



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

CSA

Farm Directory

2015



**2015 Edition of the Twin Cities,
Minnesota & Western Wisconsin Region
Community Supported Agriculture
(CSA) Farm Directory**



**LAND
STEWARDSHIP
PROJECT**

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Updated: Feb. 2, 2015

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" and "Questions to Ask a CSA Farmer" guides on pages 2 and 3 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!

2015 CSA Directory editing & layout: Ben DeVore



*Cover art for this directory
by Nora Wildgen*



*Inside art for this directory
by Jennifer Clough*



*Back cover art for this directory
by Alexandra Breyer*

CSA Farms That Deliver to Outstate Minn. & Western Wis....

Threshing Table Farm

Jody & Mike Lenz

2249 150th St.

Star Prairie, WI 54026

Phone: 715-248-7205

E-mail: threshingtablefarm@frontiernet.net

Website: www.threshingtablefarm.org

We're excited to be looking forward to our 8th year at Threshing Table Farm! We are located in Star Prairie, Wis. We deliver to Hudson, Somerset, New Richmond and have on-farm pick-up. 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 for 18 weeks.

Our farm offers naturally grown produce. We only use farm practices that promote healthy soil and improve the ecosystem of our farm. 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. Although not required, you are also welcome to volunteer with farm work as well.

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

Each share includes a weekly newsletter with news from the farm, a list of what's in your box and recipes to help you use it. We grow all the basic vegetables plus a couple that might be new to you to add a little variety. We work with farmer friends to bring you the opportunity to purchase other great farm products: Strawberries, raspberries, apples, pasture-raised chicken, grass-fed beef and more!

Please see our website for more information.



Sweet Top Farm LLC
Adam & Megan Greeson
173 130th St.
Deer Park, WI 54007
Phone: 715-269-5214 or 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 Amery, 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 weekly for 18 weeks. Half shares are a $\frac{3}{4}$ bushel box delivered every-other-week. We also offer a Flower Bouquet Share and Fall Storage Share.

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 the Land Stewardship Project's Farm Beginnings farmer training program and spending several seasons working on vegetable farms, we began our own farm venture. This year marks Sweet Top Farm's fourth season, and we look forward to being your farmers.

For more information and to see photos, please visit our website: www.sweettopfarm.weebly.com.



Selecting a CSA Farm

It is often difficult to choose which CSA to join. While membership in a CSA farm includes a weekly share of fresh produce (and increasingly, meat and other products), 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 or meat and other products. 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.*

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?

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.

Prairie Drifter Farm

Joan & Nick Olson

61369 223rd St.

Litchfield, MN 55355

Phone: 320-693-5502

E-mail: prairiedrifterfarm@gmail.com

Website: www.prairiedrifterfarm.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. We also serve several local food co-ops, restaurants and food shelves. Our farm is located on the edge of the prairie region of west-central Minnesota.

As farmers, we have several years of experience working on and managing CSA vegetable farms. We both have backgrounds in formal and environmental education. Through these teaching experiences, travels here and abroad, and time spent on our grandparents' farms, we have taken a path to produce healthy, organic food while promoting stewardship of the land on which we live and farm.

In 2015, 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, clean produce that looks great and tastes delicious.



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.



Creating Change from the Ground Up

The Land Stewardship Project (LSP) is dedicated to creating transformational change in our food and farming system. LSP's work has a broad and deep impact, from new farmer training and local organizing, to federal policy and community based food system development. At the core of all of our work are the values of stewardship, justice and democracy.

The Land Stewardship Project is a membership-based organization. Our power to create positive change on the ground comes from our members. LSP members are farmers, rural and urban people who are working together to build a food and farming system that cares for people and the land.

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

Join LSP Today!

As an LSP member, you'll receive LSP's publications, action alerts and the latest news on the farm and stewardship issues you care about. You'll also have the opportunity to take action by participating in LSP meetings, workshops, training sessions, lobby days and events.

You can join at www.landstewardshipproject.org or, for more information, contact LSP at:

- Lewiston, Minn. — **507-523-3366**
- Montevideo, Minn. — **320-269-2105**
- Minneapolis, Minn. — **612-722-6377**



Stay connected: Find LSP on Facebook and follow @LSPnow on Twitter!

CSA Farms

Delivering to the

Twin Cities

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Northern Light Farm
Paul Conklin
2048 Agate Ln. 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 since 2003 using organic practices. The vegetable garden takes up about four acres of our 160-acre farm. A quarter of the farm is maintained as wild lands, 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 vegetable shares.

Our CSA makes 16 weekly deliveries. We start in late June with spring crops like salad greens, peas and broccoli. By late July we are enjoying the full bounty of the summer with shares full of greens, beans, root crops, tomatoes, summer squash and peppers. By September the summer crops are fading and we finish off with potatoes, winter squash and hardy greens through 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, with several different varieties of many crops such as tomatoes, peas, carrots and potatoes, including heirloom varieties.

We sell full and half shares, delivering on Monday or Thursday to drop-off locations in the Bemidji area.



Jubilee Fruits & Vegetables
Judy Harder
1312 Mountain Lake Road
Mountain Lake, MN 56159
Phone: 507-360-3293
E-mail: jubilee@mtlake.org
Website: <http://jubilee.mtlake.org>

Jubilee Fruits & Vegetables is a family-run farm located in the town of Mountain Lake in southwestern Minnesota. We continue to research sustainable production systems with an eye to resiliency in order to manage our farm in a more holistic manner while enjoying abundant yields of a greater diversity of products.

Jubilee Market & Peacemeals is our new on-farm market space, eatery and climate battery heated greenhouse. CSA members and customers appreciate our large assortment of produce, salad mixes and specialty crops, including leeks, pak choi and herbs, as well as the extended availability of tomatoes and cucumbers starting in June from our two movable high tunnels. Fresh eggs are available from our mostly content hens who run outside on sunny days and are given non-GMO feed.

There are four seasons to register for CSA farm shares: May through December 2015—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.



**Amador Hill Farm & Orchard at
the Women's Environmental Institute**
P.O. Box 128, North Branch, MN 55056
15715 River Rd., 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. WEI accepts e-checks or credit/debit card orders online. WEI is a proud participant in 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
N2843 County Road E., Stockholm, WI 54769
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 Stockholm, Wis., about 60 miles from Saint Paul. Avodah is a Hebrew word whose meaning encompasses labor, worship and service. Through the work of farming, we seek to embody 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 enjoy bountiful $\frac{3}{4}$ bushel boxes of garden-fresh vegetables and herbs, delivered on Wednesdays. For our Main Season (June–October), we offer two subscription plans: Regular Subscriptions (17–18 weekly deliveries, can be shared between two households), and Alternate Weeks Subscriptions (eight every-other-week deliveries). We also offer Fall Season Subscriptions (four every-other-week deliveries, October–December), available with or without a Main Season subscription.

Members choose between our six pickup sites: Saint Paul (Downtown), Saint Paul (West 7th), Minneapolis (Longfellow), St. Louis Park (Wooddale near Excelsior), Richfield (Lyndale near 62), and Mendota Heights (near Lexington & 110). Locals can pick up at the farm.

We try to provide a reliable supply of basic seasonal staples, while 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 tips, recipes and farm news, as well as the opportunity to enjoy family-friendly seasonal celebrations on the farm.



