

CSA

Farm Directory

2016



**2016 Edition of the Twin Cities,
Minnesota & Western Wisconsin Region
Community Supported Agriculture
(CSA) Farm Directory**



**LAND
STEWARDSHIP
PROJECT**

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

Updated: Feb. 15, 2016

What is Community Supported Agriculture (CSA)?

At their most fundamental level, CSA farms provide a weekly delivery of sustainably grown produce (and increasingly, meat and other products) 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 farms as become "members" of those farms. CSA operations provide more than 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!

This CSA Directory edited by 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*



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 borrowed from FairShare Community Supported Agriculture Coalition, www.csacoalition.org.*

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.

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 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
Pages 6-71



**Abraham's Table Farm
Joel & Megan Barr, Corinne Johnson
15995 Grindstone Lake Road
Sandstone, MN 55072
Phone: 757-705-2593**

**E-mail: abrahamstablefarm@gmail.com
Website: www.abrahamstablefarm.wordpress.com**

Abraham's Table Farm is a small family farm cut out of the North Woods. We are not certified organic yet, but we farm using natural processes and do not use synthetic pesticides or herbicides on our plants or land. We also raise our chickens without antibiotics or other drugs and feed them organically grown, non-GMO, soy-free, grain. We grow flowers, herbs, and many kinds of vegetables for our CSA program and offer pastured poultry meat and eggs as well. We are hoping to offer maple syrup, honey, beef and pork in the future as we grow.

We deliver to CSA drop-sites in South Minneapolis, the St. Paul/Falcon Heights/Roseville area and Woodbury.



Avodah Farm
Martha & Geoffrey Black
N2843 County Rd. E.
Stockholm, WI 54769
Phone: 715-448-4000
E-mail: avodahfarm@gmail.com
Website: <http://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 live out the Jewish principle of Tikkun Olam—Repairing the World—by rebuilding our topsoil, our local economy, and the connections between city and country. We use no synthetic chemicals, ensuring our produce is safe for you and the environment.

Members will enjoy bountiful $\frac{3}{4}$ bushel boxes of garden-fresh vegetables and herbs, delivered on Wednesdays to six pick-up sites: Minneapolis (Longfellow and Powderhorn neighborhoods), St. Paul (Mississippi Market on West 7th and Health Partners Specialty Center on Phalen Blvd.), Richfield (Lakewinds Co-op) and Mendota Heights (off Lexington north of Hwy. 110). Wisconsin locals can pick up at the farm. We offer two membership plans during our 17-week season, June–October: Regular Memberships (a box every week), and Alternate Weeks Memberships (eight deliveries, one every-other-week). Both types can be shared between two households if desired.

We try to provide a reliable supply of familiar seasonal staples, while also bringing novelty and variety to our members' diets. To accomplish this, we grow 120 varieties of 50 crops. Each box typically contains 8–12 different items. Members also receive a weekly e-mail newsletter with detailed cooking and storage tips, recipes and farm news, as well as the opportunity to purchase farm-fresh eggs from our chickens and enjoy family-friendly seasonal celebrations on the farm.



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 farm, is situated along the St. Croix River in Stillwater, Minn. Our farm market is located at 7452 Manning Avenue North in Stillwater. We practice sustainable farming, are long-time 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 several decades.

Eighteen to 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 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, all metro Lunds and Byerlys locations, 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 to December.



CSA Farms That Deliver to Twin Cities...

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

We're happy to hear we're meeting our customers' needs and sell out every year! We provide certified organic super fresh, staple vegetables, fruits 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, a weekly newsletter, and in this 6th year, we're offering 60 shares. Bakers' Acres is a 15-acre family farm in Avon, Minn. We also raise a small amount of pastured poultry, eggs and beef.

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

Share Sizes: We offer two CSA share sizes for 18 weeks (mid-June to mid-October) and use $\frac{3}{4}$ bushel boxes: Small (every-other-week) and Large (every week).

Pick-up Locations & Delivery Days:

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

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

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



CSA Farms That Deliver to Twin Cities...

Big River Farms
Hana Tanberg
14220-B Ostlund Trail North
Marine on St. Croix
Phone: 651-433-3676
E-mail: produce@mnfoodassociation.org
Website: www.mnfoodassociation.org

Big River Farms is the main training and distribution program of the Minnesota Food Association—a 501(c)(3) nonprofit. We train new immigrant farmers in sustainable, 100 percent organic certified, vegetable production. We have over 30 types of vegetables grown by 10 different farmers who sell through Big River Farms CSA.

We will be expanding our production by growing five new traditional/ethnic crops this coming season.



CSA Farms That Deliver to Twin Cities...

Big Woods Farm
Laurie Hougen-Eitzman
10752 Nerstrand Blvd.
Nerstrand, MN 55053
Phone: 612-598-6249
E-mail: farmers@bigwoodsfarmcsa.com
Website: www.bigwoodsfarmcsa.com

We are entering our 24th season as a Community Supported Agriculture farm, producing delicious, freshly-picked produce for our members. Details for the 2016 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, 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.

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



CSA Farms That Deliver to Twin Cities...

Blackberry Community Farm
Tim, Karen, Jacob, Jewell & Joy Hermann
County Road S, Box 136
Wheeler, WI 54772
Phone: 715-658-1042
E-mail: blackberry@mosaictelecom.net
Website: www.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 apple orchard, herb and vegetable gardens, honeybee yard, berry patches and sugar bush. This is our 26th season of sustainable farming and 21st 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 (¾ 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 also order extra farm items like honey, lip balm, flour, berries and additional produce.

Members can choose a Tuesday or Friday delivery. Currently we have sites in St. Paul, Minneapolis and Wisconsin. 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 encouraged to visit or volunteer, and are welcome to attend the 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 meals plus garden produce, and a stipend.



CSA Farms That Deliver to Twin Cities...

Blackbrook Farm
James & Ayla Dodge
1148 35th Ave.
Amery, WI 54001
Phone: 651-343-2595 or 828-702-0444
E-mail: blackbrook.farm.llc@gmail.com
Website: <http://www.blackbrookfarmstead.com>

Blackbrook Farm is a certified organic diversified family farm. We grow 15 acres of vegetables for a 225-member CSA, one Minneapolis farmers' market and wholesale through two farmers' cooperatives. Our farm is located 60 miles outside of the Twin Cities in Amery, Wis. Our 140-acre farm is home to 25 pasture-raised heritage breed hogs, 150 laying hens and 150+ Freedom Ranger meat birds.

As organic farmers, our practices include using cover crops, green manures, crop rotations and animal manures. We never use chemical fertilizers or pesticides. We believe strongly in building our soils for the generations to come.

With our CSA, we offer Full and Half share options to our members. Our boxes are packed full all 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. For the 2016 season, our add-on options include Egg Shares and Mushroom Shares. In the summer, we will start our sign-up for Meat Chicken Shares and fall Pork Shares.

We deliver our CSA boxes on Thursdays to many Twin Cities and surrounding area locations, 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, the contents of the box and what is to come the following week.



CSA Farms That Deliver to Twin Cities...

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. We view organic certification as a minimum standard as we strive to create a whole-systems farm with ruminant animals to generate on-farm fertility.

We work year-round to offer WINTER CSA shares. Building on years of experience, we focus on providing the highest quality, local and certified organic produce, along with our other farm products. When the summer season ends, remember — you can eat local all year long!

Our 1 and 1/9th bushel boxes are delivered bi-weekly starting in November. Each box contains a mix of field and storage crops, high tunnel greens, kitchen staples, dehydrated, and value-added goods. Members quickly find that many crops are much sweeter and more flavorful after they've been touched by Old Man Winter!

