except for storage crops (onions, garlic and squashes). We have drop sites through various parts of the metro area for your convenience:

- **Minneapolis:** Seward, Powderhorn, Linden Hills, Uptown, University East Bank
- **Saint Paul:** South Saint Paul
- **Wisconsin:** Menomonie or Hudson

A weekly newsletter is e-mailed with recipes, box contents, and tips. Working on your farm is voluntary and optional. We grow 90+ varieties of vegetables including heirlooms, traditionals, watermelon and miscellaneous fruit, picked and delivered fresh within 24 hours. Large (1 and 1/9 bushel) or regular (1/2 bushel) options are available for a weekly delivery of either size. We offer an easy 4-payment option and discounts for full payment.

We grow soils and biota, which create healthy plants and vegetables high in nutrition. To assure you're getting the highest standard of quality, we are certified organic to ensure you as the customer are getting what you paid for. We have multiple varieties of carrots, corn, beans, peas, tomatoes, lettuce, garlic, squash, broccoli, cabbage, beets, peppers, kale, chard, onions, herbs and more.

CSA Farms Delivering to the Twin Cities

• The Farm of Minnesota

Dan & Donna Moe
24618 State Hwy. 15
Hutchinson, MN 55350
Phone: 320-296-9585
E-mail: Dan@thefarmofmn.com
Website: www.thefarmofmn.com



The Farm of Minnesota is located west of the Twin Cities near the town of Hutchinson. This year, we are pleased to offer 18-week CSA shares. The shares start in mid-June and go into October. We think of our CSA members as part of our family. You can have all the joys of farm life, with the amount of work you want. In other words, you can come for a workday or come and just hang out. We have an open door policy that will allow you to come and enjoy the farm.

The boxes are available for pick-up this year at the Mound and Linden Hills farmers' markets near you. Mound is Saturday and Linden Hills is Sunday mornings. We believe in sustainable farming and work to provide nutritionally dense food. We are a transitional farm and would like to have the entire farm certified organic in a few years. Season extension produce is an expanding part of what we do to get closer to winter shares.

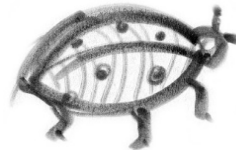
In the future, we will have shares available for each month of the year. Come join the fun and enjoyment of weekly fresh food. Our signature crops are strawberries but we have many other fruits as well.

Please visit our website at www.thefarmofmn.com to get complete details. Please check out our newsletters to get an idea of the food in our boxes.

Thank you for your interest in our CSA.

• Thorn Crest Farm

Gary & Maureen Vosejпка
11822 Cabot Ave.
Dundas, MN 55019
Phone: 507-645-4182
E-mail: info@thorncrestfarm.com
Website: www.thorncrestfarm.com



Thorn Crest is a small, family-owned farm overlooking scenic Wolf Creek in Dundas, Minn. (Rice County). Located 30 minutes south of Valley Natural Foods (Burnsville), its 19 acres consist of rolling hills, pasture, woods, orchard, vineyards and fertile fields.

At Thorn Crest we have been growing produce without the use of herbicides and synthetic pesticides for over 25 years. We are committed to caring for our land and providing our members with a wide variety of fresh, nutritious and great tasting produce.

Membership includes a weekly share of produce, starting out light and increasing to ½ bushel to a full bushel of produce, depending on the season and growing conditions. The season runs 18 to 22 weeks, starting late May or the beginning of June. Members can pick up their produce shares at the farm or at a drop-site located at Just Foods co-op in nearby Northfield or at Valley Natural Foods in Burnsville.

Pick-your-own opportunities may be available at the farm for certain crops. Members are invited and encouraged (at no additional charge) to take advantage of these extras. Possibilities may include peas, green beans, basil, strawberries, raspberries, tomatoes and occasionally others. Members can cut their own bouquet from the cutting garden as the season progresses.

Limited chicken/turkey/egg shares are available to members. Members are encouraged to stroll around the farm and enjoy the beautiful countryside. We hope you'll join us for the next growing season. Growing produce is our passion; we'd love to be your farmer!

CSA Farms Delivering to the Twin Cities

• **Treasured Haven Farm**
Pete & Peg Johnson & Family
53407 Government Road
Rush City, MN 55069
Phone: 320-358-3581
E-mail: csa@treasuredhavenfarm.com
Website: www.treasuredhavenfarm.com



Treasured Haven Farm is a family owned Century Farm within an hour of the Twin Cities. Our CSA Shares are available in a wide range of add-ons and options for sizes (Small, Basic, Large), frequency and season length, (Weekly, Every-Other-Week, Peak, or Flex Schedules) packed with selections from many crops and hundreds of varieties grown each season. Our CSA focuses on traditional vegetables with a few novelties for fun. Custom Shares packed with your selections are also available.