Humble Hands Harvest
Hannah Breckbill
2743 Hidden Falls Rd
Decorah, IA 52101
Phone: 507-513-1502
E-mail: breckbih@gmail.com
Website: www.facebook.com/HumbleHandsHarvest

Humble Hands Harvest is located along the Upper Iowa River, northeast of Decorah, Iowa. Formerly in Elgin, Minn., we deliver CSA shares to Rochester, Minn., as well as our Decorah community.

Our harvest season runs for 20 weeks, from mid-June through October. Each box gets a diverse selection of whatever produce is in season—from herbs and greens to fruits and roots. We want you to feel like your up-front investment in the farm makes this CSA feel like your garden—you'll be excited to see each box of produce as a gift from the land and the seasons!

As a farmer, my goal is to help connect the eaters of my food to the land. The weekly e-mail newsletter lets you know what's going on (lots of talk of the weather and how it affects the farm is to be expected!) and provides some ideas of how to use your abundant produce. You'll be welcome to visit the farm and the growing veggies anytime!

Boxed shares will be delivered on Wednesdays in Rochester.



Hermit Creek Farm
Landis Spickerman
65554 Spring Brook Road
High Bridge, WI 54846
Phone: 715-492-5969
E-mail: landis_hcf@yahoo.com
Website: www.hermitcreekfarm.com

Hermit Creek is a 140-acre certified organic market farm specializing in vegetables, small fruits, pastured hogs and maple syrup. We operate a year-round CSA with delivery to the Chequamegon Bay (Wis.) area and the Twin Ports of Duluth-Superior.



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's 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, Lake Elmo Inn, Jordan Meats and Deli in Woodbury, 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 that 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.



Bakers' Acres Farm
Lisa Baker, Farm Manager
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 vegetables and herbs like green beans you know how to cook, plus some unusual ones to keep things interesting. We will continue to provide useful, delicious CSA boxes, and in this 5th year, we're offering 50 shares. Bakers' Acres is a 15-acre family farm in Avon, Minn., in organic transition. We offer two CSA share sizes for 18 weeks and use 1/2 bushel boxes in the early season and expand to 3/4 bushel boxes later in the season.

Our success stems from drip irrigation, a food safety plan, hoop house, wash-and-pack room in the barn, walk-in cooler, and our sincere reverence for the land. We avoid using synthetic fertilizers, toxic pesticides and GMO seed.

Share Sizes:

- Small (every-other-week) and Large (every week).

Pick-up Locations & Delivery Days:

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

On-Farm Activities:

- We welcome members to help with harvest and attend events!

To place an online order or for more information, see www.bakersacresfarm.com.



Common Ground Garden
Kate Ritger, Production Manager
104 Chapel Lane
St. 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 from 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.



Blue Ox Organics
Caleb & Lauren Langworthy
N11253 State Road 25
Wheeler, WI 54772
Phone: 715-632-2088
E-mail: BlueOxOrganics@gmail.com
Website: www.BlueOxOrganics.com

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

Lamb and wool products are available from our flock of sheep, which roam pastures in a management intensive grazing system.

Organic produce can be obtained fresh from our ridge top garden at local markets or through our winter CSA membership.



Big River Farms
Minnesota Food Association
Laura Ibsen
14220-B Ostlund Trail North
Marine on St. Croix, MN 55047
Phone: 651-433-3676
E-mail: libsens@mnfoodassociation.org
Website: www.mnfoodassociation.org

Big River Farms is a certified organic vegetable farm that is operated by a nonprofit, Minnesota Food Association (MFA). All proceeds from the farm are used to support our mission: to build a sustainable food system based on social, economic and environmental justice through education, training and partnerships. MFA provides training, land and resources to aspiring immigrant and minority farmers, educates the community on food and farming issues, and offers new farmers marketing opportunities through our food hub.

Like all Community Supported Agriculture farms, we offer members a share of our harvest in exchange for pre-season support. This helps ensure a successful season by providing operating funds in the spring, when they're needed most.

Big River Farms CSA offers multiple options to fit your needs:

- Summer's Best Veggies — 18 weeks of organic vegetables at the peak of ripeness.
- Every-Other-Week Veggies — if a full box every week is too much, opt for every-other-week.
- Fall Harvest Veggies — extend the season with three boxes of storage vegetables and greens.
- FruitShare — 9 weeks of organic fruit from family farms across the country.

Shares can be picked up on Tuesdays and Thursdays from the farm or at one of our Twin Cities Metro drop sites. We also offer weekly newsletters and on-farm events throughout the season. By joining our CSA, you are not only supporting current farmers; you're making an investment in the future of organic agriculture.



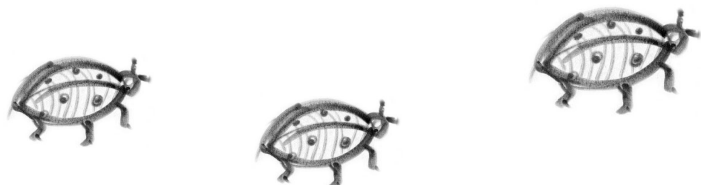
Big Woods Farm
Laurie & David Hougen-Eitzman
10752 Nerstrand Blvd.
Nerstrand, MN 55053
Phone: 507-334-3335
E-mail: farmers@bigwoodsfarmcsa.com
Website: www.bigwoodsfarmcsa.com

Big Woods Farm is entering our 23rd season as a Community Supported Agriculture farm, producing delicious, freshly-picked produce for our members. Details for the 2015 season are still being determined — please visit our website for updates.

Our produce is available 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.

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.

Big Woods Farm is located near Nerstrand, Minn., an hour's drive south of the Twin Cities and adjacent to Big Woods State Park.



Bakers' Acres Farm
Lisa Baker, Farm Manager
36861 Co. Rd. 9, Avon, MN 56310
Phone: 320-309-0746
E-mail: info@bakersacresfarm.com
Website: www.bakersacresfarm.com

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On-Farm Activities: We welcome CSA members to help with harvest and attend events!

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Alternative Roots Farm
Brooke & John Knisley
11197 130th St., Madelia, MN 56062
Phone: 507-439-6541

E-mail: alternativerootsfarm@yahoo.com
Website: www.alternativerootsfarm.blogspot.com

Alternative Roots Farm is a certified organic farm and orchard offering vegetables and fruits through CSA Shares, Farm Shares (FS), farmers' market and direct sales. ARF specializes in heirloom produce — so much more than just tomatoes! ARF also specializes in apples, with 18 varieties in production, many are heritage types.

ARF CSA offers 18 weeks of fresh, local, organic produce for full shares; half shares are delivered every-other-week for nine weeks. Each 5/9-bushel box contains 8-14 items — a diversity of seasonal vegetables, with herbs and fruit, including apples for 7-8 weeks. Members receive a weekly e-mail newsletter with recipes, storage tips, farm news and more.

Farm Shares are credits offered in several amounts and used like cash to purchase straight from the farm via weekly availability lists or the Saturday farmers' market.

There are several add-ons to enhance your membership. An Apple Booster or Herb Booster may be added to CSA. Our partner, Good Earth Mill & Grains, offers an add-on with flours/grains/mixes for CSA or FS. ARF eggs are reserved for members only during CSA season.

We deliver on Wednesday, with pick-up in New Ulm or on-farm (Madelia area). Home or workplace delivery is available in New Ulm, for a small fee.

Our family farm is nestled on four acres in rural Madelia, 12 miles south of New Ulm, 25 miles west of Mankato. Members are welcome and encouraged to visit the farm, which supports vegetables, a native prairie, pastured pigs and poultry.