Winter shares from Blue Ox Organics are available at host sites in western Wisconsin and the Twin Cities.



CSA Farms That Deliver to Twin Cities...

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 on acreage 60 miles outside of the Twin Cities. 2016 is our 5th year as a small-scale CSA. Our growing methods are resilience based, sustainable and organic. By incorporating permaculture and polyculture plantings in all of our gardens, we revitalize and replenish 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 Tuesday or Saturday. In order to contribute healthy food access to people from all economic backgrounds, our vegetable shares are available through sliding-scale prices relative to your income level.

Herbal medicine is part of our focus and we also offer Community Supported Herbalism shares. These herb shares include a seasonal basket of herbal preparations: teas, tinctures, salves and more. With winter, spring, summer and fall shares, each basket is suited to help you stay healthy throughout the changing seasons.



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 10 years in beautiful northwestern 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 veggie favorites to provide our members with great flavor and value. You'll enjoy crisp lettuce, tender greens, tomatoes, fresh sweet corn, winter squash, fresh herbs and much more.

We have 200+ memberships available for the 2016 season, averaging 18 weeks from early June until mid-October. Deliveries are made every Thursday to drop-sites throughout the Twin Cities and Twin Cities metro area. We have three box sizes. The 3/4 bushel family share is ideal for two veggie-loving adults or a family of four, and the 5/9 single share is ideal for one to three people. Our Mini "Salad" Share, ideal for one to two light eaters, is heavy on greens and salad. Deliveries include a newsletter with stories from the field and a rundown of the week's offerings and recipes.

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

• *Apprenticeship/Employment Opportunities* •

Available with nice affordable housing, veggies, valuable on-the-job training, decent pay and a year-end bonus.



CSA Farms That Deliver to Twin Cities...

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 Fall's CSA is a project of the 501(c)3 nonprofit, Philadelphia Community Farm (PCF) in Osceola, Wis. PCF is an education and conservation organization that has been serving the St. Croix River Valley for more than a quarter-century. Each share purchased supports the community effort to maintain youth and adult farm and nature-based programming, therapeutic retreat opportunities, Biodynamic agricultural production and Earth-centered land stewardship.

In addition to weekly shares of seasonal and delicious produce delivered right to their home or to convenient local drop-sites throughout western Wisconsin and the Twin Cities, our members may also enjoy spring shares, flower shares and shares of our delicious maple syrup.

Membership includes VIP access to our beautiful farmstead, complete with hiking trails along the St. Croix River and to our namesake waterfall, exploration of surrounding forest and restored prairies, visits to our family-friendly barnyard and endless opportunities to lend a helping hand in our gardens. Connect to the roots of the Community Supported Agriculture movement and seize this opportunity to be a part of something great.

Let us grow for you!



Cimarron Youth Farm CSA

Ann DeLaVergne

901 Lake Elmo Ave. N

Lake Elmo, MN 55042

Phone: 651-329-0125

E-mail: ann@ourcommunityfoodprojects.com

Website: www.ourcommunityfoodprojects.com

Cimarron Youth Farm CSA is a farm program designed to support access to healthy local food in low-income communities in Washington County. At Cimarron Mobile home community we have an acre farm with a children's garden, resident community garden, market stand, cooking program and a youth farm program. Income from our CSA and our market stand help support youth and senior workers who live in the Cimarron Mobile Home Community. Our CSA is small—15 members only. Pick-ups are at River Market Co-op in downtown Stillwater, or at Cimarron in Lake Elmo. Drop-off arrangements can be made for three or more shares in communities that wish to sign up together.

- Vegetable shares (15-20 pounds) run 12-14 weeks.
- Flower shares are available for eight weeks.

We do not split shares, we encourage members to preserve what they can't eat each week or share a membership or produce with family, friends and neighbors.

We invite members to volunteer at the farm and market stand and children are always welcome. Our market stand opens mid-June and is open to the community. EBT is accepted and produce is priced for affordability to increase access to healthy local food. To learn more about Our Community Food Projects and to sign up for our CSA, visit www.ourcommunityfoodprojects.com or call Ann at 651-329-0125 and we will mail you a brochure.



CSA Farms That Deliver to Twin Cities...

**Clover Bee Farm
Margo & Andrew
N8806 600th St.
River Falls, WI 54022
Phone: 952-261-3312
E-mail: Cloverbeefarm@gmail.com
Website: www.cloverbeefarm.com**

We care for the land, pollinators and your health, and want to help you be a part of a food community. We are a 30-member veggie CSA and sell at Kingfield Market. Certified organic as of 2016.



Common Harvest Farm
Dan Guenther & Margaret Pennings
212 280th St.
Osceola, WI 54020
Phone: 715-294-2831
E-mail: commonharvestfarm@gmail.com
Website: www.commonharvestfarm.com

This will be our 27th 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 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.



CSA Farms That Deliver to Twin Cities...

Community Homestead

Christine Elmquist

501 280th St.

Osceola, WI 54020

Phone: 715-294-3038

E-mail: christine.elmquist@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 to October. Boxes come in three sizes: “family,” “couple” and “single.” Winter shares are also available (four deliveries every-other-week, November to December), as well as options including bread, cookies, pickles, jam and fruit, and separate meat shares. Everything is grown, baked and prepared 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, Golden Valley, Maplewood, Shoreview, Vadnais Heights, Stillwater, Hudson 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 & Greenhouse
Ron Costa
9411 Dellwood Rd.
White Bear Lake, MN
Phone: 651-653-1269
E-mail: info@costafarm.com
Website: www.costafarm.com

Costa Farm is a family owned farm that has been in business for 103 years! We've been successfully growing the finest quality, non-GMO vegetables for three generations. We are located on scenic Highway 96, between White Bear Lake and Stillwater. We supply restaurants, grocery stores, wholesale distributors and many farmers' markets with our well-known fresh produce.

Over 100 acres of produce is grown on our farm. We are conscious of our pollinators and are good stewards of the land. We are Food Safety Certified by the USDA, which is a very thorough auditing process by which we have to pass inspections for everything from water quality, worker health, hygiene and safety, equipment functionality, packing area cleanliness, storage and transportation safety. We have a traceability program as well as a pest control program in place. We do not fertilize with manure for safety concerns.

Our CSA program provides the community direct access to high-quality, nutrient-dense, fresh produce—grown locally with care. We have drop-sites in White Bear Lake, Stillwater, Circle Pines, Little Canada, Lake Elmo, Hugo, Mahtomedi and Woodbury, as well as at our farm. You may create your own group (at least five people) and we will deliver to you! We grow over 30 different varieties of fresh vegetables and herbs to incorporate into our bountiful CSA boxes.

We offer a half share (half bushel), which feeds two to four people, and a full share (full bushel), which feeds four to six people. Our CSA runs for 16 weeks from June to October.



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 CSA has been serving central Minnesota for six years. The fruits and vegetables we grow express our most basic values: to provide naturally grown, nutrient-rich, exceptionally tasty, environmentally-friendly foods. Country Taste Farm uses 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.

2016 CSA membership include 16-18 weeks from mid-June to October, choice of three sizes: ¼ Share (¼ bushel) ½ Share (½ Bushel), and Full Share (1 bushel). Farm pick-up Monday through Thursday 2 p.m.-7 p.m. Deliveries: Cambridge to Blaine, Tuesday, 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 on Fridays from 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 and fruit for our CSA market. We are transitioning to 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 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 ($\frac{3}{4}$ bushel boxes every-other-week), and peak season (mid-July to mid-September) shares.