Veggies are picked fresh in the early morning for afternoon deliveries and grown exclusively for our CSA members so you are guaranteed of their origin and highest standards in naturally-grown farming practices. Our goal is to exceed your expectations in educational opportunities, quality, quantity, service, and value. From our many options, you can create what best fits your family's lifestyle and budget, and pick up at one of many conveniently located drop sites throughout the metro area.

Also available: harvest shares, bulk processing veggies, herbs, pumpkins and winter squash, maple syrup, sunflower seeds, chickens, turkey, pork, beef, eggs, organic fruit packs, and more.

Take an easy trip up I-35 to visit the farm for events, help in the gardens, walk or run wooded trails, or just enjoy the countryside. The farm also hosts cross-country and obstacle trail running races on the farm trails, which are open to everyone!

Check out www.treasuredhavenfarm.com for more details and registration. Thank you and we hope you can join us at Treasured Haven Farm!

• **True Cost Farm**
Jack McCann
4432 County Road 12 S
Montrose, MN
Phone: 612-217-1770
E-mail: Jack@truecostfarm.com
Website: www.truecostfarm.com

We deliver pasture raised and non-GMO fed grass-fed beef, pork and chicken to our subscribers throughout the greater Twin Cities metro area...year round! Our artisan sausages use only organic spices and no added nitrates.



CSA Farms Delivering to the Twin Cities

• Turnip Rock CSA

Josh Bryceson & Rama Hoffpauir
260 95th Street, Clear Lake, WI 54005
Phone: 715-268-9311
Website: www.turniprock.com
E-mail: turniprock@gmail.com
Blog: <http://turniprock.com/blog/>



We invite you to have a look at our website and blog to see what you can expect if you join our CSA. We have 9 years of CSA management experience and several years of internships on other farms. We are fortunate to say this is our full-time occupation. We focus on growing the “familiar favorites,” including broccoli, tomatoes, potatoes, lettuce, green beans, spinach and sweet corn, to name a few. Family friendly vegetables that you will recognize when you open your box!

- We are not certified, but follow organic practices. Our values are rooted in sustainability and stewardship.
- Our CSA members get the best of what we grow, our CSA is our first priority.
- Full and Single share options.
- Weekly delivery on Thursdays for 18 weeks, June through October.
- Weekly online blog with recipes and photos that is very popular with our members.
- Canning tomatoes, sweet corn, and basil available to purchase as extras when harvest allows.
- Organically fed, pasture raised eggs, pork, beef and chicken available to order. Soon to be adding our own farmstead cheese!
- Easy online sign up option with payment plans available.
- Drop sites: Robbinsdale, Minneapolis, Eden Prairie, Stillwater, Roseville, Edina, Northeast, and St. Paul (all on Thursdays)
- E-mail reminders to let you know exactly when your box has been delivered.
- We contribute to the Harvest for the Hungry program.
- Fully equipped with irrigation, wash stations, coolers, and a great crew to bring you the goods in good condition!

• Untiedt’s Vegetable Farm

Jenna Untiedt
4750 25th St. SW, Waverly, MN
Phone: 763-658-4672
E-mail: Jenna@untiedtswegrowforyou.com
Website: www.UntiedtsWeGrowForYou.com



Untiedt’s Vegetable Farm is a family farm on which land stewardship values and new technologies join—yielding the finest quality, sustainably produced, fruits and vegetables. Located 45 miles west of the Twin Cities in Waverly, Minn., we’ve farmed the same land for over 40 years, and work to maintain healthy soils so we can continue this third generation family farm for years to come.

Many of our 50 different small fruit and vegetable crops are grown in high tunnels, which permit us to begin the planting season much earlier and extend our harvest well into the fall when the temperatures begin to drop. It also allows us to reduce our risk of crop failure during the growing season and it offers protection from many insects and diseases, which nearly eliminate the need for harmful pesticides. All of these efforts contribute to guaranteeing you a box filled with fresh produce each week. We offer half and full share options, delivered weekly for 17 weeks beginning in mid-June. You will receive 7-8 different vegetables, and we do our best to include one fruit each week.

Pick-up locations around the Twin Cities: Buffalo, Maple Grove, Minnetonka, St. Louis Park, Waconia, Wayzata, and many corporate sites (must be pre-approved).

Each week you will receive an e-mail letting you know the contents of the box, recipes featuring the contents and a letter from Jerry Untiedt about the happenings on the farm. Learn more about us at www.UntiedtsWeGrowForYou.com, like us on Facebook, and follow us on Twitter!