Blackberry Community Farm
Tim, Karen, Jacob, Jewell & Joy Hermann
County Road S., Box 136, Wheeler, WI 54772
Phone: 715-658-1042

E-mail: blackberry@mosiactelecom.net
Website: www.blackberrycsa.wix.com/farm

Blackberry Community Farm is located 20 miles north of Menomonie, Wis. Our family/community farm is a 30-acre homestead. It consists of an orchard, herb and vegetable gardens, honeybee yard, berry patches, and sugar bush. This is our 25th season of sustainable farming and 20th season as a CSA farm.

We will deliver more than 50 kinds of chemical-free vegetables, fruits and herbs. We offer deluxe and half shares. DELUXE (3/4 bushel box of vegetables, fruits, herbs and some specialty items delivered for 20 weeks (mid-June through October). HALF (same, but delivered for 10 weeks of your choice). Along with the box of produce, members receive an informative e-mail newsletter with recipes, farm news, educational articles and more.

Members can choose a Tuesday or Friday delivery. Currently we have two St. Paul sites, four Minneapolis sites, one Eagan site; pending — Inver Grove Heights or Woodbury and three Wisconsin sites. Please visit our website for details: www.blackberrycsa.wix.com/farm.

We use all organic practices and strive for nutrient and mineral rich soil for healthy produce. The farm is surrounded by woods, which protects us from chemical spray drift and run-off. Members are welcome to visit or volunteer and there will be a summer and fall farm festival.

Give yourself a season of great local food and farm community. You are worth it! We look forward to being your farmer.

• Apprenticeship Opportunities •

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



**Blackbrook Farm
James & Ayla Dodge
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 family farm located in Clayton, Wis., 75 miles northeast of the Twin Cities. 2015 will mark our first year as being certified organic and our 4th year of running our own farm. On our 40-acre farmstead, we grow about 10 acres of vegetables, herbs and fruit for our 175-member CSA, two farmers' markets and wholesale. We also offer free-range egg shares to members and pasture-raised 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 rotations and animal manures. We never use chemical fertilizers or pesticides. We offer full and half shares to our CSA members. 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, strawberries and sweet corn.

We deliver our CSA boxes on Thursdays to the Twin Cities and surrounding areas and also offer on-farm pickup. In addition to your produce, you will receive a weekly e-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.



CSA Farms That Deliver to Outstate Minnesota & Western Wisconsin *Pages 63-74*



Wozupi
Rebecca Yoshino
2041 140th St. NW, Prior Lake, MN 55372
2330 Sioux Trail NW, Prior Lake, MN 55372
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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 (one dozen or one half-dozen of certified organic eggs each week).
- Early Winter Share (four 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).



Boot Strap Urban Farm
Eve Glidden & Jon Middleton
4326 5th Ave. S.
Minneapolis MN 55409
Phone: 612-333-1805
E-mail: bootstrapurbanfarm@gmail.com
Website: www.bootstrapurbanfarm.com

We take great joy in growing on various urban lots and backyards in Minneapolis, as well as on acreage 60 miles outside of the Twin Cities. Our growing methods are resilience based, sustainable and organic. We incorporate permaculture and polyculture plantings in all of our gardens, revitalizing and replenishing the land that we cultivate. We also work to create habitat for pollinators and beneficial insects throughout our gardens. Our CSA shares are distributed every-other-week from mid-June to mid-October. Each bi-weekly share consists of a $\frac{3}{4}$ bushel box full of mindfully cultivated vegetables and herbs, with a farm newsletter including photos and recipes.

We have pick up options in South Minneapolis on Wednesday or Saturday. In order to contribute healthy food access to people from all economic backgrounds our shares are available through sliding scale prices relative to your income level. 2015 is our 4th year as a small scale CSA. Herbal medicine is part of our focus and we also offer Community Supported Herbalism shares. These herb shares includes a seasonal basket of herbal preparations: teas, tinctures, salves and more. With winter, spring, summer and fall baskets, each basket is suited to the common issues of that season.



Burning River Farm
Michael Noreen
1125 Clam Falls Dr.
Frederic, WI 54837
Phone: 715-653-2245
E-mail: farmer@burningriverfarm.com
Website: www.burningriverfarm.com

Burning River Farm has been in the veggie business for nine years in beautiful western Wisconsin. We have always used ecological, chemical-free methods with a focus on soil building. 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 (the grassroots alternative to USDA Organic). 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 2015 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 run-down 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, decent pay and a year-end bonus. Inquire early!



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. This year we will be growing vegetables on four acres and raising pastured pork and chickens. In farming we focus on diversity and variety, growing more than 40 kinds of vegetables and a variety of different animal breeds. We do not use any synthetic chemicals; instead we focus on 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 mid-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 and pastured pork. Our delivery options include: on-farm pick-up, drop site delivery and home delivery in the Twin Cities Metro Area. Our delivery day is Wednesday.



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, between Princeton and Cambridge, Minn. In 2015 we will grow seven acres of vegetables and offer CSA shares delivered to the Twin Cities, Blaine, Elk River, Hopkins and Cambridge. If you are interested in Uproot delivering to your neighborhood or office, contact the farm.

We enter our fifth production season in 2015 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. We're slated for organic certification in June of 2015.

We offer both weekly (18 weeks) and every-other-week (9 weeks) shares, as well as egg shares from Sunshine Harvest Farm. 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. We also raise Freedom Ranger chickens on pasture for the CSA and we're partnering with Singing Hills Goat Dairy to provide goat cheese shares and pork. Visit www.uprootfarm.com to learn more about the farm and to sign-up for a share.

• **Apprenticeship/Employment Opportunities** •

Uproot Farm is seeking one intern for the 2015 growing season.
Contact Sarah for details.



Buttermilk Falls CSA & Folk School Retreat
Lindsey Ruder
599 280th Street
Osceola, WI 54020
Phone: 715-294-4048
E-mail: csa@buttermilkcsa.com
Website: www.buttermilkcsa.com

Buttermilk Falls CSA is a CSA and educational farm nestled among the forests and prairie lands of the beautiful St. Croix River Valley, just 45 minutes from the Twin Cities. Member families enjoy festivals and gatherings, hikes along the river and exploring the hidden spring and historical limestone kilns. Our gardens have been producing CSA shares for more than 25 years without the use of chemical fertilizers, herbicides or pesticides.

Named after our pristine waterfall, Buttermilk Falls CSA offers members lovingly grown organic/biodynamic produce, a beautiful, natural site for retreats and an enlightening folk school. Weekly CSA shares are available in the summer and fall with unique perks like home delivery, a no-fly list (where you tell us what to leave out of YOUR box) and two weeks of free vacation that will be tacked on at the end of the regular season. We also offer farm memberships for each of the four seasons that allow you to reap all of the benefits that each season offers here at the farm — from firewood and maple syrup, to watercress and summer harvest.

We deliver boxes to homes and drop sites all over the Twin Cities Metro area, as well as the Osceola, Marine and Stillwater areas. Join our farm and become a part of a local food system that serves the individual, the family, the community and the Earth.



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

2015 marks our 26th 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, peppers, 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 limited number of half shares, 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 and our members are welcome to visit the farm at any time.

Our members often tell us that their participation in the farm is something that gives them hope. Consider joining us in eating well this season.

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

Internships available that include room, board and a stipend.



Twin Lakes CSA
Liz Talley/Urban Graze
P.O. Box 54
Champlin, MN 55316
Phone: 952-201-2330
E-mail: liz@ugraze.com
Website: www.ugraze.com

Twin Lakes CSA is part of a quiet Amish community of small family farms located on fertile, organic land near Mora, Minn.