We also offer Berkshire hogs and eggs. Grass-fed beef, ducks and lamb coming soon. Our CSA members receive a discount on these items. Buy Loco!



CSA Farms That Deliver to Twin Cities...

Driftless Organics
Mike Lind
52450 McManus Rd.
Soldiers Grove, WI
Phone: 608-624-3735
E-mail: mike.lind@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 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 2016 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.



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 seventh 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, raw honey 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.



CSA Farms That Deliver to Twin Cities...

Featherstone Farm
Jack Hedin, Farmer; Patty Zanski-Fisher, CSA Coordinator
43090 City Park
Rushford, MN 55971
Phone: 715-892-0327
E-mail: patty@featherstonefarm.com
Website: www.featherstonefarm.com

Featherstone Farm is located in the spectacular Bluff Country of southeastern Minnesota between Winona and Lanesboro, and has been certified organic (MOSA) since its first season in 1997. We deliver CSA shares to over 25 drop-sites throughout the Twin Cities, as well as in Rochester and Winona, and wholesale crops to regional co-ops and natural food stores. Shareholders may sign up for any or all three of our seasonal share options: Summer, Fall and Winter—which together provide 28 straight weeks of produce delivery from the last week in June until the first week in March.

We offer a simple mix of classic veggies in hearty proportions. Our boxes include familiar produce such as asparagus, leaf lettuce, tomatoes, broccoli, onions, peppers, carrots, peas, beans, sweet corn, cantaloupes and watermelons. We round out boxes with a selection of herbs, including basil, cilantro and parsley.

Shareholders stay connected to the farm and get cooking tips in a variety of ways: weekly newsletters from the farm, membership in Local Thyme, a CSA menu planning service, and connection through our social media outlets including our blog, Facebook and Twitter feed, and an invitation to attend our annual on-farm CSA event, our Strawberry Social (u-pick).

A passion for high quality foods and a commitment to a sustainable future in agriculture drive 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.



CSA Farms That Deliver to Twin Cities...

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 two boys (ages 1 and 4) help 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 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 (Tangle-town) 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 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 2016-2017 winter CSA season!

• *Apprenticeship/Employment Opportunities* •

Year-round apprenticeships for a couple may be available.



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: 763-694-2001

E-mail: mhochstetler@threeriversparkdistrict.org

Website: <https://www.threeriversparks.org/parks/gale-woods-farm.aspx>

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, pasture-raised beef cattle, pigs, sheep and chickens, several miles of hiking trails, canoeing and fishing.

The CSA operation involves teenaged youth from surrounding communities 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 lives. 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.



CSA Farms That Deliver to Twin Cities...

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

Green Earth Growers was founded by Jenny Hotz and Jolea Gress in 2004. 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 16-week CSA offers Full Shares (weekly) and Half Shares (every-other-week)

Our current delivery day is Tuesday; boxes are ready after 4 p.m. 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)
- Minnetonka (private residence)

Please check our website for detailed CSA information.

We love knowing where our food comes from and how it is grown!



Growing Lots Urban Farm
Iman Mefleh
2115 Snelling Ave.
Minneapolis, MN 55404
Phone: 612-987-3648
E-mail: growinglots@gmail.com
Website: www.growinglotsurbanfarm.com

We're a 1-acre farm based on three urban lots in the heart of Minneapolis. We grow using organic practices in permanent raised beds. We aim to grow a diversity of crops, including some less-seen varieties that thrive in our smaller space. Our members pick up our shares on-site at our main lot, allowing them to enjoy the farm and converse with the farmers.



CSA Farms That Deliver to Twin Cities...

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, along with Andrea Yoder. Our farm is located in a spring-fed valley in the Driftless region of southwestern Wisconsin. Our produce is distributed throughout the region through our CSA membership and through grocery stores and food co-ops.

We are dedicated to growing the highest quality certified organic produce with experience as our guarantee. Richard and Andrea go 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 results 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 currently deliver CSA shares to members in the Twin Cities area; Madison, Wis.; and our local area. We offer a long delivery season, May through December. Our vegetable share options include Full season, Every-Other-Week, 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!

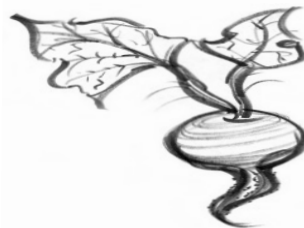


Hilltop Pastures Family Farm
Tom & Sara Austin
26134 Jasmine Dr.
Fountain, MN 55935
Phone: 507-867-0096
E-mail: farm@hilltoppasturesfamilyfarm.com
Website: www.hilltoppasturesfamilyfarm.com

We are a 100 percent grass-fed, sustainable family farm. Our beef, pork, chicken, lamb, 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.



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

Join us for our 14th 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 6 to 26 pounds of produce. Your share also includes our informative newsletter.

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



CSA Farms That Deliver to Twin Cities...

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

Celebrating our 11th 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 2016 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.

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 ½ 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 ½ 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.



CSA Farms That Deliver to Twin Cities...

**Mastodon Valley Farm
Peter Allen
14153 Kanable Hollow Drive
Viola, WI 54664
Phone: 608-843-6467
E-mail: mastodonvalleyfarm@gmail.com
Website: www.mastodonvalleyfarm.com**

We raise grass-fed beef and lamb, pastured pork and poultry in ways that regenerate and restore our native ecosystems, and deliver customized meat shares right to your door.



**Minnesota Microgreens
Chad Martin
1036 Summit Ave.
South Saint Paul, MN 55075
Phone: 651-230-4947
E-mail: mnmicrogreens@yahoo.com
Website: www.mnmicrogreens.com**

Minnesota Microgreens LLC is located in a quaint residential neighborhood in Saint Paul. We grow microgreens, which are young seedlings of edible vegetables and herbs harvested less than 14 days after germination. We are the Twin Cities source for delectable microgreens!

The greens we grow are GMO-free, organic and fertilized with pure ocean water. We currently offer 19 different seed selections and deliver our greens living, not cut. Our delivery locations are throughout the Twin Cities area. CSA memberships are available.



—A Quick CSA Guide—

CSA Farms That Deliver to Twin Cities

- Abraham's Table Farm, Sandstone, MN; 757-705-2593 (page 6)
- Avodah Farm, Stockholm, WI; 715-448-4000 (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; 612-598-6249 (page 11)
- Blackberry Community Farm, Wheeler, WI; 715-658-1042 (page 12)
- Blackbrook Farm, Amery, WI; 651-343-2595 (page 13)
- Blue Ox Organics, Wheeler, WI; 715-632-2088 (page 14)
- Boot Strap Urban Farm, Minneapolis, MN; 612-333-1805 (page 15)
- Burning River Farm, Frederic, WI; 715-653-2245 (page 16)
- Buttermilk Falls CSA, Osceola, WI; 715-294-4048 (page 17)
- Cimarron Youth Farm CSA, Lake Elmo, WI; 651-329-0125 (page 18)
- Clover Bee Farm, River Falls, WI; 952-261-3312 (page 19)
- Common Harvest Farm, Osceola, WI; 715-294-2831 (page 20)
- Community Homestead, Osceola, WI; 715-294-3038 (page 21)
- Costa Farm, White Bear Lake, MN; 651-653-1269 (page 22)
- Country Taste Farm, Cambridge, MN; 763-689-5727 (page 23)
- Crazy Boy Farm, Rush City, MN; 651-270-3658 (page 24)
- Driftless Organics, Soldiers Grove, WI; 608-624-3735 (page 25)
- Earth Dance Farm, Spring Valley, MN; 507-378-4252 (page 26)
- Eener's Farm, Boyceville, WI; 715-643-2803 (page 27)
- Featherstone Farm, Rushford, MN; 715-892-0327 (page 28)
- Fox & Fawn Farm, New Germany, MN; 952-353-1762 (page 29)
- Foxtail Farm, Osceola, WI; 715-294-1762 (page 30)
- Fresh Earth Farms, Denmark Township, MN; 651-436-2778 (page 31)
- Gale Woods Farm, Minnetrista, MN; 763-694-2001 (page 32)
- Green Earth Growers, Prior Lake, MN; 952-447-4131 (page 33)
- Growing Lots Urban Farm, Minneapolis; 612-987-3648 (page 34)
- Harmony Valley Farm, Viroqua, WI; 608-483-2143 (page 35)
- Hilltop Pastures Family Farm, Fountain, MN; 507-867-0096 (page 36)
- Hog's Back Farm, Arkansaw, WI; 612-756-0690 (page 37)
- Loon Organics, Hutchinson, MN; 320-587-0140 (page 38)
- Mastodon Valley Farm, Viola, WI; 608-843-6467 (page 39)
- Minnesota Microgreens, South St. Paul, MN; 651-230-4947 (page 40)