CSA Farms Delivering to the Twin Cities

• Uproot Farm

Sarah Woutat

6800 County Road 6 NW

Princeton, MN 55371

Phone: 763-389-8450

E-mail: info@uprootfarm.com

Website: www.uprootfarm.com



Uproot Farm is a small, diversified vegetable farm about an hour north of the Twin Cities, near Princeton, Minn. We will grow 5 acres of vegetables in 2014, with an additional 10 acres in cover crops. We offer CSA shares delivered to the Twin Cities, Blaine, Coon Rapids, Hopkins and Cambridge. If you are interested in Uproot delivering to your neighborhood or office, please contact the farm.

We enter our 4th production season in 2014 after apprenticing on well-established organic vegetable CSA farms. It was on these farms where we learned not only how to grow vegetables, but how to handle veggies post-harvest to ensure maximum storage life and how to put together a well-balanced CSA box. With Uproot you know that your veggies were harvested by one of three people, and that we treat your food as we would want ours treated.

A CSA share with Uproot farm is an 18-weekly delivery of a $\frac{3}{4}$ bushel box. It is designed to feed two veggie-loving adults or four veggie-liking people, and each box will contain between 6 and 12 kinds of veggies, depending on that week's harvest. Although we do not offer half-shares, we have a number of families or individuals who split a share with friends, neighbors, family members or co-workers. They either rotate pick-up weeks or divide each box amongst themselves.

Each week you will receive a newsletter with recipes, storage and handling advice, and news from the farm. Delivery is Thursday, with pick-up between 3 p.m. and 7 p.m.

Please visit www.uprootfarm.com for more CSA details, to view pictures of the farm, read previous seasons' newsletters and to sign-up for a share. It's been a wild ride so far, and we hope you'll join us as we continue this journey toward a more sustainable food system.

• Apprenticeship/Employment Opportunities •

Uproot Farm is seeking two interns for the 2014 growing season. Contact Sarah for details.

• Waxwing Farm

Peter Skold & Anna Racer

4800 Dent Ave.

Webster, MN 55088

Phone: 952-652-6552

E-mail: waxwingCSA@gmail.com

Website: www.waxwingfarm.com



Waxwing Farm is a 40-acre vegetable farm located 40 minutes south of the Twin Cities in Webster, Minn. This year we will be growing vegetables on 3 acres and raising pastured pork and chickens. In farming we focus on diversity and variety, growing more than 40 kinds of vegetables and raising heritage animal breeds. We use sustainable practices that promote and enhance the long-term health of our land.

We offer an 18-week vegetable share that starts mid-June and runs through October. We pack $\frac{3}{4}$ bushel boxes and offer both full and bi-weekly shares. Each week we fill the boxes with 10 to 14 different vegetables. We focus on staple vegetables but also grow some more exotic varieties to keep things interesting.

Additionally, we offer an egg share, winter share and pastured meats.

Our delivery options include: on-farm pickup, drop site delivery and home delivery in the Twin Cities Metro Area. Our delivery day is Wednesday.

CSA Farms Delivering to the Twin Cities

• **Wozupi**

Rebecca Yoshino

2041 140th St. NW, Prior Lake, MN 55372

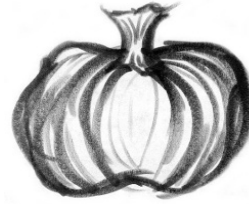
2330 Sioux Trail NW, Prior Lake, MN 55372

Phone: 952-496-2267

E-mail: Rebecca.yoshino@shakopedakota.org

Website: www.smscwozupi.org

Facebook: www.facebook.com/smscwozupi



The Wozupi (Dakota for “garden”) is a tribally run, diverse farm of the Shakopee Mdewakanton Sioux Community. The Wozupi is committed to providing locally grown whole foods using environmentally sustainable methods and fair labor practices. We produce fruit, vegetables, eggs, maple syrup, and honey on over 15 acres; our selection includes many heirloom and native varieties. We offer a variety of seasonally relevant classes including subjects such as beekeeping, healthy cooking, sausage making, and food preservation.

Our summer vegetable TSA (Tribally Supported Agriculture) share starts in mid-June and continues through the second week of October. Each weekly box is filled with a colorful and diverse mix of in-season vegetables. You can expect to receive 10 to 15 items in each box, with a focus on staple vegetables. We include some greens and herbs in every box. We also offer these unique supplemental shares:

- Egg Share (1 dozen or 1 half-dozen of certified organic eggs each week).
- Early Winter Share (4 bi-weekly deliveries of winter hardy fresh greens and winter storage crops).
- Sweet Share (a bi-weekly delivery of our maple syrup or honey products).



CSA Farms Delivering to Outstate Minnesota & Western Wisconsin

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Bakers' Acres Farm

Lisa Baker

36861 Co. Rd. 9

Avon, MN 56310

Phone: 320-309-0746

E-mail: info@bakersacresfarm.com

Website: www.bakersacresfarm.com



We're happy to hear we're meeting our customers' needs! We provide super fresh, staple fruits and vegetables like green beans you know how to cook, and we don't give loads of unusual foods — just a few to keep things interesting. We will continue to provide useful, delicious CSA boxes, and in this 4th year, we're expanding to offer 50 shares. Bakers' Acres is a 15-acre family farm in Avon, Minn., in organic transition. We offer 2 CSA share sizes of fruits, vegetables and herbs for 18 weeks, as well as eggs from pasture-raised hens fed organic feed, free-range chicken, and grass-fed beef.

