



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

CSA

Farm Directory

2013



**2013 Edition of the Twin Cities,
Minnesota & Western Wisconsin Region
Community Supported Agriculture
(CSA) Farm Directory**



**LAND
STEWARDSHIP
PROJECT**

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What is Community Supported Agriculture (CSA)?

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

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

Please keep in mind that while membership in a CSA farm means sharing in the bounty of the season, it also means sharing in the risks. At times, raising food in the Upper Midwest can be made quite challenging by inclement weather, pest infestations and other factors beyond the farmers' control. We encourage you to contact the farms directly and ask questions to determine what best fits with your needs, lifestyle and schedule. We recommend reading the "Selecting a CSA Farm" and "Questions to Ask a CSA Farmer" guides on pages 2 and 3 before beginning your search for a CSA operation that fits you best.

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

2013 CSA Directory editing & layout: Alexandra Breyer



Inside art for this directory by Jennifer Clough



Cover art for this directory by Nora Wildgen

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

Windjammer Farm
Dennis & Cherry Jeske
15405 State Highway 15
Hanska, MN 56041
Phone: 507-359-4140

E-mail: windjammer_farm@yahoo.com

We offer:

- Free-range chicken, turkey and eggs: fed a certified organic ration (without antibiotics, growth hormones, animal by-products or GMO's) with flax seed, making the eggs and broilers higher in omega-3 fatty acids and lower in cholesterol than the industry standard. (AURI tested.) Processed at Minnesota certified plant.
- Seasonal fruit, vegetables, garlic and herbs: sustainably-grown without herbicides, pesticides or commercial fertilizer using crop rotation, green "manure" and fallow practices.
- Hay: No herbicides, pesticides or chemical fertilizers, baled in square and round bales.

We direct market within a 30 mile radius, offer a seasonal CSA with on-farm pick up or delivery to New Ulm and Mankato, sell to local restaurants, and attend farmer's markets.



Threshing Table Farm

Jody & Mike Lenz

Star Prairie, WI 54026

Phone: 715-248-7205

E-mail: threshingtablefarm@frontiernet.net

Website: www.threshingtablefarm.org

Threshing Table Farm is located in Star Prairie, Wis. We deliver to Hudson, Somerset and have on-farm pick up as well. We are looking to expand our drop-sites to include a few more local communities, so please check our website for the most current list.

Our farm offers naturally grown produce. Our farming practices ensure that our soil and our produce are healthy and sustainable. We love having visitors out to the farm and encourage our members to join us for tours, potlucks and field days.

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

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

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

Selecting a CSA Farm

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

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

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

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

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

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

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



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.

Sweet Top Farm LLC

Adam & Megan Greeson

PO Box 36

Hudson, WI 54016

Phone: 507-923-6251

E-mail: sweettopfarm@gmail.com

Website: www.sweettopfarm.weebly.com

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

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

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

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

Simple Harvest

Kathy Zeman

9800 155th Street East

Nerstrand, MN 55053

Phone: 507-664-9446

E-mail: kzeman@kmwb.net

Website: www.simpleharvestfarm.com

Simple Harvest Farm is a 20-acre certified organic farm; the land, crops and produce have been certified organic since 2008.

We're very excited to announce that we've switched to local certified organic feeds for all our livestock! We keep the livestock on pasture and feed a vegetarian diet—and feed no antibiotics, no hormones, and no additives. Since we like to raise our livestock on pasture, we raise our poultry and pigs only during the warmer months (in other words, seasonally).

Even in the winter our animals are not raised in confinement; although the hens do not like to venture out of their coop when there is too much snow on the ground! Since we're Nerstrand neighbors, we've teamed up with Singing Hills Goat Dairy to offer a year-round chicken and cheese CSA!

You'll come to Simple Harvest every month to pick up your CSA share. While here, you can take time to wander around the farm and check out all the animals (ducks, geese, turkeys, hens, broilers, rabbits, calves, cow, goats, sheep & pigs) as well as the gardens. Your CSA share will include: frozen whole chickens and fresh eggs from Simple Harvest; and fresh goat milk yogurt and cheese from Singing Hills.



Land Stewardship & You

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

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

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

Join Land Stewardship Project today!

For more information, contact us at:

LAND STEWARDSHIP PROJECT

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

Website: www.landstewardshipproject.org



Prairie Drifter Farm

Joan & Nick Olson

61369 223rd St.

Litchfield, MN 55355

Phone: 320-693-5502

Website: www.praierdrifterfarm.wordpress.com

**CSA Farms
Delivering to the
Twin Cities
*Pages 6-72***

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

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

In 2013, we will be offering full and half CSA shares from June through October. Full shares consist of a $\frac{3}{4}$ bushel box of produce every week for 18 weeks and half shares consist of a $\frac{3}{4}$ bushel box every-other-week for 18 weeks. We raise many of the most popular vegetable and herb crops, along with a few heirloom varieties for flavor and a change of pace in your kitchen.