- Muddy Feet Farm, Minnetrista, MN; 763-242-3604 (page 43)
- My Minnesota Farmer, Montgomery, MN; 612-245-6271 (page 44)
- North Creek Farm, Prairie Farm, WI; 715-455-1569 (page 45)
- Open Farms, Minneapolis; 612-767-6231 (page 46)
- Pahl Farms, Apple Valley, MN; 952-431-4345 (page 47)
- Ploughshare Farm, Alexandria, MN; 320-304-0918 (page 48)
- Sam Kedem Nursery & Gard., Hastings, MN; 651-437-7516 (page 49)
- Seeds Farm, Northfield, MN; 507-581-9453 (page 50)
- Shared Ground, St. Paul, MN; 651-621-2771 (page 51)
- Shepherd Moon Farm, Lindstrom, MN; 763-607-8196 (page 52)
- Sleepy Root Farm, Amery, WI; 715-607-1096 (page 53)
- Sogn Valley Farm, Cannon Falls, MN; 763-614-8853 (page 54)
- Spring Hill Comm. Farm, Prairie Farm, WI; 715-455-1319 (page 55)
- Steady Hand Farm, Amery, WI; 715-768-0719 (page 56)
- Sweet Beet Farm, Montrose, MN; 612-219-1853 (page 57)
- Sylvan Hills Farm, Menomonie, WI; 651-262-7185 (page 58)
- Tangletown Gardens Farm, Plato, MN; 612-822-4769 (page 59)
- Thorn Crest Farm, Dundas, MN; 507-645-4182 (page 60)
- Treasured Haven Farm, Rush City, MN; 320-358-3581 (page 61)
- True Cost Farm, Montrose, MN; 612-217-1770 (page 62)
- Turnip Rock Farm, Clear Lake, WI; 715-268-9311 (page 63)
- Twin Lakes CSA, Champlin, MN; 952-201-2330 (page 64)
- Uproot Farm, Princeton, MN; 763-389-8450 (page 65)
- Urban Ag Lab, Minneapolis, MN; 609-458-5882 (page 66)
- Urban Roots, St. Paul, MN; 651-228-7073 (page 67)
- Vameng Produce Food Hub, St. Paul, MN; 651-493-8091 (page 68)
- Waxwing Farm, Webster, MN; 952-652-6552 (page 69)
- Whetstone Farm, Amery, WI; 612-354-6282 (page 70)
- Wozupi Tribal Gardens, Prior Lake, MN; 952-233-9182 (page 71)

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

- Alternative Roots Farm, Madelia, MN; 507-439-6541 (page 73)
- Bakers' Acres Farm, Avon, MN; 320-309-0746 (page 74)
- Common Ground Garden, St. Joseph, MN; 262-339-7737 (page 75)
- Hoch Orchard & Gardens, La Crescent, MN; 507-643-6329 (page 76)
- Humble Hands Harvest, Decorah, IA; 507-513-1502 (page 77)
- Northern Light Farm, Solway, MN; 218-467-3584 (page 78)
- Open Hands Farm, Northfield, MN; 507-645-2871 (page 79)
- Prairie Drifter Farm, Litchfield, MN; 320-693-5502 (page 80)
- Threshing Table Farm, Star Prairie, WI; 715-248-7205 (81)



Muddy Feet Farm
Stephanie Stillman
7100 County Road 110 West
Minnetrista, MN 55364
Phone: 763-242-3604
E-mail: farmerstillman@gmail.com
Website: www.muddyfeetfarm.org

Muddy Feet Farm is a chemical-free, no-till, vegetable farm that offers both Traditional and Ayurvedic CSA shares. The farm was founded in 2013 and is located on the property of Big Stone Mini Golf and Sculpture Garden in Minnetrista. From seed to harvest, we use absolutely no chemicals on our farm. We grow our veggies by the motto: “If we wouldn’t eat it, we don’t use it on our land.”

Our month-by-month subscription plan offers flexibility to our members’ summer schedules and our flexible pricing (pay what you can afford) allows healthy, seasonal eating to be accessible to everyone. Our CSA share size accommodates 1-2 individuals each week. You can order the number of shares that works for your household.

Healthy veggies grow from healthy soil, and we keep our soil healthy through the no-till method. This means instead of riding a tractor you’ll find us using pitchforks and hand tools. It’s hard work, but it’s worth it to offer only the highest quality vegetables to you and your family.

Current pick-up locations include Minnetonka, Golden Valley and Minneapolis. If you’d like your home or business to become a pick-up location, you can become a CSA host. CSA hosts receive half off their CSA share for the season. To become a CSA host, all you need is five friends, co-workers, neighbors or family members to pick-up up at your location.

With muddy feet and love,

Farmer Stephanie & Farmer Kelsey



**My Minnesota Farmer
Dean & Jean Braatz
35100 191st Ave.
Montgomery, MN 56069
Phone: 612-245-6271
E-mail: csa@mymnfarmer.com
Website: www.mymnfarmer.com**

Looking for a farm that offers more than just vegetables? Enjoy vegetables, 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 produce 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.



CSA Farms That Deliver to Twin Cities...

North Creek Community Farm

Kate Stout

N14227 290th St.

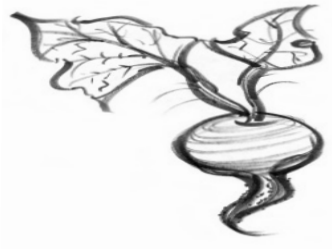
Prairie Farm, WI 54762

Phone: 715-455-1569

E-mail: kstout@chibardun.net

Website: www.northcreekcommunityfarm.com

North Creek Community Farm is known for a good variety of produce delivered throughout the 17-week season and four welcoming, fun events at the farm. Kate is starting her 23rd season of serving the Twin Cities with the freshest produce you can grow. Have a farm to call your “own.”



**Open Farms
Kelly Wilson
2500 Bloomington Ave. S.
Minneapolis, MN 55404
Phone: 612-767-6231
E-mail: kellyw@openarmsmn.org
Website: www.openarmsmn.org/csa**

Open Farms is an urban farm and CSA run by the nonprofit organization Open Arms of Minnesota. At Open Arms we nourish body, mind and soul by preparing and delivering free, nutritious meals to people living with life-threatening and chronic illnesses like cancer, HIV/AIDS, multiple sclerosis, and ALS in the Twin Cities metro area. By purchasing a share, you'll not only enjoy healthy eating each week in your own home, but you'll help provide funding for meals for people living with life threatening illnesses.