Our success stems from irrigation on every field, a food safety plan, hoop house, brand-new wash-and-pack room in the barn, walk-in cooler, and our sincere reverence of the land. We avoid using antibiotics, synthetic hormones or fertilizers, toxic pesticides, and GMO seed and feed.

Share Sizes (1/2 bushel box): Small (every-other-week) and Large (every week). These are based on customer preferences; if you want a larger box (e.g., 3/4 bushel), we can accommodate!

Pick-up Locations & Delivery Days:

- Tuesdays in Monticello.
- Thursdays in St. Cloud, Sartell, St. Joe, Cold Spring, Avon, Albany and Melrose.
- We can add a drop site on our delivery route for 5 or more customers.

On-Farm Activities: We welcome CSA members to help with harvest and attend events! To place an online order or for more information, visit www.bakersacresfarm.com.

• Blue Ox Organics

Lauren & Caleb Langworthy

N11253 State Road 25, Wheeler, WI 54772

Phone: 715-352-0717

E-mail: BlueOxOrganics@gmail.com

Facebook: <https://www.facebook.com/BlueOxOrganics>



Where the Driftless meets the North Woods, you'll find our family farm.

Our certified organic produce is available through our Community Supported Agriculture shares delivered weekly to Eau Claire and Menomonie, Wis., or picked up on-farm.

We also offer a pastured lamb add-on from our farm's flock that roams the pastures in a management-intensive grazing system for the well-being of the pastures and animals.

Here at Blue Ox Organics, we strive to offer you the healthiest foods available as we work to build our soils for the future and create an ecologically sound whole-systems farm.

• **Bluebird Gardens**

Mark & Diane Boen

26060 Country Hwy. 18

Fergus Falls, MN 56537

Phone: 218-205-4739

Website: www.bluebirdgardens.net



Our farm is YOUR farm when you join the Bluebird Gardens CSA!

In addition to the box deliveries from June to mid-October, take part in the bonus harvest events on the farm where you walk in our shoes, stock up for winter, make a memory with your family and take a piece of the farm home with you.

Serving Fargo, Moorhead, West Fargo, Fergus Falls, Wahpeton, Rothsay, Breckenridge, and a route from Underwood to Perham to Detroit Lakes to Pelican Rapids and all locations in-between.

Enjoy the effects of biological farming where flavor and nutritional density flourish.

• **Common Ground Garden**

Kate Ritger, Production Manager

104 Chapel Lane

Saint Joseph, MN 56374

Phone: 262-339-7737

E-mail: commonground@csbsju.edu

Website: www.sbm.osb.org/ministries/common_ground_garden/



The Common Ground Garden is a community garden that includes a CSA, volunteer opportunities, a newsletter, educational events, and sales at the St. Joseph Farmers' Market, the Minnesota Street Market and Nick's Third Floor (local food restaurant in St. Cloud). We are also committed to supporting the St. Joseph Food Shelf and the St. Cloud Catholic Charities Food Pantry.

The Common Ground Garden is a ministry of the Sisters of the Order of St. Benedict and we are inspired by the Benedictine values of environmental stewardship, spiritual connections through our relationships with others, and the sustainability of these values through our work.

We pride ourselves on producing fresh, clean, healthful food picked at the peak of flavor and nutrition. We use cover crops, rotations, compost and ingenuity to produce your food in a way that is healthier for you and healthier for the community. While we are not certified organic, we do not use chemical herbicides, pesticides or fertilizers.

We offer full and half shares for 16-18 weeks from mid-June through mid-October. In addition to produce from the garden, members can add subscriptions to our partners: an egg farmer, an artisan baker, and a grass-fed beef and pork farmer.

Delivery: Thursdays 4 p.m.-6 p.m. at the garden and 5 p.m.-6 p.m. at our St. Cloud drop-off site.



CSA Farms Delivering to Outstate Minnesota/Western Wisconsin

**• Gardens Gourmet
Diane & Chuck Webb**

23750 State Hwy. 29

Henning MN 56551

Phone: 218-640-3276

E-mail: Diane@GardensGourmet.com

Website: www.GardensGourmet.com



Gardens Gourmet is entering its 11th season of providing freshly picked, chemical free berries, herbs and vegetables to our community in west-central Minnesota. And this is our 9th season of CSA deliveries. Our 30+ acre farm is located 30 miles north of Alexandria and 15 miles southwest of Wadena, right on Hwy 29.