Members find that the farmers serve as true environmental and land stewardship mentors; sustainability and low waste have been a part of their everyday living without interruption for generations. Seed-saving practices provide many heirloom crops.

All produce varieties are raised using pure, organic farming practices. No GMOs, no chemicals, no pesticides, no hormones, no pollution—not even the noise of machines!

Another community (previously Savory Spring Farms) provides additional seasonal deliveries of wild crafted treasures from pristine forests on their farmlands in southwestern Wisconsin (think wild greens, morels, ramps, asparagus, berries...).

This very unique CSA connects members with a special farm community, offering many seasonal share and “à la carte” options from summer-only, to nearly year-round: 100+ vegetable varieties, fruit, herbs, eggs, beef, chicken, turkey, pork, lamb, pantry items, (e.g. grains, honey, maple syrup, pasta, canned goods and holiday), plus more. There is a farm tour day in the summer.

We provide weekly recipes, personal letters and stories from the farms, surprise homemade treats and amazing boxes. A community of farmers means greater produce variety and less risk to you. An integrated “Share CSA” program brings food to low income elders and families, provides life-story sharing opportunities, and builds community. Drop sites are located throughout the Twin Cities Metro.



Turnip Rock Farm
Josh Bryceson & Rama Hoffpauir
260 95th St., Clear Lake, WI 54005
Phone: 715-268-9311
E-mail: turniprock@gmail.com
Website: www.turniprock.com

We are a family farm with 10 years of CSA management experience and several years of internships on other farms. We focus on growing “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 invite you to have a look at our blog and website to see what you can expect if you join our CSA.

- We are certified organic. Our values are rooted in sustainability and stewardship.
- Full and Single Shares available with a season extension option and farmstead Cheese Share option.
- New for 2015: Whole Diet CSA Option — includes Summer and Fall vegetables, eggs, farmstead cheese and meat—all from our farm!
- Drop sites in Robbinsdale, Minneapolis, Eden Prairie, Stillwater, Roseville, Edina, Northeast and St. Paul.
- Weekly delivery on Thursdays for 18 weeks, June through October.
- Weekly online blog with recipes and photos that is very popular with our members. We also have e-mail reminders to let you know when your box has been delivered.
- Easy online sign-up and payment plans available.
- Organically raised, free-range pastured eggs, pork, beef and chicken available.
- We contribute to the Harvest for the Hungry program.
- Our CSA members get the best of what we grow—CSA is our first priority.
- Fully equipped with irrigation, wash stations, coolers and a great crew to bring you the goods in good condition! We are a kohlrabi-free farm!



Community Homestead
Christine Elmquist
501 280th St., 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 six 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 (four 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.



Costa Farm
Ron Costa
9411 Dellwood Rd.
White Bear Lake, MN 55115
Phone: 651-653-1269
E-mail: info@costafarm.com
Website: www.costafarm.com

Costa Farm is a produce farm that has been in business for 102 years! We've been successfully growing the finest quality vegetables for three generations. We are located on scenic Hwy. 96, between White Bear Lake and Stillwater. We supply restaurants, grocery stores, wholesale distributors and many farmers' markets with our well-known fresh produce.

This year we are excited to launch our CSA Program! We will have drop sites in White Bear Lake, Stillwater, Vadnais Heights, Little Canada, Lake Elmo, Hugo and at our farm. We will have over 25 different varieties of fresh vegetables to incorporate into our bountiful CSA boxes this year. Costa Farm uses very little, if any, harmful pesticides or chemicals on our vegetables! We strive to be good stewards of the land.



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

Fine foods, sustainably raised.

Watch a 120-second video about our unique meat and eggs CSA here: <http://bit.ly/1HmA6yL>. We offer: beef, lamb, pork, chicken, duck, eggs, turkey, brats, bacon and deli meats.

Our beef and lamb is 100% grass-fed, dry-aged and well marbled. Our pork and poultry are also raised on pasture with non-GMO and chemical-free feed.

Our focus on pasture-raised, slow-growth heritage breeds produces the most flavorful, healthy and respectful meats available. With year-round monthly deliveries to two-dozen Twin Cities Metro Area pickup locations, our CSA is a convenient way to include sustainable heritage meats in your family's diet. One taste and you'll be hooked.

The feed our animals receive is of critical importance to us. All animals live on fresh, rotationally managed pasture. For our poultry and hogs, we mix much of their additional feed on our farm with grain from local certified organic grain farmers. In addition, all of our feed is either low or no soy.

Our handmade, naturally cured, and hickory smoked deli meats, bacon and sausages are unique and downright amazing.

Our packages are delivered year-round at a frequency of your choosing; you decide the budget and types of meats in your subscription. Packages will fit in a standard freezer — no chest freezer is required.

Sign up at www.TrueCost.farm and taste what a difference heritage breeds make!



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. 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 and organic 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: fall 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 adventure 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!



Country Taste Farm
Peter E. Clay
36463 Blackfoot St. NW
Cambridge, MN
Phone: 763-689-5727
E-mail: claypcfarm@q.com
Website: www.countrytastefarm.com

Country Taste Farm uses Integrated Pest Management. Our produce is grown in fields and high tunnels. Produce is grown using plastic mulch for weed protection and drip irrigation. We have four high tunnels (totaling 7,000 square feet); 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 products to control insects and disease. We are working to balance the biology in our soil to produce our fruits and vegetables; at this time we supplement the soil with some fertilizer. We have over seven acres under cultivation.

2015 CSA memberships include 16-18 weeks of delivery, from mid-June to October, with a choice of three sizes: ¼ Share (¼ bushel), ½ Share (½ bushel), and Full Share (1 bushel).

Farm pickup Monday through Thursday, 2 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). Pick up at Isanti Family Farmers' Market, Fridays 2 p.m. to 6 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, sweet and hot peppers, potatoes, pumpkins, radishes, raspberries, rutabagas, spinach, strawberries, sweet corn, squash, tomatoes and zucchini.



Crazy Boy Farm
Proeun & Amy Doeun
53100 Fairfield Ave.
Rush City, MN 55069
Phone: 651-270-3658 or 320-358-3695
E-mail: crazyboyfarm@yahoo.com
Website: 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 are certified organic. 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.

Our drop sites this year are South Maplewood, East Saint Paul, Saint Paul Midway, Shoreview and New Brighton—all on Mondays (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.



Tangletown Gardens Farm
Dean Engelmann & Scott Endres
11407 County Road 9
Plato, MN 55370
Phone: 612-822-4769
E-mail: info@tangletowngardens.com
Website: www.tangletowngardens.com

Tangletown Gardens CSA shares make it simple to go from farm fresh to table fresh deliciously. Think of it as having your own kitchen garden—only we do all the work. Every week beginning mid-June through mid-October you will receive incredibly flavorful, hard-to-find heirlooms and long-standing kitchen favorites, grown without chemically based fertilizers or pesticides.

We are committed to sustainable agriculture on our 100-acre farm in Plato, Minn., and grow the best quality vegetables, herbs and fruits for you, while respecting the earth and yielding an amazing array of varieties and intense flavors.

Each week your share is accompanied by a newsletter providing useful information and recipes. We also host a CSA Day at our farm during the summer so you can see firsthand the land on which your shares have been carefully grown. We offer Full Shares (best suited for a family of four), Half Shares (ideal for two vegetarians) and Micro Shares (ideal for a single person or a great way to get introduced to a CSA).