Open Farms consists of multiple urban sites located in St. Paul and Minneapolis. By turning vacant lots into vibrant gardens, we are transforming under-utilized urban spaces into food and providing a platform for discussion around food justice. At the farm we use organic methods and permaculture principles to work with nature, rather than against it. We use a variety of different growing techniques to maximize efficiency as well as companion planting, crop rotations, cover cropping and green manure as ways to increase productivity, build healthy soil and reduce pest problems. Consider eating healthy with us this year and purchase a share from Open Farms.

2016 CSA membership includes: 16-18 weeks of delivery, from mid-June to mid-October, with a choice of two sizes: full share or half-share (bi-weekly), weekly recipes, and the option to purchase add-ons. Sign up today at: www.openarmsmn.org/csa.

Pick-Up/Drop-Off: Customers can choose from two pick-up locations: South Minneapolis (2500 Bloomington Ave. S.), Tuesdays 4:30 p.m.-7:30 p.m.; and St. Paul (West 7th and Victoria), Thursdays 4:30 p.m.-7:30 p.m.

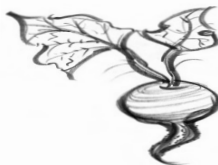


**Pahl Farms
Gary Pahl
6885 160th Street
Apple Valley, MN 55124
Phone: 952-431-4345
E-mail: newsletter@pahls.com
Website: www.pahls.com**

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 three share options: the Teaser Share (feeds 1-2), the Standard Share (feeds 2-3) and the Family Share (feeds 4-5). With each share option members receive 20 weeks of fresh home-grown produce straight from our fields to your table. We offer over 30 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!



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

- 2012 Named Outstanding Farmer of the Year by 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 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 Twin Cities 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.



CSA Farms That Deliver to Twin Cities...

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

Sam Kedem Nursery and Garden offers organic fruits and vegetables, fruiting plants, free range eggs, honey and homemade preserves. We offer 22 weeks of on-farm “Members Choice” CSA, May to October. Enjoy a wide selection of produce and products, including PYO strawberry, raspberry, blueberry, currant, gooseberry, cherry, apple, plum and veggies. The farm is located close to the Twin Cities and is conveniently accessible.

The sign-up deadline is March 31. Please visit our website (www.kedemgarden.com) for more information and the sign-up form.

Bringing you nutrition and value you deserve!



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

Seeds Farm has been producing high-quality, delicious and nutrient-dense food since 2010. Our ingredients are simple: sunshine, rain, hard work and healthy soils. We produce wholesome food and believe it is a vehicle for healthier and happier lives, preserving our land and creating stronger communities.

What makes Seeds Farm unique is that, in addition to our pre-packed CSA shares, we also offer customizable CSA shares. That means YOU get to pick exactly what vegetables you want each week. Don't want kale this week? Great, pick a few extra peppers!

Our vegetable CSA shares are packed full each week with produce harvested fresh the day before. Choose from full, bi-weekly and half-share sizes. We also offer egg, meat (pork, chicken and turkey), and flower shares. Weekly newsletters are distributed with updates from the farm, as well as new recipes to try with each week's vegetables and tips for storing and using your 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!



Shared Ground Farmers' Cooperative

804 Margaret Street

St. Paul, MN 55106

Phone: 651-621-2771

E-mail: sharedgroundfarmerscoop@gmail.com

Website: <https://sharedgroundcoop.com>

Shared Ground Farmers' Co-op is a marketing and distribution cooperative owned by five farms in the Twin Cities region. 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 any who choose to pursue it, especially for minority, immigrant and beginning farmers. Shared Ground views its marketing and access to local food markets as an instrument of social justice, and a way for farmers with few resources to gain more stable income and leadership development skills through participation in a member-owned and member-governed enterprise.

In 2016 Shared Ground will offer the following CSA Share options:

- **Full Summer Share**— delivered from late June through mid-October.
- **Half Summer Share**—delivered from late June through mid-October.
- **Spring Share**—four weeks of spring greens and early roots from late May through mid-June.
- **Meat Share**—monthly drops of mixed boxes of pork, lamb and chicken
- **Mushroom Share**—bi-weekly boxes, added to the summer vegetable shares.



Shepherd Moon Farm
Terry & Julie Arnold
16987 260th St.
Lindstrom, MN 55045
Phone: 763-607-8196
E-mail: terry.m.arnold@gmail.com
Website: <https://shepherdmoonfarm.wordpress.com>

Shepherd Moon Farm is located on 47 acres of gently rolling hills in the beautiful St. Croix River Valley, 25 miles north of Stillwater. We are a mother/daughter team who are committed to caring for the earth, creating a vibrant local community and developing the local economy.

We have lived on and farmed this land in a sustainable way for 30 years. In our sixth year as a CSA farm, we raise our vegetables free of chemicals using crop rotations, no-till, green manures, animal manures and mulching. Shepherd Moon Farm is determined to do our part in fostering a healthy environment where people, plants and animals can thrive.

Fifty shares are available from mid-May through October. A full share is $\frac{3}{4}$ of a bushel and feeds a family of four. Half shares are delivered every-other-week. We offer a sliding scale fee in order to make fresh produce available to everyone. Pick-up is on Wednesdays at the farm or at a drop-off site in Minneapolis (site to be determined by members). 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 have a work requirement for our members to become more familiar with the farm. Come share in the experience of planting, growing and harvesting by making regular visits to the farm!



Sleepy Root Farm
Brandon & Heather Wiarda
803 60th Street
Amery, WI 54001
Phone: 715-607-1096
E-mail: sleepyrootfarm@gmail.com
Website: www.sleepyrootfarm.com

IT'S LIKE YOUR BIRTHDAY EVERY WEEK WHEN YOU GET YOUR SLEEPY ROOT CSA! Sleepy Root CSA shares make it easy to eat healthy and in-season all spring, summer and fall. Chef-turned-farmer Heather includes great recipes and tips to make sensible and tasty meals. Challenge yourself to eat more veggies this year! We love getting photos of children who can't stop snacking on carrots and picky partners who start requesting salad for dinner.

After five years of running our CSA on rented land, Heather, Brandon and our baby girl Maybelle have moved to our own farm outside Amery, Wis., and are lovingly transitioning our 20-acre homestead to organic.

We believe that good food comes from good land stewardship. We practice mindful and compassionate farming, never use chemicals and encourage an active agro-ecosystem through soil management, pollinator crops and butterfly gardens. Our goal is to bring you high-quality food that you can feel good about.

We offer three different share sizes to match your household size and eating habits. Shares are delivered to numerous pick-up sites in the Twin Cities metro area on Tuesdays or Thursdays including: Northeast and South Minneapolis, Bloomington, Mahtomedi, Mendota Heights, St. Anthony Park, and Stillwater. Connect to the farm with weekly newsletters, farm happenings and an open invitation for visits.

Check out photos of shares and our archive of recipes organized by vegetable at www.sleepyrootfarm.com. We would be thrilled to have you join us for another great season of good eating!



Sogn Valley Farm
Dana & Karin Jokela
4830 360th Street
Cannon Falls, MN 55009
Phone: 763-614-8853
E-mail: dana@sognvalleyfarm.com
Website: www.sognvalleyfarm.com

Sogn Valley Farm is a diversified vegetable farm located in the beautiful Sogn Valley region of Cannon Falls, approximately 45 miles south of the Twin Cities.

We hold soil health at the core of our farming philosophy and employ a variety of cultural practices to maintain soil health and landscape biodiversity while growing vegetables to feed our community. Our fields have already undergone a three-year transition, and we expect to be certified organic before our first CSA share delivery in June.