We will start deliveries in June 2014 and the deliveries will go through mid-September. We limit our memberships to 25 families.

A full share entitles you to 15 weekly deliveries (includes storage items in the fall). A 1/2 share is a full share delivered every-other-week (plus storage items in the fall).

We deliver in Almora, Vining, Henning, Battle Lake, Wadena, Eagle Bend and Alexandria (only 1/2 shares available in Eagle Bend and Alexandria) and we welcome on-farm pickups.

Fruit may include: raspberries, strawberries and apples!

Herbs may include: basil, cilantro, chives, marjoram, oregano, parsley, rosemary, sage, thyme, spearmint, chocolate and lemon mint.

Vegetables may include: beans, beets, broccoli, cabbage, cantaloupe, carrots, cauliflower, corn, cucumbers, eggplant, garlic, kale, kohlrabi, leeks, lettuces, onions, peas, potatoes, peppers, pumpkin, radishes, rhubarb, spinach, squash, swiss chard, tomatoes, and zucchini!

* Of the produce listed above, our goal is to deliver 25 different types.

• Humble Hands Harvest

Hannah Breckbill

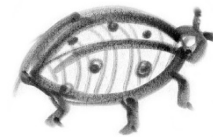
3728 122nd Ave. NE

Eyota, MN 55934

Phone: 507-513-1502

E-mail: humblehandsharvest@gmail.com

Facebook: <https://www.facebook.com/HumbleHandsHarvest>



Humble Hands Harvest is a start-up incubator farm. We grow 2 acres of vegetables on rented land, serving customers in the Rochester and Plainview areas.

Our 2014 CSA is offered as a full share of 20 weekly boxes, June-October, or as a half share of 10 boxes. They can be either delivered to Rochester or picked up from the farm every-other-week. We're excited to be able to grow healthy, safe, clean, and delicious food for individuals and families in our community. We will do our best to supply CSA members with basic, useful produce, simple recipe ideas, and a connection to the land through food and stories.

Visitors and helpers are always welcome on the farm! We are open to work-shares as well, if you want to come to the farm and help out regularly in exchange for a CSA share.

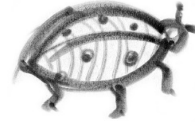
CSA Farms Delivering to Outstate Minnesota/Western Wisconsin

• **Jubilee Fruits & Vegetables**

**1310 Mountain Lake Road
Mountain Lake, MN 56159
Phone: 507-360-3293**

Website: <http://jubilee.mtlake.org>

Facebook: <https://www.facebook.com/JubileeFruitsVegetables>



Jubilee Fruits and Vegetables is a family-run farm with an on-site farm market, all located in the town of Mountain Lake in southwest Minnesota. We are researching the potential for permaculture-inspired production systems, which we hope will allow us to manage our farm in a more holistic manner while enjoying abundant yields of a greater diversity of products.

CSA members and other customers appreciate our salad mixes and specialty crops including leeks, pak choi and herbs as well as the continuous availability of tomatoes and cucumbers starting in June! We are able to have more than 50 varieties of sustainably grown fruits and vegetables, with the use of our two movable high tunnels, at our farm market from May through December on Wednesdays and Saturdays.

There are four CSA seasons to register for membership shares: spring, summer, fall and winter; a total of 34 weeks! Our goal is to delight and satisfy customers by providing quality produce that is grown locally using minimal nonrenewable resources. Deliveries or other types of connections can be considered to reduce the need to come to the farm for the weekly pick-ups.

The website: <http://jubilee.mtlake.org> has the registration form and other pertinent information. Call if you have questions: 507-360-3293.

Our farm and home are solar powered, although we are connected to the grid and share with our neighbors down the street when we have an overabundant streaming of photons. We take our mission seriously: Caring for each other, growing creatively and cultivating community.

• **Northern Light Farm**

Paul Conklin & Becky Marty

**2048 Agate Lane NW
Solway, MN 56678**

Phone: 218-467-3584

E-mail: Martonklin@alumni.duke.edu



Northern Light Farm is a diverse family farm 12 miles west of Bemidji. We have been producing CSA vegetables for 11 years using chemical-free practices. We make 16 weekly deliveries, starting in late June with salad greens and peas, moving into the full bounty of the summer from late July through early September with shares full of greens, beans, root crops, tomatoes, summer squash and peppers, and ending with potatoes, winter squash and hardy greens for the first frosty weeks of late September or early October.

During the season, you will find over 40 different vegetables, fruits and herbs in your share. We delight in bringing our members several varieties of different crops such as tomatoes, peas, carrots and potatoes, including many heirloom varieties. We sell full- and half- shares, delivering on Monday or Thursday to drop-off locations in the Bemidji area.