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

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



Northern Light Farm
Paul Conklin & Becky Marty

2048 Agate Lane NW
Solway, MN 56678

Phone: 218-467-3584

E-mail: Martonklin@alumni.duke.edu

Northern Light Farm is a diverse family farm 12 miles west of Bemidji. We have been producing CSA vegetables for 9 years using chemical-free practices. We make 16 weekly deliveries, starting in late June with salad greens and peas, moving into the full bounty of the summer from late July through early September with shares full of greens, beans, root crops, tomatoes, summer squash and peppers, and ending with potatoes, winter squash and hardy greens for the first frosty weeks of late September or early October.

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

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



**Amador Hill Farm & Orchard at
the Women's Environmental Institute**

P.O. Box 128, North Branch, MN 55056

Phone: 651-583-0705

E-mail: csa@w-e-i.org

Website: www.w-e-i.org

The Women's Environmental Institute (WEI) is a nonprofit environmental and agricultural justice organization. Our farm and farm campus are located at Amador Hill Farm and Orchard, 65 miles north of the Twin Cities. As the Growing Power Regional Outreach Training Center for Minnesota, WEI is committed to teaching and promoting organic and sustainable agriculture in relationship to environmental and social justice. When you purchase a CSA share, it helps us support this work.

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

Our delivery day is Thursday for east central Minnesota or Fridays in the Twin Cities metro area. We have several private corporate dropsites in the metro; call for information. CSA members may also add bread and cookie shares from Red Door Bakery in Chisago City through the online ordering page at our website or by contacting us via phone or e-mail. WEI is now able to accept e-checks or credit/debit card orders online. WEI is a proud participant with Harvest for the Hungry's program. You may donate to this effort through our online system when you order.

• **Apprenticeship/Employment Opportunities** •

Internships available that include room and an hourly wage.

For information, check our website.

Avodah Farm

Martha & W. Geoffrey Black
N3528 County Road D Arkansaw, WI 54721
Phone: 715-647-3033
E-mail: avodahfarm@gmail.com
Website: www.avodahfarm.net
Blog: www.avodahfarmers.wordpress.com

Avodah Farm (pronounced AH-vo-DAH) is a small family farm in Pepin County, Wis., about 80 miles from Saint Paul. Avodah is a Hebrew word whose meaning encompasses labor, worship, and service. Through the work of farming, we seek to live out the Jewish principle of Tikkun Olam—Repairing the World—by rebuilding our topsoil, our local economy, and the connections between rural and urban areas. We are the second generation to grow vegetables on our land and 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 three pickup sites: Minneapolis (Longfellow neighborhood), Saint Paul (Mississippi Market on West 7th), and Mendota Heights (off Lexington just north of Hwy 110). Wisconsin locals can pick up at the farm. We offer two subscription plans: a **Regular Subscription** provides 18 weeks of deliveries (June–October) and can be shared between two households if desired, while a **Traveler's Choice Subscription** lets you choose how many deliveries to receive and which weeks of our season to receive them.

We try to provide a reliable supply of basic seasonal staples, while also bringing novelty and variety to our members' diets. To accomplish this, we grow around 150 varieties of about 50 crops. Each box typically contains 10–15 different items. Members also receive a weekly email newsletter with recipes, storage tips, and farm news, as well as the opportunity to enjoy family-friendly seasonal celebrations on the farm.

Lida Farm

Ryan & Maree Pesch
44593 275th Avenue
Pelican Rapids, MN 56572
Phone: 218-342-2619
E-mail: lidadfarmer@gmail.com
Website: <http://www.lidadfarm.com>

Lida Farm is a small, diversified family operation in Otter Tail County in the heart of Minnesota's Lake District. Now in our 8th season, we concentrate on the staples such as tomatoes and sweet corn, but also make sure members receive a wide variety to make the season exciting. As a family with small children, we pay close attention to the health of our soils and produce, never using chemical fertilizers or pesticides.

Our CSA runs for 16 weeks from Mid-June through Mid-October. We offer full every week shares (16 deliveries) and every-other-week shares (8 deliveries). Each week you will receive a family-sized portion of produce in a one-bushel box. All members are invited to pick-your-own tomatoes, beans, and peas at select peak season times for no extra cost. Members are also invited to attend our fall harvest party. In addition, members can reserve chickens and lamb we raise on pasture.

We deliver directly to members' homes or businesses in the area from Pelican Rapids to Detroit Lakes, but members can also pick up at the farm and receive a discount. We'd love to grow for you this season. Please see our website for pricing and details.