Our Summer Share brings you 18 weeks of produce from early June to early October. We offer both full and half shares. Our Fall Share continues the bounty for another seven weeks, running from the end of the Summer Share season until Thanksgiving. We emphasize familiar, staple vegetables, but you can also expect a smattering of more unusual items throughout the season. All told, you're likely to see more than 30 different vegetables in your kitchen during the season.

All boxes are accompanied by a weekly newsletter with updates from the farm, descriptions of box contents, and recipes for using your produce. Shares can be picked up in Cannon Falls or at drop-sites in the Twin Cities and south metro. Shareholders are invited down to the farm for a plant sale (for your vegetable AND pollinator gardens!) in May and a harvest party in the fall.

• *Apprenticeship/Employment Opportunities* •

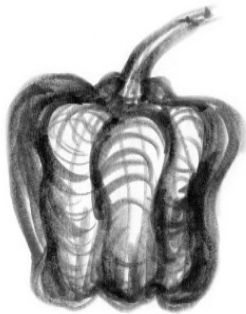
We are looking for employees to help in all areas of farm operation. Please get in touch if you're interested!



CSA Farms That Deliver to Twin Cities...

Spring Hill Community Farm
Michael Racette & Patricia Wright
545 1½ 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.



CSA Farms That Deliver to Twin Cities...

Steady Hand Farm
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 2016, we are excited to offer 18-week Full, Half and Single CSA Shares, with deliveries in the Twin Cities metro area, the eastern suburbs and western Wisconsin. Check out our pick-up sites here: http://www.steadyhandfarm.com/?page_id=329. Add-on shares this season include a 3-Box Fall Storage Share, Egg Shares at select drop-sites, and Homestead Boxes for the canners among us.

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.

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



CSA Farms That Deliver to Twin Cities...

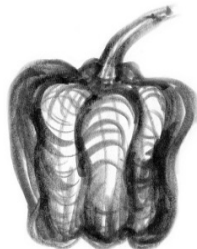
Sweet Beet Farm
Amelia & Nick Neaton
3780 115th Street SW
Montrose, MN 55363
Phone: 612-219-1853
E-mail: sweetbeetfarm@gmail.com
Website: <http://www.sweetbeetfarm.com>

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

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 pick-up options include Minnetonka, Long Lake, St. Boni, Buffalo, Watertown and on-farm pick-up. We also offer home or office delivery, within our geographical area.

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!



CSA Farms That Deliver to Twin Cities...

Sylvan Hills Farm
Larry Diehlmann & Jackie Kujak
E2161 530th Ave.
Menomonie, WI 54751
Phone: 651-262-7185
E-mail: thefarm@sylvanhillsfarm.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 Twin Cities 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 four-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.



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

At Tangletown Gardens Farm we are committed to sustainable agriculture on our 100-acre farm in Plato, Minn., where we grow the delicious nutrient rich vegetables, herbs and fruits for your CSA. For us sustainability isn't just the latest buzz word, rather it's an approach we have instilled in many facets of our farm—from solar energy to power our farm to our extensive composting practices. You can be assured the food in your CSA comes from a farm that has priorities guided by sustainability and land stewardship.

Tangletown Gardens CSA shares run for 18 weeks from mid-June through mid-October. You will receive flavorful, hard-to-find heirloom varieties and long-standing kitchen favorite produce, grown without chemically-based fertilizers or pesticides. 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 as an introduction CSA share).

We offer the following pick-up sites:

- **Tangletown Gardens**, located in South Minneapolis, on Thursdays.
- **North Loop Neighborhood** at Fulton Brewery on Wednesdays.
- **Saint Paul** at Solo Vino on Selby Avenue on Fridays.
- **Waconia Farmers' Market** pick-up on Saturdays.
- **Victoria Market** on Fridays.
- **Pick-up at our Plato Farm** on Thursdays.



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

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

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

A membership includes a weekly share of produce, starting out light and increasing to anywhere from a ½ bushel to a full bushel of produce, depending on the season and growing conditions. The season runs 18 to 22 weeks, starting late May or the beginning of June. Members can pick up their produce shares at the farm or at a drop-site located at Just Foods Co-op in nearby Northfield or at Valley Natural Foods in Burnsville. Pick-your-own opportunities may be available at the farm for certain crops. Members are invited and encouraged (at no additional charge) to take advantage of these extras. Possibilities may include peas, green beans, basil, strawberries, raspberries, tomatoes and occasionally others.

Members can cut their own bouquet from the cutting garden as the season progresses. Limited chicken/turkey/egg shares are available to members. Members are encouraged to stroll around the farm and enjoy the beautiful countryside.

We hope you'll join us for the next growing season. Growing produce is our passion; we'd love to be your farmer!



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

Certified organic. Convenient. Flexible. Member centered. Affordable. Options. Events. Committed. Experienced. Sustainable. Dedicated. Passionate. Family farm. Our family's commitment is not only to exceed your expectations in quality, quantity, opportunities and value, but also go beyond the box to be your family's direct, passionate connection to the land and a sustainable farm to call your own. Growing your CSA share is our priority, with the best veggies picked morning fresh for your afternoon pick-up at conveniently located drop-sites throughout the metro. Your workplace or home delivery options possible with early registration as space allows.

Treasured Haven Farm CSA offers multiple sizes, frequencies and seasons: Small, Basic and Large in Weekly, Every-Other-Week, Peak, Flex, Summer and Fall Schedules, with Custom Shares available. Membership includes farm visits, Spring Bonuses, Fall Harvests, Veggie Run, extras, more on our certified organic, multi-generational family farm. We listen to members, creating shares that fit their households, lifestyles and budgets, packed with fresh, tasty vegetable favorites from over 35 crops and 250 traditional, heirloom and fun varieties. Organic fruit packs, bulk produce, herb plants, maple syrup, sunflower seeds, chickens, turkeys, eggs, gardening straw bales, and more available...

We're an easy drive for events, visits, or helping, hiking woodland trails, or enjoying the countryside on 450 acres overlooking the Scenic St. Croix River Valley. Farm trails also host cross-country and adventure trail running races, which are open to everyone!

Visit www.treasuredhavenfarm.com for more details and registrations. Thank You! Join us at Treasured Haven Farm!



CSA Farms That Deliver to Twin Cities...

**True Cost Farm
Jack McCann
4432 County Road 12 S
Montrose, MN
Phone: 612-217-1770
E-mail: Jack@truecostfarm.com
Website: <https://truecost.farm>**

We are a meat and egg CSA with over two-dozen monthly pick-up sites across the Twin Cities metro. We offer beef, pork, chicken, eggs, lamb, duck, turkey, brats, bacon, deli meats and hand-made sausages. Our focus on sustainable grazing and pasture-raised, slow-growth heritage breeds produces the most flavorful, healthy and respectful meats available. Our handmade, naturally cured and hickory-smoked deli meats, bacon and sausages are unique and downright amazing.

All of our animals live on fresh, rotationally managed pasture. Our beef and lamb are 100 percent grass-fed, dry-aged and well marbled. Our pork and poultry are also raised on pasture with non-GMO and chemical-free food — we mix much of their additional feed on our farm with grain from local certified organic grain farmers. All of our animal feed is either low or no-soy. Our animals are raised in natural living conditions and are treated with care and respect. We don't use any synthetic hormones or feed our animals genetically modified grains.

With year-round monthly deliveries, our CSA is a convenient way to include sustainable heritage meats in your family's diet. You decide your budget, types of meats and frequency of delivery. Packages fit in a standard freezer—no chest freezer required. We offer special member events like spring time farm visits and more.