The vegetable garden only takes up about 4 acres of our 160-acre farm. A quarter of the farm is maintained as wildlands, including a tamarack swamp, floating sedge bog and hardwood forest. On the rest we raise Highland cattle for beef (and fertilizer!), bees for honey and heritage chickens for eggs and meat. Beef, honey, eggs and chicken can be purchased as additions to our shares.

• **Open Hands Farm**
Ben Doherty & Erin Johnson
4151 320th St. West
Northfield, MN 55057
Phone: 507-645-2871
E-mail: openhandsfarm@gmail.com
Website: www.openhandsfarm.com

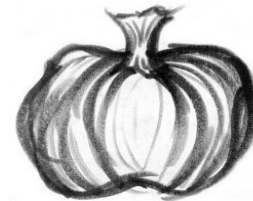


Open Hands Farm is a 10-acre certified organic CSA farm located just two miles north of Northfield. We think that healthy food should not be a luxury, and that a CSA share is an inexpensive way to enjoy organic vegetables and fruit. Our shareholders come to the farm once-a-week from early June through the end of October to pick up their share of each week's harvest, and can mix and match the in-season produce to meet their household's likes and needs.

We also offer an abundant u-pick section (for shareholders only). The u-pick includes strawberries, raspberries, peas, beans, herbs and flowers, and is well loved by people of all ages. U-pick crops are usually available on a take-what-you-can-use basis, and are a great opportunity for fresh eating, freezing, canning and/or drying. We aim to have more than enough food available for our shareholders. The leftovers from CSA pick-ups are donated to the local food shelf three-times-a-week in order to share this fresh, nutritious food with our friends and neighbors in need.

We believe in growing food sustainably and creating community around food, and have been happily farming here since 2006.

• **Prairie Drifter Farm**
Joan & Nick Olson
61369 223rd St.
Litchfield, MN 55355
Phone: 320-693-5502
Website: prairiedrifterfarm.wordpress.com



Prairie Drifter Farm is a diversified, certified organic vegetable farm serving the communities of Litchfield, Sartell and St. Cloud through a Community Supported Agriculture (CSA) operation and food co-op sales. The farm is located on the edge of the prairie region of west-central Minnesota.

As both teachers and farmers, we have always enjoyed the opportunity to work outside with the rhythm of the seasons. After several years interning, volunteering and managing at different farms, we began our farm business in 2010.

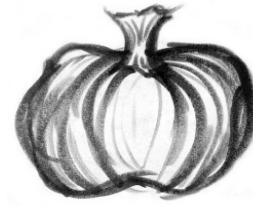
In 2014, we will be offering full and half CSA shares from June through October. Full shares consist of a $\frac{3}{4}$ bushel box of produce every week for 18 weeks and half shares consist of a $\frac{3}{4}$ bushel box every-other-week for 18 weeks. We raise many of the most popular vegetable and herb crops, along with a few heirloom varieties for flavor and a change of pace in your kitchen.

Each share box includes a newsletter with delicious recipes that will get you excited to turn your share box into tasty meals and snacks for your family. First and foremost, we strive to provide you with fresh produce that looks great and tastes delicious. Most of your produce is harvested fresh on the day we deliver to you.

For more information, please visit our website: prairiedrifterfarm.wordpress.com.

CSA Farms Delivering to Outstate Minnesota/Western Wisconsin

• **Sweet Top Farm LLC**
Adam & Megan Greeson
PO Box 36
Hudson, WI 54016
Phone: 507-923-6251
E-mail: sweettopfarm@gmail.com
Website: www.sweettopfarm.weebly.com



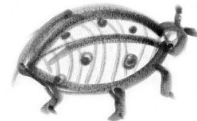
Sweet Top Farm grows a diversity of vegetables using sustainable, chemical-free farming practices. We offer both full shares and half shares to the communities of Hudson, North Hudson and River Falls, Wis. The CSA season begins mid-June and ends mid-October. Full shares consist of a $\frac{3}{4}$ bushel box with 8 to 14 different types of produce—enough to feed a vegetable loving family of four—and are delivered every Wednesday for 18 weeks. Half shares are also a $\frac{3}{4}$ bushel box and are delivered every-other-Wednesday for 18 weeks.

We harvest and wash your vegetables as close to delivery as possible so flavor and freshness are at their peak. While we grow the staple vegetables you know and love, we occasionally include less familiar varieties for something different. Each share includes a weekly newsletter with updates about the farm and recipes for the vegetables in your box. We invite our members to come to the farm for a tour at the start of the season and celebrate the end of the season with an on-farm potluck.

Farming is our passion—a natural extension of our love of the outdoors and eating good food. After completing Land Stewardship Project’s Farm Beginnings farmer training program and spending several seasons working on vegetable farms, we decided to begin our own farm venture. This year marks Sweet Top Farm’s third season, and we look forward to being your farmers.

For more information and to see photos, visit our website.