We now offer three different pick up sites:

- Tangletown Gardens on Wednesdays and Thursdays.
- North Loop Neighborhood at Fulton Brewery on Wednesdays.
- Saint Paul at Solo Vino on Selby Avenue on Fridays.



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 throughout 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.



Driftless Organics
Josh & Noah Engel, Mike Lind
52450 McManus Road
Soldiers Grove, WI
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 farm-partner 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 cannot 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 a few different season extension options that last into the new year. All of this, plus a newsletter with recipes and stories from the farm, and a fall harvest 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 SEVEN pick-up sites in the Twin Cities area. Sign up today at: www.driftlessorganics.csasignup.com.



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 southeastern 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 2015 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 any time 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.



Sweet Beet Farm
Nick & Amelia Neaton
3780 115th St. SW
Montrose, MN 55363
Phone: 612-219-1853
E-mail: sweetbeetfarm@gmail.com
Website: www.sweetbeetfarm.com

Located 35 miles west of Minneapolis, Sweet Beet Farm is a transitional organic CSA vegetable farm. Farmers Amelia and Nick Neaton are in their sixth year supplying delicious, quality produce to the Twin Cities and the west Metro.

Our CSA offers two options for shareholders: full shares and half shares. Members receive a bounty of fresh produce each week, beginning in mid-June and ending in mid-October. We grow a rainbow of fruits and vegetables, including heirloom and rare varieties, as well as old favorites. Our pickup options include various sites in the west Metro, Minneapolis sites, on-farm pickup, and home or office delivery.

Besides farming, we both have backgrounds in education, and we share that experience with our CSA members. Shareholders receive weekly newsletters, featuring interesting facts, farm happenings, recipes and more. We also schedule farm field days and special events for hands-on learning!

Please feel free to call or e-mail with any questions about our farm. We look forward to growing food for your family!



Steady Hand Farm LLC
Jason & Juli Montgomery-Riess
1231 135th Street, Amery, WI 54001
Phone: 715-768-0719
E-mail: steadyhandfarm@gmail.com
Website: www.steadyhandfarm.com

At Steady Hand Farm we love everything about raising vegetables — from seeding, planting and harvesting to preparing, eating and sharing them. Simply put, we raise food for the pleasure it brings.

We raise our produce without using synthetic pesticides or herbicides and we promote biological diversity in our production plans. We want food that is safe for our family, friends and neighbors.

For 2015, we are excited to offer 18-week Full and Half CSA Shares, with deliveries in the Twin Cities Metro Area, the eastern suburbs and western Wisconsin. We also offer two add-on shares in support of food causes important to us. Purchase the Seedlings for Change Share and sponsor a flat of vegetable starts for Project Sweetie Pie's urban farming program. Purchase The Bee Share and help us establish an acre of permanent habitat for honeybees and wild pollinators here on our farm.

We raise our produce on a 70-acre farm situated in the mixed pine birch forests and lake country of Polk County near St. Croix Falls and Amery, Wis. The Apple River flows to our south, and our neighbors include humans, horses, otters and insects.

While our farm is new, we are not new to this work. Together we have eight seasons of CSA experience, including three years of management.

Invite the pleasure of fresh, local, seasonal produce into your home, and let Steady Hand Farm be your farm.

- ***Apprenticeship/Employment Opportunities*** •
We are hiring interns for 2015.



Eener's Farm
Renee & Cass Bettendorf
N12449 220th St.
Boyceville, WI 54725
Phone: 715-643-2803
E-mail: eenermachine@gmail.com
Website: www.eenersfarm.blogspot.com

Eener's Farm is a fifth generation family farm located in Dunn County, Wis., approximately 60 miles from St. Paul. Earlier generations utilized the farm for dairy and beef operations. Eener (that's Renee backwards) has converted the farm into a small CSA, which is now in its sixth year.

Full and half shares are available, both are delivered weekly. Deliveries start in June and continue for 18 weeks.

Delivery sites: Fresh and Natural Foods in Hudson, River Market Co-op in downtown Stillwater and Hampden Park Co-op in St. Paul (928 Raymond Ave.).

Monthly shares are also available, delivered May through October.

Each share includes 30 to 40 varieties of vegetables, a small selection of herbs, a few bouquets of flowers and Eener's ultra-hip weekly newsletter "The Spinning Turnip." Eener grows pretty much all the classic garden veggies plus a few oddities. Monthly shares also include grass-fed beef and free-range chicken eggs.

Everything grown/raised on Eener's Farm is done so in a sustainable manner without the use of chemical herbicides, pesticides, fertilizers or antibiotics. Please see Eener's website for share rates, more CSA details and whacky farm antics.

Members are not required to work on the farm. They are welcome to visit and encouraged to attend the Big Fall Harvest Party Fest, which is held at the farm in October and involves a bonfire, food, beer, farm tours, hay rides, pumpkins and wildlife fun.



Featherstone Fruits & Vegetables
Jack Hedin, Farmer; Patty Zanski, CSA Contact
43090 City Park Road, Rushford, MN 55917
Phone: 507-459-5209
E-mail: patty@featherstonefarm.com
Website: www.featherstonefarm.com

Featherstone Fruits and Vegetables is located in the spectacular Bluff Country of southeastern Minnesota between Winona and Lanesboro. We grow our crops on 140 acres of rich farmland located in a variety of microclimates. Featherstone has been certified organic (MOSA) since its first season in 1997. We deliver CSA shares to over 25 drop sites throughout the Twin Cities, Rochester and Winona, and wholesale crops to regional co-ops and other natural food stores.

Shareholders may sign up for any or all three of our seasonal share options: Summer, Fall and Winter, which together provide 29 straight weeks of produce delivery from the last week in June through February. We offer a simple mix of mainstream veggies in hearty proportions. Our boxes include familiar produce, such as asparagus, leaf lettuce, tomatoes, onions, peppers, peas, beans, sweet corn, cantaloupes and watermelons.

Shareholders stay connected to the farm and get cooking tips in a variety of ways, including: weekly newsletters from the farm, membership to Local Thyme (a CSA menu planning service), connection through our social media outlets including our blog and Twitter feed, and an invitation to attend on-farm events such as our spring Open House and Plant Sale and our Strawberry Social (u-pick). A commitment to a sustainable future in agriculture drives Jack and the Featherstone team in their dedication to grow the best produce possible.

• *Apprenticeship/Employment Opportunities* •

Featherstone is often looking for seasonal and year-round employees in both their field and office operations. Please visit www.featherstonefarm.com for more on employment opportunities.



Spring Hill Community Farm
Michael Racette & Patricia Wright
545 1 1/2 Avenue
Prairie Farm, WI 54762
Phone: 715-455-1319
E-mail: springhill@chibardun.net
Website: www.springhillcommunityfarm.com

Connecting people and the land since 1992.

Please call, e-mail or visit our website for more information.



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! At Sleepy Root Farm we are continually crafting the most beautiful, nutritious, delicious and user-friendly CSA shares to add inspiration and variety to your cooking. Our acreage is currently being transitioned to organic, with a strong focus on soil health, biological diversity and mindful practices as the foundations of healthy places, healthy food and healthy people.

Choose from Full, Medium or Small sized shares for 18 weeks of well-balanced vegetables, herbs and occasional fruit. All share sizes are designed for sensible portions and ease of use without being boring. Members enjoy a weekly newsletter with recipes, tips and a few musings on the edible world as well as access to our online recipe archive sorted by vegetable type.