Hungry Turtle Farm & Learning Center

Keldi Merton Street

410 125th St

Amery, WI 54001

Phone: 715-268-4214

E-mail: kmerton@hungryturtle.net

Website: www.hungryturtle.net

Hungry Turtle is a small farm collaborative located near Amery, Wisconsin along the beautiful Apple River. Our mission is to produce nutrient dense food and build a local food economy while protecting and enhancing natural habitat. We are transitioning 275 acres of land toward bio-dynamic certification. We produce our own feed and our animals are raised humanely on rotationally grazed, improved pasture.

We are in our second year of production and offering 30 full summer and 20 fall/winter shares in 2013, 70 percent vegetable and 30 percent meat and eggs. Our hope is that customers pick up weekly at the farm in Little Falls, Wis. Customers will have the opportunity to hike trails and enjoy the beauty of rural Wisconsin in summer. Box delivery may be possible for an additional fee.

Hungry Turtle's summer shares run from June 6th for 18 weeks. The half-bushel box of vegetables will change with the season, ranging from greens and brassicas in the early weeks, to tomatoes, herbs, onions and root crops as summer matures. Meat will include lamb, pork, beef and chicken, along with chicken and duck eggs. Call us for availability and pricing: 715-268-4214.

Our weekly newsletter will keep subscribers up to date with life on the farm, provide recipes and vegetable descriptions, and announce special member-only events in Little Falls.



Axdahl's Garden Farm & Greenhouse

Brian & Leslie Axdahl

7452 Manning Avenue North

Stillwater, MN 55082

Phone: 651-439-3134

E-mail: info@axdahlfarms.com

Website: www.axdahlfarms.com

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

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

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

Weekly drop-offs will be available at our garden center in Stillwater, at the River Market Co-op in Stillwater, Bread Art in Bayport, Great Harvest Bread Company in Woodbury, Lake Elmo Inn, Fresh and Natural Foods in Hudson and at select centralized locations in the Twin Cities for groups of 20 members or more by request.

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

Bakers' Acres

Lisa Baker

36861 Co Rd 9, Avon, MN 56310

Phone: 320-309-0746

E-mail: lisambaker@yahoo.com

Website: www.bakersacresfarm.com & www.facebook.com/bakers15acres

I did it - I quit my full-time job when things got comfortable, and started farming. I decided to take on greater responsibility in our food system. Since 2010, I have been evolving a 15-acre conventionally farmed field into a sustainable, chemical free family farm called Bakers' Acres, located in Avon, Minn., near St. Cloud.

This summer, I am expanding my CSA operation to serve more customers and three restaurants. I have a goal to supply 30 customers, which will generate the money to make most of my planned improvements including a hoop house. I am also investing personal savings to upgrade the operation's food safety plan and equipment.

It would be great to have you join in the farm's continued development. The farm's mission is to strengthen your connection with the land, food, and the small communities around you.

Shares: Weekly, ¾ bushel box, mid-June through mid-October.

Types of produce: Over 50 varieties of vegetables, fruits and herbs.

Opportunities for involvement: All members are welcome to participate in the farm's projects - there are lots, and so far, friends have really enjoyed leaving the city to work in the dirt for a day now and then.

Pickup site and Delivery day: Mondays in Uptown, Northeast and South Minneapolis. Plus, I would be happy to add a new drop site for you if there are 5 or more customers in your neighborhood - just give me a call. On-farm pickups are also available.

Herbal Turtle Farms

Kate Foerster and Bryan Crigler

523 W. 8th St.

Winona, MN 55987

Phone: 507-450-5877

E-mail: info@herbalturtlefarms.com

Website: www.herbalturtlefarms.com

We're a small family run farm in Winona, Minn., specializing in fresh vegetables, forest-grown mushrooms, and specialty herbs. We turtle folk believe in sustainable farming and responsible stewardship of the land. All of our produce is Certified Naturally Grown without the use of any harmful chemicals. We work with local vendors and our neighbors to build a strong and healthy community.

We are active members of the Land Stewardship Project and are firm believers that local farmers who work together can accomplish great things! Join the Herbal Turtle Family and let us be your farmers!

Pricing and Ordering

This year we will be offering two share sizes:

- The Half "Shell" Share (20 weeks) Ideal for 1-2 people.
- The Full "Shell" Share (20 weeks) Ideal for a family of 3-5 people.

Share Add-ons:

- Shiitake Mushroom Share (3.5 oz bag per week)
- Shiitake Mushroom Share (7 oz bag per week)
- Egg Share (1 dozen a week)
- Herb Share (bi-weekly)

We have drop sites in Winona, Trempealeau, La Crosse and Rochester.



Common Ground Garden
Kate Ritger, Production Manager
104 Chapel Lane
Saint Joseph, MN 56374
Phone: 262-339-7737

E-mail: commonground@csbsju.edu

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

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

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

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

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

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



Big River Farms
Minnesota Food Association
14220 B Ostlund Trail North
Marine on St. Croix, MN 55047
Phone: 651-433-3676

Website: www.mnfoodassociation.org

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

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

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

We also participate in a program called Harvest for the Hungry, which works with regional farms to get fresh produce into local food pantries. Donations are matched 100 percent, and the money is used to purchase food from our farmers-in-training for the food pantries. Donations to either MFA or Harvest for the Hungry can always be added onto share prices.