Check out our website and blog at <https://truecost.farm> to learn more, or watch a 120-second video of our farm at <http://bit.ly/1HmA6yL>. We are looking forward to feeding you soon!



Turnip Rock CSA & Cosmic Wheel Creamery
Josh & Rama Bryceson
260 95th Street
Clear Lake, WI 54005
Phone: 715-268-9311
E-mail: turniprock@gmail.com
Website: www.turniprock.com

We are a certified organic family farm with over 10 years of CSA management experience. As a member of Turnip Rock you are part of an entire farm ecosystem—we strive for a balanced farm with many carbon sequestering grazing acres. You'll have access to our 100 percent grass fed raw milk aged cheese, pastured meats, plus family friendly vegetables that you will recognize when you open your box! We invite you to have a look at our website to see what you can expect if you join our CSA.

- We are certified organic. Our values are rooted in sustainability and stewardship.
- Large, Medium, Small share options available.
- “Eat like a farmer” share with all the goods available from our farm, or customize a share to include vegetables, meat, cheese and/or eggs.
- 20 drop-sites in Twin Cities metro area including: Robbinsdale, Eden Prairie, Stillwater, Roseville, Edina, Northeast and St. Paul.
- Weekly delivery on Thursdays for 17 weeks, June-October.
- Optional season extension.
- Weekly online blog with recipes and photos that is very popular with our members.
- E-mail reminders to let you know when your box has been delivered.
- Easy online sign-up, payment plans available.
- Proud farm partners of the Harvest for the Hungry program.
- Our CSA members get the best of what we grow, CSA is our first priority.
- Full-time farmers, 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!



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. CSA members find that the farmers serve as true environmental and land stewardship mentors; sustainability, conservation, low energy, and low waste have been a part of their everyday living without interruption for generations. Farming is done by hand and horse power. Long-standing seed-saving practices offer members many heirloom crops.

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

This very unique CSA connects members with a special farm community, offering many seasonal share and single “ala carte” options, wild crafted treasures (think wild greens, morels, ramps) 200+ vegetable varieties, fruit, herbs, eggs, beef, chicken, turkey, pork, lamb, rabbit, pantry items (e.g. grains, honey, maple syrup, vinegar and pasta), plants, seedlings, flowers and more. There is a farm tour day during the summer.

Twin Lakes is facilitated by Liz Talley of Urban Graze, local home cook and recipe developer. Each week members receive many creative and delicious recipes using combinations of the produce varieties found in their box, plus meal planning ideas and storage tips. There are lots of personal letters and stories from the farms; boxes sometimes include surprise treats. A community of farmers means greater produce variety and less risk to members. The farms’ “Share CSA” program brings food to low-income elders, kids and families. There are Tuesday and Thursday deliveries to many drop-sites throughout the Twin Cities.



Uproot Farm
Sarah Woutat
6800 County Road 6 NW
Princeton, MN 55371
Phone: 763-389-8450
E-mail: info@uprootfarm.com
Website: www.uprootfarm.com

Uproot Farm is a certified organic diversified vegetable farm about an hour north of the Twin Cities, between Princeton and Cambridge, Minn. In 2016 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 sixth production season in 2016 after apprenticing on well-established organic vegetable CSA farms. It was on these farms where we learned how to both grow vegetables and handle veggies post-harvest to ensure maximum storage. With Uproot you know that your veggies were harvested by one of four people, and that we treat your food as we would want ours treated.

Additionally, with Uproot you're investing in the ecological community on the farm. We're working hard to provide long-term habitat for everything from soil microbes (very important to soil health) to birds, pollinators and the occasional less desirable deer. We use cover crops, compost applications and fallow fields in an effort to rejuvenate the soil.

We offer both weekly (18 weeks) and every-other-week (nine 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. Visit www.uprootfarm.com to sign-up for a share.

• Apprenticeship/Employment Opportunities •

Uproot Farm is seeking two employees for the 2016 growing season. Contact Sarah for details.



**Urban Ag Lab
Spark-Y Youth Action Labs
4432 Chicago Ave. S.
Minneapolis, MN 55407
Phone: 609-458-5882
E-mail: info@spark-y.org
Website: www.spark-y.org**

Spark-Y is a 501(c)(3) nonprofit that empowers youth through action-oriented labs focused on sustainability and entrepreneurship. We integrate interdisciplinary curriculum with hands-on agriculture systems, such as aquaponics, mushroom growing, spirulina cultivation and vermiculture, into high school and K-8 classrooms throughout the Twin Cities metro. We serve over 600 youth annually.

We are currently partnering with the University of Minnesota (MN-Drive) to launch an indoor aquaponics urban farm at our headquarters in South Minneapolis. Our vision is to take what we teach in the classroom and translate it to the real world, all while enriching the community and youth in our neighborhood.

We will also be taking a limited number of CSA applicants this year as a part of this new pilot project: this will include both aquaponic and soil-grown vegetables, herbs, fruit and microgreens (as available). Please e-mail us for more information about our CSA or our organization.



Urban Roots
Market Garden CSA Program
463 Maria Ave.
St. Paul, MN 55106
Phone: 651-228-7073
E-mail: sbadawi@urbanrootsmn.org
Website: www.urbanrootsmn.org/programs/csa

Urban Roots is a St. Paul organization with a mission to build vibrant and healthy communities through food, conservation and youth development. Urban Roots' experiential "earn as you learn" programs are grounded in improving urban food development, supporting and fostering connections to St. Paul's parks and green spaces, and promoting active living. The Market Garden Program at Urban Roots provides paid youth internships that cultivate practical growing skills, entrepreneurship and cooking skills, while fostering healthy living and community building. We operate a youth-run Market Garden CSA program in which youth plant, maintain, harvest, pack and distribute produce cultivated from our urban farm sites.

By becoming an Urban Roots CSA member, you support the work and mission of Urban Roots, which directly and significantly grows opportunities for youth and community members on the East Side of St. Paul.

Urban Roots has two CSA share options: a 10-week summer share (June-August) and a 16-week extended season share (June-October). All shares are 5/9 bushel size, which is great for two people or a family that still likes to shop at local farmers' markets.

We grow a combination of interesting heirloom, cultural and standard hybrid crops for flavor, color and productivity. Shares will include crops such as: lettuce, peas, pac choi, carrots, beets, basil, cilantro, parsley, heirloom tomatoes, peppers, eggplant, beans, fingerling potatoes, collards, kale, ground cherries, flowers and more. Urban Roots CSA shares are pick-up only at our work-site in East St. Paul.



Vameng Produce Food Hub
Farmers affiliated with the
Hmong American Farmers Association (HAFA)
941 Lafond Ave. W., Suite 100
St. Paul, MN 55104
Phone: 651-493-8091
E-mail: yao@hmongfarmers.com
Website: www.hmongfarmers.com

The Hmong American Farmers Association (HAFA) was started by and is led by Hmong farmers and uses community organizing to build power. One of the ways HAFA helps its farmers is through a CSA. This CSA aggregates our farmers' produce and delivers it to various workplaces for easy pick-up. HAFA's CSA is different from traditional CSA in that it is shorter, smaller and includes staples as well as exotic produce. HAFA farmers grow their produce on the HAFA Farm, a 155-acre incubator and research farm located just 20 minutes outside the Twin Cities. While not certified organic, HAFA farmers use multiple sustainable agricultural practices.