• **Threshing Table Farm**
Jody & Mike Lenz
Star Prairie, WI 54026
Phone: 715-248-7205
E-mail: threshingtablefarm@frontiernet.net
Website: www.threshingtablefarm.org



Threshing Table Farm is located in Star Prairie, Wis. We deliver to Hudson, Somerset, New Richmond, Baldwin and have on-farm pick up as well. Our list of pick-up sites is always expanding, so please check our website for the most current list or contact us to request a new site. We make all of our deliveries on Thursdays, starting In June. Our season runs 18 weeks.

Our farm offers naturally grown produce. Our farming practices ensure that our soil is healthy and sustainable. This in turn ensures that the food we grow is healthy and tastes amazing! We love having visitors out to the farm and encourage our members to join us for tours, potlucks and walks around the farm. Though not required, you are also welcome to volunteer with farm work as well.

We offer full shares (a $\frac{3}{4}$ bushel box every week for 18 weeks) and 1/2 shares (a $\frac{3}{4}$ bushel box every-other-week for a total of 9 boxes).

Each share includes a weekly newsletter with news from the farm, recipes and storage tips. We also work with other local farmers to offer additional products to our members including grass-fed beef, pasture-raised chickens, maple syrup, fruit and eggs.

Please check out our website or give us a call for more information.

CSA Farms Delivering to Outstate Minnesota/Western Wisconsin

• Walker Farms
George Walker
N6548 County Road J
Beldenville, WI 54003
Phone: 715-821-6775
E-mail: georgewagrilogic@hotmail.com
Website: www.walkerfarmscsa.info

Walker Farms is a small grass-based farm located in Beldenville, Wis. We offer grass-fed beef and lamb, pastured pork and chicken, and free range eggs through our CSA and direct sales of cuts. Ninety-percent of our farm traction is provided by teams of horses as we strive to be as sustainable as possible. We encourage people to come see what we are up to as we try and educate the public on the use of modern horse-powered technology.