Please call or visit www.mnfoodassociation.org for more on farm tours, CSA share details/sign-up, and MFA workshops/events.



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

Big Woods Farm is entering its 21st season of providing freshly-picked, organic produce to our members in the Twin Cities and in Rice County, Minn. Our 79-acre farm is located one hour south of Minneapolis, near the maple-basswood forest of Big Woods State Park and the farm fields of Nerstrand, Minn.

A full share includes 18 weekly distributions (8-30 pounds, depending on time of the season) of produce, available beginning in mid-June, at four locations: at the farm on Mondays, at Just Food Co-op in Northfield on Mondays or Thursdays, at Valley Natural Foods in Burnsville on Thursdays and in South Minneapolis near Lake Nokomis on Thursdays.

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

Members are welcome to visit the farm most anytime to work up a sweat in the garden or to simply wander about, enjoying the countryside. The chance to pick-your-own flowers, cherry tomatoes, basil and green beans, available as the summer progresses, is included with your share.



Chengwatana Farm
Lynn Sue Mizner
47513 334th Place, Palisade, MN 56469
Phone: 218-232-4189
E-mail: lynnuem@gmail.com
Website: www.chengwatanafarm.com or Chengwatana Farm
on Facebook

Chengwatana Farm is on the banks of the Willow River in Aitkin County. Of the 200 acres, about half is forested and the other half is open meadows, pasture, and cropland. We grow crops and livestock in accordance with organic standards but are not certified. Animals are pastured and rotationally grazed. Our woodlands are Certified Well-Managed by both the Forest Stewardship Council (FSC) and the American Tree Farm system.

Our vision is of animals, vegetables, fruit trees, and forage crops that feed each other in a cycle of nutrition and decomposition. Live-stock manures combine with carbon sources and vegetable and fruit wastes to form high-quality compost. We apply this compost to our gardens, orchards, and fields.

Visitors are welcome. We provide opportunities to learn about natural ways of growing, cooking, preserving, and healing as well as survival skills and crafts through our internship program. From time to time we have a special event at the farm that is open to CSA members. Ours is a full year CSA that allows members to choose from available products during the year.

For a given membership amount (minimum is \$300), members can negotiate any combination of lamb; chicken; eggs; fruit, vegetables, and herbs; firewood; wool and yarn; vegetable and herb seedlings; compost; and potentially even lumber. We may also have pork available later this year. Pickup is by appointment or arrangement, and need not be weekly. Some customers choose to only come once or twice a year.

Bluebird Gardens
Mark & Diane Boen
26060 Country Hwy. 18
Fergus Falls, MN 56537
Phone: 218-205-4739

Website: www.bluebirdgardens.net

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

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

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

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



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

E-mail: blackberry@mosiactelecom.net

Website: www.mosiactelecom.com/~blackberry

Blackberry Community Farm is located 20 miles north of Menomonie, Wisconsin. Our family/community farm is a 30-acre homestead surrounded by woods. It consists of an orchard; herb and vegetable gardens; honeybee yard; berry patches, and sugar bush. This is our 23rd season of sustainable farming and 18th season as a CSA farm. We will deliver more than 40 kinds of seasonal, chemical free vegetables, fruits (strawberries, currants, raspberries, melons & apples) and herbs. We offer deluxe, regular & half shares (20 weeks, mid-June through October).

DELUXE SHARE: 3/4 bushel box of vegetables, fruits, herbs & some specialty items delivered for 20 weeks. REGULAR SHARE: 5/9 bushel box of vegetables delivered for 20 weeks. HALF SHARE: 5/9 bushel box of vegetables delivered for 10 weeks of your choice. There will be nine Tuesday pick-up sites: 1. Proechel's, 782 Holly Ave. St. Paul 2. Patagonia, 1648 Grand Ave. St. Paul 3. Seward Co-op, 2823 East Franklin, Mpls 4. Eastside Co-op, 2551 Central Ave. NE Mpls 5. Ecopolitan, 2409 Lyndale Ave., Mpls 6. Lucia's to Go, 1432 West 31st St. Mpls. 7. Farm 8. Menomonie Market Food Co-op -Wis and 9. Eau Claire – TBA

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

• **Apprenticeship Opportunities** •

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

Bossy Acres

Karla Pankow & Elizabeth Millard
5680 290th St W City
Northfield, MN 55057
Phone: 616-915-9027
E-mail: bossy-acres@hotmail.com
Website: www.bossyacres.com

Bossy Acres, USDA certified organic in 2012, strives to be good stewards of the land and environment, by focusing on sustainable farming principles including permaculture-based and organic techniques. We grow a diversified mix of unique and heirloom vegetables, fresh herbs, specialty greens, melons, and cut flowers. While our CSA program is the core foundation and focus of Bossy Acres, we also sell on a small scale through area co-ops/specialty grocers, cafes, farmers' markets, special orders, and through Twin Cities Local Foods (a local online ordering service).