Share Options:

- **Summer**— 12 weeks of staple & exotic vegetables; six to eight varieties weekly (July 6-September 21).
- **Fall**— Five weeks of fall veggies; from sweet potatoes and carrots, to hardy greens (September 28-October 26)
- **Thanksgiving Share**— Assortment of harvest season vegetables and herbs with a Callister Farm turkey.
- **Add-on**— Get some additional tomatoes for a special dinner, or buy in bulk to preserve.

Extras:

- We offer a canning class in August to get ready for the harvest.
- Learn about Hmong culture, food, cooking and HAFA special events through our newsletter.

Locations: We offer a public drop-site at the HAFA office in St. Paul's Frogtown, but we also offer workplace CSAs. Contact us about drop-site options. HAFA has been building community wealth since 2011. Join our effort by buying a CSA share.



Waxwing Farm
Anna Racer & Peter Skold
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 farm located 40 minutes south of the Twin Cities. This is our 6th year in production, and we will be growing vegetables on four acres as well as raising pastured pork and poultry. 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 or pesticides; 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 in mid-June and runs through mid-October. We pack $\frac{3}{4}$ bushel boxes and offer both full (weekly) and bi-weekly shares. Each week we fill the boxes with 10 to 14 different vegetables, focusing on staple crops but also growing some more exotic varieties to keep things interesting. Add-ons include egg shares and pastured pork.

Our delivery options include: on-farm pickup, drop-site delivery and home delivery in the Twin Cities metro area. Please see our website for specific drop-site locations and a map of our home delivery range.

• *Apprenticeship/Employment Opportunities* •

Waxwing Farm is seeking an intern for the 2016 growing season.



CSA Farms That Deliver to Twin Cities...

Whetstone Farm
Emily Hanson & Klaus Zimmermann
281 135th St.
Amery, WI 54001
Phone: 612-354-6282
E-mail: whetstonefarmers@gmail.com
Website: www.whetstonefarm.com

We are a diversified 40-acre family farm focusing on grass-fed lamb, pastured pork and vegetables. We have a growing flock of over 100 ewes and raise their lambs for meat and wool. We also raise Mangalitsa and other heritage pigs in the woods and on the pasture of our farm.

We grow about five acres of vegetables, mostly root crops and storage veggies like beets, carrots, potatoes and squash. We market most of our farm's products through Shared Ground Farmers' Co-op, which we helped found. We also sell meat and vegetables on-farm and at local farmers' markets.



Wozupi Tribal Gardens

Rebecca Yoshino

2330 Sioux Trail NW

Prior Lake, MN 55372

Phone: 952-233-9182

E-mail: Rebecca.yoshino@shakopeedakota.org

Website: www.wozupi.com

Facebook: www.facebook.com/WozupiTribalGardens

Wozupi Tribal Gardens is a diverse farm owned and operated by the Shakopee Mdewakanton Sioux Community. 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. Wozupi is a certified organic farm. We offer a variety of seasonally relevant classes on subjects such as beekeeping, healthy cooking, maple syrup making and food preservation.

Our summer vegetable TSA (Trially Supported Agriculture) share starts in mid-June and continues through October. Each weekly box is filled with a mix of in-season vegetables. You can expect 10 to 15 items in each box, with a focus on staple vegetables.

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).



**CSA Farms
That Deliver
to Outstate
Minnesota &
Western Wisconsin
*Pages 73-81***



**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 over 20 varieties in production, many of which 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 some herbs and fruit, including apples for 7-8 weeks. Members receive a weekly e-mail newsletter with recipes, storage tips, farm news and more. Fall Shares are offered later in the season.

Farm Shares are credits 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, Moody Bees Honey, offers a Honey Share for all members. ARF eggs are available during Share pick-up. 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.



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

We're happy to hear we're meeting our customers' needs and sell out every year! We provide certified organic super fresh, staple vegetables, fruits 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, a weekly newsletter, and in this 6th year, we're offering 60 shares. Bakers' Acres is a 15-acre family farm in Avon, Minn. We also raise a small amount of pastured poultry, eggs and beef.

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

Share Sizes: We offer two CSA share sizes for 18 weeks (mid-June to mid-October) and use $\frac{3}{4}$ bushel boxes: Small (every-other-week) and Large (every week).

Pick-up Locations & Delivery Days:

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

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

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



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](http://www.sbm.osb.org/ministries/common_ground_garden)**

The Common Ground Garden is a community garden that includes a CSA, volunteer opportunities, a newsletter and educational events, as well as 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.



Hoch Orchard & Gardens
Harry & Jackie Hoch
32553 Forster Rd.
La Crescent, MN 55947
Phone: 507-643-6329
E-mail: jackie@hochorchard.com
Website: www.hochorchard.com

Hoch Orchard and Gardens is certified Biodynamic and organic. We grow veggies along with all the fruit. We offer Seasonal CSA options:

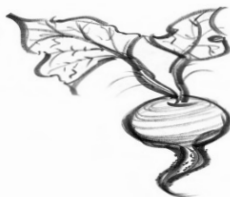
- **Spring:** April-June.
- **Summer:** July-September.
- **Fall:** October-December.
- **Winter:** January-March.

We will be offering a pick-your-own CSA for June to September, focused on fruit in each season! Our CSA showcases the diversity of our farm. Fruit and cider in every box!

Our farm is open to the public Saturdays from May through October. We offer pick-your-own fruit and veggies based on the season. We have a farm winery license and offer hard ciders and wines for sale on Saturdays.

Our Facebook page and website have details on other open houses and on-farm events.

Contact jackie@hochorchard.com, check out our website (www.hochorchard.com), or find us on Facebook.



Humble Hands Harvest

Hannah Breckbill

2743 Hidden Falls Rd.

Decorah, IA 52101

Phone: 507-513-1502

E-mail: humblehandsharvest@gmail.com

Website: <https://humblehandsharvest.wordpress.com>

Two acres of soil can provide a huge abundance of vegetables, and one way we manage this abundance is by sharing it with you! HHH offers traditional weekly CSA shares and bi-weekly half-shares to members in the Rochester, Minn., and Decorah, Iowa, areas. We're working to eat based on what this land provides, and would love to have you join us in this adventure of gratitude.

Check our website for more details, and get in touch with us when you're ready to make our farm yours!



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.



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

Open Hands Farm is a 20-acre certified organic CSA farm located just two miles north of Northfield. We think that healthy food should not be a luxury, and that a CSA share is an inexpensive way to enjoy organic vegetables and fruit. Our shareholders come to the farm once-a-week from early June through the end of October to pick up their share of each week's harvest, and can mix and match the in-season produce to meet their household's likes and needs.

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

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



Prairie Drifter Farm
Nick & Joan 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 2016, 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.



**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 9th year at Threshing Table Farm! We are located in Star Prairie, Wis. We deliver to Hudson, Somerset, Amery and New Richmond, as well as 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 and we only use organic methods. 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 other farm events. Although not required, you are also welcome to volunteer with farm work as well.

We offer full shares (a $\frac{3}{4}$ bushel box every week for 18 weeks) and $\frac{1}{2}$ shares (a $\frac{3}{4}$ bushel box every-other-week for a total of 9 boxes). Each box has 10-14 different types of vegetables or herbs in it.

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!



*15th Annual Twin Cities Community
Supported Agriculture (CSA) Fair*

**Saturday, April 16, 2016
11 a.m.-2 p.m.
Seward Community Co-op
2823 E. Franklin Ave.
Minneapolis, MN 55406
<http://seward.coop>
612-338-2465**



Come to Seward Co-op's 15th annual CSA Fair on Saturday, April 16, from 11 a.m. to 2 p.m., in the Franklin store parking lot. Visit with area farmers, learn about different CSA programs, and sign-up for the share that's right for you.



Community,
Supported
Agricultures

2016

Strong '13

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