— A Quick CSA Guide —

Farms Delivering to the Twin Cities

- ❑ Amador Hill Farm, North Branch, MN; 651-583-0705 (p. 3)
- ❑ Avodah farm, Pepin, WI; 715-307-8662 (p. 3)
- ❑ Axdahl's Garden Farm, Stillwater, MN; 651-439-3134 (p. 4)
- ❑ The Backyard Grocery, River Falls, WI; 651-983-1300 (p. 4)
- ❑ Bakers' Acres Farm, Avon, MN; 320-309-0746 (p. 5)
- ❑ Big River Farms, Marine on St. Croix, MN; 651-433-3676 (p. 5)
- ❑ Big Woods Farm, Nerstrand, MN; 507-334-3335 (p. 6)
- ❑ Blackberry Community Farm, Wheeler, WI; 751-658-1042 (p. 6)
- ❑ Blackbrook Farm, Clayton, WI; 828-702-0444 (p. 7)
- ❑ Blue Roof Organics, Stillwater, MN; 651-491-1014 (p. 7)
- ❑ Broadfork Farm, Stewart, MN; 612-799-6692 (p. 8)
- ❑ Burning River Farm, Frederic, WI; 715-653-2245 (p. 8)
- ❑ Buttermilk Falls, Osceola, WI; 612-567-7551 (p. 9)
- ❑ Common Harvest Farm, Osceola, WI; 715-294-2831 (p. 9)
- ❑ Community Homestead, Osceola, WI; 715-294-3038 (p. 10)
- ❑ Country Taste Farm, Cambridge, MN; 763-689-5727 (p. 10)
- ❑ Crazy Boy Farm, Rush City, MN; 320-358-3695 (p. 11)
- ❑ Driftless Organics, Soldiers Grove, WI; 608-624-3735 (p. 11)
- ❑ Earth Dance Farm, Spring Valley, MN; 507-378-4252 (p. 12)
- ❑ eQuality Farms, Buffalo, MN; 763-222-9548 (p. 12)
- ❑ Farm Where Life is Good, River Falls, WI; 715-426-7582 (p. 13)
- ❑ Featherstone Fruits & Vegetables, Rushford, MN; 507-864-2400 (p. 13)
- ❑ Fox & Fawn Farm, New Germany, MN; 952-353-1762 (p. 14)
- ❑ Foxtail Farm, Osceola, WI; 715-294-162 (p. 14)
- ❑ Fresh Earth Farms, Denmark Township, MN; 651-436-2778 (p. 15)
- ❑ Frost Farm, North Branch, MN; 651-674-0812 (p. 15)
- ❑ Gale Woods Farm, Minnetrista, MN; 763-694-2002 (p. 16)
- ❑ Green Earth Growers, Prior Lake, MN; 952-447-4131 (p. 16)
- ❑ Growing Hope Farm, Falcon Heights, MN; 303-842-1540 (p. 17)
- ❑ Growing Lots Urban Farm, Minneapolis, MN; 651-485-1034 (p. 17)
- ❑ Harmony Valley Farm, Viroqua, WI; 608-483-2143 (p. 18)
- ❑ Hog's Back Farm, Arkansaw, WI; 612-756-0690 (p. 18)
- ❑ Hulgán House Heritage Farms, Montgomery, MN; 507-779-6627 (p. 19)
- ❑ Hungry Turtle Farmers Cooperative, Amery, WI; 847-977-8828 (p. 19)
- ❑ Jake's Burr Oak Farm, Wilson, WI; 715-441-2988 (p. 20)
- ❑ La Finca CSA Farm, Bruno, MN; 320-216-5296 (p. 20)
- ❑ Lacey "J" Ranch, Zimmerman, MN; 763-213-2345 (p. 21)
- ❑ Little Flower, Scandia, MN; littleflowerfarmcsa@gmail.com (p. 21)
- ❑ Live Earth-Grace & Hope, Center City, MN; 612-226-5803 (p. 22)
- ❑ Loon Organics Inc., Hutchinson, MN; 320-587-0140 (p. 22)
- ❑ Marshwatch Farms, Shakopee, MN; 612-710-6923 (p. 23)
- ❑ McKinley Community CSA, Minneapolis, MN; 612-588-7591 (p. 23)
- ❑ My Minnesota Farmer, Montgomery, MN; 612-245-6271 (p. 24)
- ❑ North Creek Comm. Farm, Prairie Farm, WI; 715-455-1569 (p. 24)
- ❑ Pampered Pumpkin, Watertown, MN; 612-747-0319 (p. 25)
- ❑ Philadelphia Community Farm, Osceola, WI; 612-567-7551 (p. 25)
- ❑ Ploughshare Farm, Alexandria, MN; 320-304-0918 (p. 26)
- ❑ Prairie Sun Farm, Watertown, MN; 952-955-3570 (p. 26)
- ❑ Riverbend Farm, Delano, MN; 763-972-3295 (p. 27)
- ❑ Sam Kedem Nursery & Garden, Hastings, MN; 651-437-7516 (p. 27)
- ❑ Savory Spring Farms, Minneapolis, MN; 952-201-2330 (p. 28)
- ❑ Shepherd Flock Farm, Lindstrom, MN; 651-257-2656 (p. 28)
- ❑ Sleepy Root Farm, Amery, WI; 812-217-6877 (p. 29)
- ❑ Spring Hill Comm. Farm, Prairie Farm, WI; 715-455-1319 (p. 29)
- ❑ Stone's Throw Urban Farm, Minneapolis, MN; 612-454-0585 (p. 30)
- ❑ Sylvan Hills Farm, Menomonie, WI; 651-262-7185 (page 30)
- ❑ The Farm of Minnesota, Hutchinson, MN; 320-296-9585 (page 31)
- ❑ Thorn Crest Farm, Dundas, MN; 507-645-4182 (page 31)
- ❑ Treasured Haven Farm, Rush City, MN; 320-358-3581 (page 32)
- ❑ True Cost Farm, Montrose, MN; 612-217-1770 (page 32)
- ❑ Turnip Rock CSA, Clear Lake, WI; 715-268-9311 (page 33)
- ❑ Untiedt's Vegetable Farm, Waverly, MN; 763-658-4672 (page 33)
- ❑ Uproot Farm, Princeton, MN; 763-389-8450 (page 34)
- ❑ Waxwing Farm, Webster, MN; 952-652-6552 (page 34)
- ❑ Wozupi, Prior Lake, MN; 952-496-2267 (page 35)

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- ❑ Bakers' Acres Farm, Avon, MN; 320-309-0746 (p. 36)
- ❑ Blue Ox Organics, Wheeler, WI; 715-352-0717 (p. 36)
- ❑ Bluebird Gardens, Fergus Falls, MN; 218-205-4739 (p. 37)
- ❑ Common Ground Garden, Saint Joseph, MN; 262-339-7737 (p. 37)
- ❑ Gardens Gourmet, Henning, MN; 218-640-3276 (p. 38)
- ❑ Humble Hands Harvest, Eyota, MN; 507-513-1502 (p. 38)
- ❑ Jubilee Fruits & Veg., Mountain Lake, MN; 507-360-3293 (p. 39)
- ❑ Northern Light Farm, Solway, MN; 218-467-3584 (p. 39)
- ❑ Open Hands Farm, Northfield, MN; 507-645-2871 (p. 40)
- ❑ Prairie Drifter Farm, Litchfield, MN; 320-693-5502 (p. 40)
- ❑ Sweet Top Farm, Hudson, WI; 507-923-6251 (p. 41)
- ❑ Threshing Table Farm, Star Prairie, WI; 715-248-7205 (p. 41)
- ❑ Walker Farms, Beldenville, WI; 715-821-6775 (p. 42)