We are proud to partner with local small businesses that we trust and respect to bring additional options to our members. This includes farm fresh eggs from Braucher's Sunshine Harvest Farm, fresh baked bread (including gluten-free), local raw honey from Beez Kneez Bicycle Delivered Honey, locally roasted whole bean coffee from Moonshine Coffee Co., and locally cultivated mushrooms from Cherry Tree House Mushrooms.

Members have the option of receiving weekly or bi-weekly deliveries, which include that week's farm fresh harvest, newsletters, recipes, and storage tips. Additionally, we offer on-farm volunteer opportunities, potlucks, and an end-of-summer farm party. We have 20 remaining CSA share spots available for 2013 (out of 60 total memberships). We invite you to learn more about us on our web site, Facebook, and Twitter.



Bakers' Acres

Lisa Baker, Owner & Farmer
36861 Co Rd 9, Avon, MN 56310
Phone: 320-309-0746
E-mail: lisambaker@yahoo.com
Website: www.bakersacresfarm.com
& www.facebook.com/bakers15acres

CSA farms are somewhat new to central Minnesota—Bakers' Acres is one of the first in Stearns County. Since 2010, I have been evolving a 15-acre conventionally farmed field into a sustainable, chemical-free farm called Bakers' Acres, located in Avon, near St. Cloud.

This summer, I am expanding my CSA operation to serve more customers and three restaurants. I have a goal to supply 30 customers, which will generate the money to make most of my planned improvements, including a hoop house. I am also investing personal savings to upgrade the operation's food safety plan and equipment. To better support our local food system, I am seeking more customers closer to the farm and fewer in Minneapolis this year. The farm's mission is to strengthen your connection with the land, food, and the small communities around you.

Shares: Weekly, ¾ bushel box, mid-June through mid-October.

Types of produce: Over 50 varieties of vegetables, fruits and herbs.

Opportunities for involvement: All members are welcome to participate in the farm's projects - there are lots, and so far, friends have really enjoyed leaving the city to work in the dirt for a day now and then.

Pick-up site and day: Pick up your box on Thursdays between 3-9 pm at the farm in Avon. Metro area deliveries are Mondays in Uptown, Northeast and South Minneapolis.



**CSA Farms
That Deliver
to Outstate
Minnesota &
Western Wisconsin
*Pages 74-86***



Burning River Farm

Michael Noreen

1125 Clam Falls Drive

Frederic, WI 54837

Phone: 715-653-2245

E-mail: farmer@burningriverfarm.com

Website: www.burningriverfarm.com

Burning River Farm is located in beautiful western Wisconsin. Our goal is to grow the best tasting food you've ever eaten and to play an active role in strengthening the local, sustainable food system. We are Certified Naturally Grown (organic methods, not USDA certified). We grow 40+ kinds of vegetable favorites to provide our members with amazing flavor and a great value. You'll enjoy crisp lettuce, tender greens, tomatoes, fresh sweet corn, winter squash and fresh herbs.

We have 200+ memberships available for the 2013 season, which runs 18 weeks from early June until mid-October. Deliveries are made every Thursday to drop sites throughout the Twin Cities and metro area. We have three box sizes. The 3/4 bushel family share is ideal for two veggie-loving adults or a family of four, and the 5/9 single share is ideal for one to three people. Our Mini "Salad" Share is heavy on greens and salad fare. Deliveries include a newsletter with stories from the field, a rundown of the week's offerings and recipes. We are teaming up with Local Thyme CSA recipe service. You'll have access to the Local Thyme website, full of hundreds of delicious recipes.

Our CSA members also receive 15 percent off at our farmers' market stands. You can find us every Friday at the Chisago City Farmers Market and Saturday at the Mill City Farmers' Market in Minneapolis. Please contact the farm for further info on share options, a complete list of what will be growing and to see if you are within the delivery area.

• Employment Opportunities •

Available with room, board and hourly wage. Inquire early!

Celestial Harvest
Juan Carlos Cervantes
Phone: 952-200-1128

E-mail: CelestialHarvestFarmFresh@gmail.com

We are in your backyard—located in Prior Lake. It does not get much fresher. With us you get plentiful standard fare plus all necessary leafy greens, herbs and few surprises. We are three old guys doing what we love. We do the best we can to be stewards while being viable. We welcome visitors, volunteers, work-share help, and anyone wanting to spend time in the fields with us.

We deliver from June to late September. We do have late fall boxes available for those who want to continue. Our Holiday Harvest is our late share; it is a separate registration. You will get plenty of full late season delicacies such as: Brussels sprouts, storage onions, potatoes, beets, carrots, leafy greens, apples, rutabaga and plenty more.