Delivered to the Twin Cities (including Northeast Minneapolis, South Minneapolis, St. Anthony Park, St. Paul and downtown St. Paul) and east of the Twin Cities (White Bear Lake, Mendota Heights, Stillwater and Amery, Wis.). Members are welcome to come out to the farm for special events or simply to visit. Sleepy Root is a proud member of the Hungry Turtle Farmers Co-op.

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



Fox & Fawn Farm
Red & 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 three-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 apples, 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.

- Tuesday delivery: Hopkins, St. Louis Park, Minneapolis (Tangletown) and St. Paul (St. Anthony Park).
- Thursday delivery: Victoria, Chaska, Chanhassen and Excelsior.

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
Paul & Chris Burkhouse
124 – 280th Street, Osceola, WI 54020
Phone: 715-294-1762
E-mail: foxtailcsa@yahoo.com
Website: www.foxtailcsa.com

Foxtail farm offers ONLY Winter CSA Shares! We are the farm that you can go to when your summer CSA calls it quits for the year. We are excited to grow all year long just for our Winter CSA members. Our Winter CSA share is much more than an “extra” or “storage” box. It is an entirely new idea and whole new CSA season.

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 four 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 such as sweet potatoes, carrots, winter squash, potatoes, 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, naturally fermented pickles, sauerkraut, kimchi, canned tomato sauce and lots of other tasty and healthy treats!

Foxtail Farm uses only natural methods — no chemical fertilizers or pesticides — to produce really 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. Contact us now to get more information and to reserve a spot for the 2015-16 winter CSA season!

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

Year-round apprenticeships for a couple may be available.

Shepherd Flock Farm
Terry Arnold
16987 260th St.
Lindstrom, MN 55045
Phone: 651-257-2656
E-mail: jtarnold@frontiernet.net
Website: <http://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 29 years. In our fifth year as a CSA farm, we raise our vegetables free of chemicals using crop rotations and no-till, as well as green manures, 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 and Vadnais Heights. We grow a large variety of produce with 10 to 14 different vegetables and herbs available each week.

Occasional berries and fall apples are also offered. Our CSA is intentionally kept small in order to offer more personal attention to both our CSA partners and our vegetables. We encourage our members to become more familiar with the farming process by volunteering at the farm. Come share in the experience of planting, growing and harvesting by making regular visits to the farm!



Shared Ground Farmers' Cooperative

Robin Major
804 Margaret Street
St. Paul, MN 55106
Phone: 612-524-9324

E-mail: sharedgroundfarmerscoop@gmail.com
Website: www.sharedgroundcoop.com

Shared Ground Farmers' Co-op is a marketing and distribution co-operative owned by farms in the Twin Cities region. Shared Ground markets sustainably grown produce and grass-fed meats direct to consumers, wholesale and retail accounts through a Community Supported Agricultural (CSA) program, to restaurants, and to the Minneapolis Farm to School program.

Shared Ground Co-op represents a diverse group of producers united around a common set of goals. Shared Ground farmers live in both urban and rural communities and come from a variety of cultural and ethnic backgrounds. A core objective is a strong commitment to making environmentally sustainable farming a living wage job for anyone who chooses to pursue it, especially for minority and immigrant farmers. Shared Ground views its marketing and farm skill training as an instrument of social justice, and a way for farmers with few resources to gain more stable income, training and leadership development skills through participation in a member-owned and member-governed enterprise.

The founding members of Shared Ground Farmers' Cooperative are: Cala Farm, Stone's Throw Urban Farm, Whetstone Farm, Agua Gorda Cooperative and La Familia Cooperative.



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.



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.



Seeds Farm
Becca Carlson
6903 115th St. E.
Northfield, MN 55057
Phone: 507-581-9453
E-mail: seedsfarm@gmail.com
Website: www.seedsfarmproject.com

Seeds Farm has been producing high-quality, delicious and nutrient-dense food since 2010. Our ingredients are simple: pure sunshine, warm rains, hard work and healthy soils. We produce wholesome food and believe it is a vehicle for healthier and happier lives, a commitment to preserving the lands for future generations, and a means to creating stronger families and communities.

What makes Seeds Farm unique is that we offer customizable CSA shares. That means YOU get to pick what vegetables you want each week. Don't want kale this week? Great, grab an extra head of lettuce!

We offer vegetable CSA shares packed full each week with the freshest produce that you will love. We are also home to dozens of free-range chickens that roam through fresh air, as well as the happiest pigs around. We offer egg and meat shares as well as weekly flower shares that are beautifully grown to reflect summer's vibrant colors. Weekly newsletters are distributed with updates on farm life, as well as new recipes to try with each week's packed vegetables.

Seeds Farm is located on the southern outskirts of Northfield, Minn., about 30 miles south of the Twin Cities. We offer convenient and easy-to-get-to drop sites in Minneapolis, Burnsville and St. Paul, as well as Northfield. Ask us about making your work place/home a drop site. As a member, you are welcome to come visit your farm and are invited for member festivals throughout the season.

Let us grow your food for you this season —it's what we love to do!



Sam Kedem Nursery & Garden
12414 191 St. E.
Hastings, MN
Phone: 651-437-7516
E-mail: info@kedemgarden.com
Website: www.kedemgarden.com

Sam Kedem Nursery & Garden offers organic fruits and vegetables, fruiting and ornamental plants and in-store products.

The farm is easily accessible and in close proximity to the Twin Cities Metro. We offer 22 weeks of CSA, May-October, on and off the farm. Additionally, member packages include year-round discounts across the board: free-range meat chickens, homemade preserves, eggs, honey and Christmas trees. On-farm CSA members enjoy a wide selection of produce and products they can choose from. We will have weekly deliveries to Twin Cities Metro locations depending on participation.

Additional farm activities: Enjoy PYO strawberries, raspberries, blueberries, currants, gooseberries, cherries, apples, plums and veggies. Also available as Fruit SuperBowl program. No upfront entry fee. Our meat birds graze in the orchard, enriching the soil and their diet.

Our bees collect nectar and pollen from a myriad of flowers grown on the farm, to produce the best honey you can find! Free-range hens provide flavorful, nutrition-laden eggs.

CSA membership contract sign-up deadline is March 15th. There are several installment options; please visit our website: www.kedemgarden.com, or e-mail info@kedemgarden.com for details. Bringing you nutrition and value you deserve!



Green Earth Growers
Jenny or Jolea
7150 Casey Parkway
Prior Lake, MN 55372
Phone: 952-447-4131
E-mail: info@greeneearthgrowers.net
Website: www.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 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:

- Farm (Prior Lake)
- Valley Natural Co-op (Burnsville)
- Mississippi Market (W. 7th, St. Paul)
- Wagners (Bloomington)
- Intelligent Nutrients (Northeast Minneapolis)
- St. Louis Park (Private Resident)

Please check our website for any additional drop site information. We love knowing where our food comes from.

Who's your farmer?!?



Growing Lots Urban Farm
Iman Mefleh & Joe Silberschmidt
1915 22nd St., #5
Minneapolis, MN 55404
Phone: 612-987-3648
E-mail: growinglots@gmail.com
Website: www.growinglotsurbanfarm.com

Growing Lots is a 2-acre CSA and market farm based in the Seward Community of South Minneapolis, where we've used organic methods to transform two previously vacant urban lots into vibrant, productive green spaces. Members come to our unique space in the city each week during the growing season and enjoy the farm as they pick up their vegetables.



Rolling Thunder Farms
Jimmie & Anita Sparks
23215 Tunnel Rd.
Pine City, MN 55063
Phone: 320-629-3403
E-mail: rtf49@hotmail.com
Website: www.rtfgreen.com

We are committed to sustainable farming and sustainable living. We have lived on our farm 40 years and have a meat CSA that offers beef, pork, chicken and turkeys.