Our host sites are in Prior Lake, Apple Valley, Edina, Golden Valley and Uptown Minneapolis. We have limited spots available so hurry and secure your spot before we close out.



Wozupi
2041 140th St. NW, Prior Lake MN 55372
2330 Sioux Trail NW, Prior Lake MN 55372
Phone: 952-496-2231
Website: www.smscwozupi.org
& www.facebook.com/smscwozupi

Share Sizes: full shares and 1/2 shares are available

Number of deliveries: 18 weeks

Pick-up locations:

- Mazopiya Natural Food Market (2571 Credit Union Drive, Prior Lake, MN 55372)
- Mdewakanton Wozupi (2330 Sioux Trail NW Prior Lake MN 55372)
- South Minneapolis

Wozupi TSA (Tribally Supported Agriculture) offers resources and opportunities to support you and your family’s healthy living journey through the growing season. We grow certified organic and transitional produce. Our produce is also open pollinated, heirloom and hybrid. We have a small strawberry and raspberry patch and are tending a young 3.5 acre orchard. In addition to producing fruits and vegetables, we also produce maple syrup and honey.

Mdewakanton Wozupi grows heritage varieties of corn, squash and beans in our 3 Sisters Garden. We are currently growing Oneida White corn, Dakota Black popcorn, Ho Chunk Red corn, Potawatomi lima beans, Cherokee Trail of Tears beans, Arikara Yellow beans, Hidatsa Shield Figure beans and bottleneck gourds.

Our TSA starts in mid-June and continues through the 2nd week of October. Members will receive a weekly newsletter with recipes, garden updates, upcoming events and volunteer opportunities. Members are welcome to attend seasonal cooking classes, native foraging walks, kids day, volunteer workdays, and the garden harvest party at the end of the season.

Winding Road Farm

Cory & Leif Ruona

2228 150th Avenue

Saint Croix Falls, WI 54024

Phone: 715-483-9588

E-mail: windingroadfarm@yahoo.com

Website: www.windingroadfarm.net

Winding Road Farm is a small family farm, with three generations working together to grow high quality, healthy food. We are committed to using sustainable methods that are good for our land, as well as our family and our members' families. We provide all of the basic vegetables along with many heirloom varieties and other unique produce. We also raise pastured chickens.

Our season at Winding Road Farm runs from mid-June through late October. You will receive a reusable box of fresh, delicious produce delivered once-a-week for approximately 18 weeks. You have the choice of a full share, which will contain roughly enough veggies for a family of four, or a half share, which will contain roughly enough veggies for two people. Every week's box will also contain our exciting and educational farm newsletter with tips for storing and preserving that week's items, as well as recipes and farm updates.

We deliver to your home or work within 15 miles of St. Croix Falls, Wis., as well as drop-sites in Mahtomedi, Northeast Minneapolis and the Seward Neighborhood in Minneapolis. We are open to organizing new drop-sites, so feel free to contact us even if we aren't currently delivering to your neck of the woods.



Common Harvest Farm

Dan Guenther & Margaret Pennings

212 - 280th Street

Osceola, WI 54020

Phone: 715-294-2831

E-mail: commonharvestfarm@gmail.com

Website: www.commonharvestfarm.com

2013 marks our 24th 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 Valley. As a farm community, we continue to look for ways to nourish ourselves both physically and spiritually through working with nature.

We grow 40+ different vegetables and herbs with an emphasis on the traditional favorites of green beans, potatoes, tomatoes, onions, and carrots. We typically deliver for a 19- to 20-week season, beginning the middle of June and ending in October. In addition to our regular vegetable share, we offer a fruit share and an extended season share with deliveries in November and December.

We have drop-sites in 14 Twin Cities locations, including Minnetonka, St. Louis Park, Golden Valley, South Minneapolis, the Seward and Longfellow Neighborhoods, and the Merriam Park and St. Anthony Neighborhoods of St. Paul. We have a fall gathering each year. Our members are welcome to visit the farm at any time.

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

• Employment Opportunities •

Internships available that include room, board and a stipend.



Community Homestead

Christine Elmquist

501 280th Street, Osceola, WI 54020

Phone: 715-294-3038

E-mail: christine.elmquist@communityhomestead.org

Website: www.communityhomestead.org and facebook

Sustaining land, sustaining people. 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 sustain this nonprofit intentional community of 6 households.

Several options are available. Twenty weekly boxes are delivered from June-October. Boxes come in three sizes: “family”, “couple,” and “single” Winter shares are also available (4 deliveries every-other-week, November-December) with two options, Basic Vegetables or Great Eating (vegetables plus pickles, jams, fresh bread and cookies). We also have a fresh bread and cookie option that can be delivered along with your summer vegetable box. Everything is grown and made on the farm. Additional items can be purchased online and added to your weekly standard vegetable box including: fruits, jams, pickles, beef, pork, bread, cookies, cards and crafts. Deliveries are made to 9 sites in the Twin Cities, Maplewood, Shoreview, Vadnais Heights, Stillwater, Somerset, and Osceola. No work or driving required. Visitors are very welcome 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, summer volunteer internships available.

Will Heal Farm

Pat & Rachel Nudd

2365 Lake George Dr. NW

Cedar, MN 55011

Phone: 763-753-8611

Website: www.willheal.com

Greens, greens, and more greens! Fire up a stir-fry, toss fresh spring greens, and savor wild edible soups! You can cook all of this and more from our bountiful vegetable shares full of leafy greens, green beans, carrots, cucumbers, heirloom tomatoes, kitchen herbs and more.

Starting in early June and lasting through September, our 18-week CSA season provides the flavors of summer fresh vegetables, without all the work of having your own garden. Pick up your share at the farm, Grass Roots Cooperative in Anoka, or Fresh and Natural Foods in Shoreview.

Come visit our garden haven! You can stroll the vegetable rows and witness the rich earth packed with compost, worms and microorganisms. Ask your farmer about the use of cover crops, crop rotation, mulch and composting to enlighten the sandy soils into rich fertile beds. Take the farm home with you, assured that you are feeding your family the best food this area has to offer.

Let us share our years of experience in growing and cooking whole foods, making herbal medicines, and building productive garden beds. Check out our website to learn more about our locally made herbal salves, lip balms, classes and more.



Waxwing Farm
Peter Skold & Anna Racer
4800 Dent Ave.
Webster, MN 55088
Phone: 952-652-6552

E-mail: waxwingCSA@gmail.com
Website: www.waxwingfarm.com

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

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

We also offer an egg share, winter share and pastured meats.

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



Country Taste Farm
Peter & Nancy Clay
36463 Blackfoot ST NW
Cambridge, MN 55008
Phone: 763-689-5727

E-mail: info@countrytastefarm.com
Website: www.countrytastefarm.com

The Country Taste Farm is a small CSA farm serving Central Minnesota; The fruits and vegetables we grow express our most basic values: to provide naturally grown, nutrient-rich, exceptionally tasty, environmentally-friendly foods.

Country Taste Farm has adopted and uses IPM practices (Integrated Pest Management). Our fresh produce is grown, outside fields and inside High Tunnels. Most produce is grown using plastic mulch for weed protection and drip irrigation. We have 3 high tunnels (totaling 4240sq ft) each with drip irrigation; high tunnels protect the plants from frost, hail and cool weather to give a longer growing season with a controlled environment. We use organic labeled insect and disease sprays to protect plants from bugs and disease. We are working to balance the biology in our soil with chemical-free methods to produce our fruits and vegetables, at this time we supplement the soil with some fertilizer. We have over 5 acres under cultivation.

2013 CSA membership include 16-18 weeks from mid-June to mid-October, Choice of 3 sizes; Full Peck, $\frac{1}{2}$ Bushel, and 1 $\frac{1}{9}$ Bushel. Farm Pickup Tuesday & Thursday 4 p.m. - 7 p.m. Deliveries: Cambridge to Blaine, Tues. 12 p.m.-2 p.m., Hwy. 95-Hwy. 10. Dalbo/St. Francis to Anoka, Thursday 12 p.m. - 2 p.m., Hwy. 95-Hwy. 10.

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

Crazy Boy Farm
Proeun & Amy Doeun
53100 Fairfield Avenue
Rush City, MN 55069
Phone: 651-270-3658; 320-358-3695
E-mail: crazyboyfarm@yahoo.com
Website: www.crazyboyfarm.com

We are a small, local, family-operated farm. We, Proeun and Amy Doeun, began as a young professional couple living 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, while Proeun was born in the jungles of Cambodia where his parents literally lived off the land. It is an interesting story how we came together to create a family, farm, and way of life we love.

We are in a sustainable transition as we grow heirloom vegetables for our CSA market. We are 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 only the freshest, in-season produce. We try to vary the offerings weekly and include items you are familiar with, as well as interesting and exciting heirloom varieties, including items from the Slow Food USA “Ark of Taste” and Asian vegetables. Boxes vary by season. Mondays and Thursdays are delivery days.

On Mondays, we offer on-farm pick-up (53100 Fairfield Ave., Rush City, MN 55069), the Eastside of St. Paul (35E and Maryland), St. Paul Midway (near Cleveland and University), Shoreview and Roseville/Falcon Heights. On Thursdays, we offer pickup in Lino Lakes, Minneapolis and Bloomington. Other drop-sites upon request. We offer full-time, part-time (full boxes every-other-week), peak season (mid-July to mid-September) shares, and egg shares (one dozen eggs weekly).

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 an 18-acre vegetable farm about an hour north of the Twin Cities, near Princeton, Minn. We will grow on only five of these acres in 2013 and offer CSA shares delivered to the Twin Cities, Coon Rapids, Blaine, Hopkins, and Cambridge.