We do not use growth hormones or antibiotics and feed our animals the least processed food possible. Our animals are raised and treated humanly throughout the cycle of their lives. We practice rotational grazing for our beef cattle—we move them through eight pastures, where their water is supplied through a piping system that is solar powered. We also raise pigs, chickens and turkeys for our CSA.

We deliver to your home. We also manage five beehives. We take great joy in not only enjoying their honey, but also knowing the valuable place they hold in the cycle of life.

Please go to our website for more information: www.rtfgreen.com.



Riverbend Farm
Greg & Mary Reynolds
5405 Calder Ave. SE, Delano, MN 55328
Phone: 763-972-3295
E-mail: greg.reynolds@frontier.com
Website: www.rbcsa.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 over 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. Shares can be picked up at the farm, Harvest Moon Co-op in Long Lake, Lakewinds Natural Foods in Minnetonka, and Linden Hills Co-op in Southwest Minneapolis.

• **Apprenticeship/Employment Opportunities** •

Employment opportunities available. Farm experience necessary.



Harmony Valley Farm
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

Harmony Valley Farm reaps the benefits of over 40 years of growing experience from Richard de Wilde, farm founder and co-owner. Our farm is located in a spring-fed valley in the Driftless region of southwestern Wisconsin. Our produce is distributed throughout our region through our CSA membership, grocery stores and food co-ops.

We are dedicated to growing the highest quality certified organic produce with experience as our guarantee. Richard has gone above and beyond organics, placing great value on soil fertility and plant nutrition. We utilize a system of cover cropping and applications of compost and minerals to promote healthy, mineral-balanced soils, which result in vegetables with exceptional flavor and nutrition. We plant and maintain a year-round habitat for songbirds, bats, bees and beneficial insects to become our allies in pest control.

We have been growing for CSA for over 20 years. We currently deliver to members in the Twin Cities area; Madison, Wis.; and our local area. We offer a long delivery season, May through December, and an additional Extended season option in January. We offer a variety of vegetable share options including Full Season, Every-Other-Week and Peak Season and Flex share options. In addition to vegetable shares, we also offer a fruit share featuring outstanding fruit produced by certified organic growers across North America; certified organic, grass-fed Angus beef and pastured pork; certified organic, Fair Trade coffee, roasted locally just before delivery; and an organic cheese share featuring selections of high-quality cheese produced by regional dairy farms!



Hilltop Pastures Family Farm

Tom & Sara Austin

26134 Jasmine Dr.

Fountain, MN 55935

Phone: 507-867-0096

E-mail: farm@hilltoppasturesfamilyfarm.com

Website: www.hilltoppasturesfamilyfarm.com

We are a 100% grass-fed, sustainable family farm. Our beef, pork, chicken, lamb, goats, turkeys and free-range hens are all raised on fresh pasture, sunshine and the open air. Our pigs, chickens, turkeys and hens also receive a locally grown non-GMO feed; our hen feed is also soy free. Our mission is to offer you a healthier way of life by providing all natural, healthy meat and produce in an ecologically responsible environment. We look forward to offering you high quality products that we are confident you and your whole family will enjoy.

We offer a few different ways for you to buy from us, including our wonderful CSA program with three different share options for you to choose from. We deliver monthly to the Twin Cities and surrounding areas, February-November of each year.

We look forward to hearing from you.



Ploughshare Farm

Gary & Jennifer Brever

601 Wintergreen NW, Alexandria, MN 56308

Phone: 320-304-0918

E-mail: organicploughshare@gmail.com

Website: www.ploughsharefarm.com

- 2012 Named Outstanding Farmer of the Year by Minnesota 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, 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 throughout the Metro area including Minneapolis, South and North Minneapolis, Minnetonka, Plymouth and St. Paul. In addition we deliver to St. Cloud, Sauk Centre and Alexandria. We offer drops for businesses and corporations. If you are interested in hosting a drop site for your employees or co-workers or in your neighborhood, please contact us.

For complete information about our CSA, please visit our website.



Pahl Farms
Gary Pahl
6885 160th Street
Apple Valley, MN 55124
Phone: 952-431-4345
E-mail: newsletter@pahls.com
Website: www.pahls.com

Pahl Farms is a 5th generation family owned and operated farm with over 60 years of dedication to being stewards of the land. We are committed to natural and sustainable agriculture practices and are strong advocates of safety for not only the land but also our customers. We are USDA Harmonized GAP certified. Pahl Farms is located in Apple Valley, Minn.

Pahl Farms' CSA season runs from mid-June through the end of October and offers two share options: the Standard Share (feeds 2-3) and the Family Share (feeds 4-5). With each share option members receive 20 weeks of fresh homegrown produce straight from our fields to your table. We offer over 20 convenient pick-up locations throughout the Twin Cities area. Pahl Farms CSA members stay informed about the happenings on the Farm through our weekly CSA newsletter.

There are several things that set the Pahl Farms CSA program apart from other CSA farms. Our unique and exciting Harvest Events give our members access to visit the Farm throughout the season. In addition, we provide quality meats and fresh baked breads through our strong partnerships with Von Hanson's Meats and Great Harvest Bread Company. Several times throughout the season members can also expect bonus items such as seasonable fruits, fresh herbs, flowers, decorative items and more!



Hog's Back Farm
David 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 13th 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 proud to be certified organic by MOSA. Only certified organic farms have third-party inspectors come to their farms and verify their growing practices—everything else is just a bunch of adjectives.

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, four in Minneapolis and two in St. Paul. Please visit our website for more details, to sign-up or read the past year's newsletters.



Loon Organics Inc.
Laura Frerichs
23229 200th St.
Hutchinson, MN 55350
Phone: 320-587-0140
E-mail: loonorganics@hotmail.com
Website: www.loonorganics.com

Celebrating our 10th CSA 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 2015 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 Loon-letter*, chock-full of favorite recipes, produce tidbits and farm news. Two CSA member farm events, a Strawberry Pick and a Fall Harvest Festival, are offered in June and September. 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 (nine weeks of boxes).

CSA pick-ups are at our farm a few miles west of Hutchinson, and on Thursdays at six Twin Cities drop sites in the West Metro and in Minneapolis. Loon Organics is certified organic by MOSA.



My Minnesota Farmer
Jean Braatz
35100 191st Ave., Montgomery, MN 56069
Phone: 507-364-7348
E-mail: djbraatz@frontiernet.net
Website: www.mymnfarmer.com

Looking for a farm that offers more than just vegetables? Enjoy apples, herbs, chicken, eggs, turkey, pork, lamb 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 vegetables and fruit over an 18-week regular season or a 21-week extended season. We also offer Thanksgiving shares. 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, pastured pork, grass-fed lamb and Thanksgiving turkeys as additional ways to feed your family with the utmost confidence that you are eating quality food.

Our farm is situated on 40 acres, 30 miles south of the Twin Cities. We have slowly 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 14 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 18 Twin Cities and outstate locations, or come to the farm where you can bring home any "extras" we've been blessed with. We celebrate with farm events and love to show you how we grow your eco-ganic food. Allow us the opportunity to be your farmer.



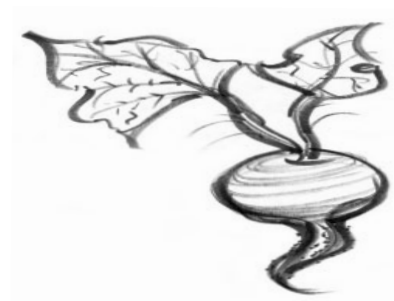
Mastodon Valley Farm
Peter Allen
PO Box 134
Viola, WI 54664
Phone: 608-843-6467
E-mail: peter@mastodonvalleyfarm.com
Website: www.mastodonvalleyfarm.com

At Mastodon Valley Farm, we plant trees and shrubs and graze lots of animals to help restore our native oak savanna ecosystems. We produce grass-fed beef, pastured pork, free-range poultry and eggs, fruits and nuts, herbs, veggies and honey.



Marshwatch Farms
Joe & Terrie Adams
1396 Country Trail West
Shakopee, MN 55379
Phone: 612-710-2062
E-mail: Joe@marshwatchfarms.com
Website: www.marshwatchfarms.com

We farm sustainably without the use of antibiotics, chemicals, insecticides or fertilizers. Take some extra time to see for yourself how your food is raised and enjoy our lakeside setting, free-range eggs, honey, on-site Market. Hablamos Español.



—A Quick CSA Guide—

CSA Farms That Deliver to Twin Cities

- ❑ Amador Hill Farm, North Branch, MN; 651-583-0705 (page 6)
- ❑ Avodah Farm, Stockholm, WI; 715-307-8662 (page 7)
- ❑ Axdahl's Garden Farm, Stillwater, MN; 651-439-3134 (page 8)
- ❑ Bakers' Acres Farm, Avon, MN; 320-309-0746 (page 9)
- ❑ Big River Farms, Marine on St. Croix, MN; 651-433-3676 (page 10)
- ❑ Big Woods Farm, Nerstrand, MN; 507-334-3335 (page 11)
- ❑ Blackberry Community Farm, Wheeler, WI; 751-658-1042 (page 12)
- ❑ Blackbrook Farm, Clayton, WI; 828-702-0444 (page 13)
- ❑ Boot Strap Urban Farm, Minneapolis, MN; 612-333-1805 (page 14)
- ❑ Burning River Farm, Frederic, WI; 715-653-2245 (page 15)
- ❑ Buttermilk Falls CSA, Osceola, WI; 715-294-4048 (page 16)
- ❑ Common Harvest Farm, Osceola, WI; 715-294-2831 (page 17)
- ❑ Community Homestead, Osceola, WI; 715-294-3038 (page 18)
- ❑ Costa Farm, White Bear Lake, MN; 651-653-1269 (page 19)
- ❑ Country Taste Farm, Cambridge, MN; 763-689-5727 (page 20)
- ❑ Crazy Boy, Rush City, MN; 651-270-3658 or 320-358-3695 (page 21)
- ❑ Driftless Organics, Soldiers Grove, WI; 608-624-3735 (page 22)
- ❑ Earth Dance Farm, Spring Valley, MN; 507-378-4252 (page 23)
- ❑ Eener's Farm, Boyceville, WI; 715-643-2803 (page 24)
- ❑ Featherstone Fruits & Veg., Rushford, MN; 507-459-5209 (page 25)
- ❑ Fox & Fawn Farm, New Germany, MN; 952-353-1762 (page 26)
- ❑ Foxtail Farm, Osceola, WI; 715-294-1762 (page 27)
- ❑ Fresh Earth Farms, Denmark Township, MN; 651-436-2778 (page 28)
- ❑ Gale Woods Farm, Minnetrista, MN; 763-694-2002 (page 29)
- ❑ Green Earth Growers, Prior Lake, MN; 952-447-4131 (page 30)
- ❑ Growing Lots Urban Farm, Minneapolis; 612-987-3648 (page 31)
- ❑ Harmony Valley Farm, Viroqua, WI; 608-483-2143 (page 32)
- ❑ Hilltop Pastures Family Farm, Fountain, MN; 507-867-0096 (page 33)
- ❑ Hog's Back Farm, Arkansaw, WI; 612-756-0690 (page 34)
- ❑ Loon Organics Inc., Hutchinson, MN; 320-587-0140 (page 35)
- ❑ Marshwatch Farms, Shakopee, MN; 612-710-2062 (page 36)
- ❑ Mastodon Valley Farm, Viola, WI; 608-843-6467 (page 39)
- ❑ My Minnesota Farmer, Montgomery, MN; 507-364-7348 (page 40)
- ❑ Pahl Farms, Apple Valley, MN; 952-431-4345 (page 41)
- ❑ Ploughshare Farm, Alexandria, MN; 320-304-0918 (page 42)

- ❑ Riverbend Farm, Delano, MN; 763-972-3295 (page 43)
- ❑ Rolling Thunder Farms, Pine City, MN; 320-629-3403 (page 44)
- ❑ Sam Kedom Nursery & Gard., Hastings, MN; 651-437-7516 (page 45)
- ❑ Seeds Farm, Northfield, MN; 507-581-9453 (page 46)
- ❑ Shared Ground Farmers' Coop., St. Paul; 612-524-9324 (page 47)
- ❑ Shepherd Flock Farm, Lindstrom, MN; 651-257-2656 (page 48)
- ❑ Sleepy Root Farm, Amery, WI; 812-217-6877 (page 49)
- ❑ Spring Hill Comm. Farm, Prairie Farm, WI; 715-455-1319 (page 50)
- ❑ Steady Hand Farm, Amery, WI; 715-768-0719 (page 51)
- ❑ Sweet Beet Farm, Montrose, MN; 612-219-1853 (page 52)
- ❑ Sylvan Hills Farm, Menomonie, WI; 651-262-7185 (page 53)
- ❑ Tangletown Gardens Farm, Plato, MN; 612-822-4769 (page 54)
- ❑ Treasured Haven Farm, Rush City, MN; 320-358-3581 (page 55)
- ❑ True Cost Farm, Montrose, MN; 612-217-1770 (page 56)
- ❑ Turnip Rock Farm, Clear Lake, WI; 715-268-9311 (page 57)
- ❑ Twin Lakes CSA, Champlin, MN; 952-201-2330 (page 58)
- ❑ Uproot Farm, Princeton, MN; 763-389-8450 (page 59)
- ❑ Waxwing Farm, Webster, MN; 952-652-6552 (page 60)
- ❑ Wozupi, Prior Lake, MN; 952-496-2267 (page 61)



CSA Farms That Deliver to Outstate Minn. & Western Wis.

- ❑ Alternative Roots Farm, Madelia, MN; 507-439-6541 (page 63)
- ❑ Bakers' Acres Farm, Avon, MN; 320-309-0746 (page 64)
- ❑ Blue Ox Organics, Wheeler, WI; 715-632-2088 (page 65)
- ❑ Common Ground Garden, Saint Joseph, MN; 262-339-7737 (page 66)
- ❑ Hermit Creek Farm, High Bridge, WI; 715-492-5969 (page 67)
- ❑ Humble Hands Harvest, Decorah, IA; 507-513-1502 (page 68)
- ❑ Jubilee Fruits & Vege., Mountain Lake, MN; 507-360-3293 (page 69)
- ❑ Northern Light Farm, Solway, MN; 218-467-3584 (page 70)
- ❑ Open Hands Farm, Northfield, MN; 507-645-2871 (page 71)
- ❑ Prairie Drifter Farm, Litchfield, MN; 320-693-5502 (page 72)
- ❑ Sweet Top, Deer Park, WI; 715-269-5214 or 507-923-6251 (page 73)
- ❑ Threshing Table Farm, Star Prairie, WI; 715-248-7205 (74)