2013 is our third season at Uproot after having spent a few years apprenticing on organic CSA farms. The land we farm was previously in conventional production, so we are in transition to organic and are using cover crops and compost applications to allow the land to rest and rejuvenate.

Your share will be a weekly delivery of a $\frac{3}{4}$ bushel box. It is designed to feed two veggie-loving adults or four veggie-liking people, and each box will contain between 6 and 12 kinds of veggies, depending on that week’s harvest.

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.

Your share will begin by the third week of June and run for 18 weeks.

Please visit www.uprootfarm.com for more CSA details, to view pictures of the farm, read previous season’s newsletters, and to sign-up for a share. We hope you’ll join us in 2013!

• **Intern Needed** •

Uproot Farm is seeking an intern for the 2013 growing season.
Contact Sarah for details.

Untiedt's Vegetable Farm
Jenna Untiedt & Megan Dallmann
4750 - 25th Street SW
Waverly, MN
Phone: 763-658-4672

Email: Jenna@UntiedtsWeGrowForYou.com
Website: www.UntiedtsWeGrowForYou.com

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

Many of our 50 different small fruit and vegetable crops are grown in high tunnels which permit us to begin the planting season much earlier and extend our harvest well into the fall when the temperatures begin to drop. It also allows us to reduce our risk of crop failure during the growing season and it offers protection from many insects and diseases which nearly eliminate the need for harmful pesticides. All of these efforts contribute to guaranteeing you a box filled with fresh produce each week. We offer half and full share options, delivered weekly for 17 weeks, mid-June through mid-October. You will receive 7-8 different vegetables, and we do our best to include one fruit each week. Multiple pick-up locations around the Twin Cities: Buffalo, Maple Grove, Minnetonka, St. Louis Park, Waconia, Wayzata, and many corporate sites (must be pre-approved).

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

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

E-mail: nancy@culinarydelightsfarm.com
Website: www.culinarydelightsfarm.com

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

The members of our CSA program every week receive a share of fresh, in-season produce grown without the use of pesticides or herbicides delivered to a convenient location.

We are located northwest of the Twin Cities with delivery points in Albertville, Andover, Blaine, Champlin, Coon Rapids, Elk River, Maple Grove, Plymouth, Ramsey, St Michael and pickup at the farm in Big Lake. Our season runs over 18 weeks starting in June and ending in October.

Please visit our website at www.culinarydelightsfarm.com for membership information.



Driftless Organics

Mike Lind, Josh & Noah Engel

50561 County Road B

Soldiers Grove, WI 54655

Phone: 608-624-3735

E-mail: csainfo@driftlessorganics.com

Website: www.driftlessorganics.com

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

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

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



Turnip Rock CSA

Josh Bryceson & Rama Hoffpauir

260 95th St., Clear Lake, WI 54005

Phone: 715-255-0806

E-mail: turniprock@gmail.com

Website: www.turniprock.com

We invite you to have a look at our website and blog to see what you can expect if you join our CSA. We have 8 years of CSA management experience and several years of internships on other farms. This is our full time occupation. We focus on growing the “familiar favorites” including, broccoli, tomatoes, potatoes, lettuce, green beans, spinach and sweet corn to name a few. Family friendly vegetables that you will recognize when you open your box!

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



True Cost Farm
Montrose, MN
Jack & Betsy McCann
Phone: 612-568-4686
E-mail: info@truecostfarm.com
Website: www.truecostfarm.com

Fine foods, sustainably raised.

Our farm's focus on pasture-raised, slow-growth heritage breeds produces the most flavorful, healthy and humane meats available. With year-round monthly deliveries to 14+ metro area pickup locations, our CSA is a convenient way to try out sustainable heritage meats. One taste and you'll be hooked — most other farmers raise blander breeds designed for factory farms.

We offer well-marbled, grass fed, dry-aged beef and lamb as well as pastured non-GMO and chemical-free fed pork, chicken, duck, turkey and eggs. The feed our animals receive is of critical importance to us. We mix most if it on our farm and buy grain from local certified grain farmers. In addition, all of our feed is either low or no soy. Our hand-made, naturally cured, and hickory smoked deli meats, bacon and sausages are unique and downright amazing.

Most customers opt for our delivered seasonal packages since they don't require a chest freezer. Delivered year round at a frequency of your choosing, each package includes one or two dozen eggs and about 16 pounds of beef, chicken and/or pork. We feature cuts to match the time of year with recipes we're excited to share. If you prefer to avoid certain types of meat, we're happy to substitute with other products. The standard package includes an equal share of every cut, value packages focus on less expensive meats and premium packages will have more deli meats, steaks and chops.

Sign up at www.truecostfarm.com and taste what a difference heritage breeds make!

Earth Dance Farm
Norm Gross & Laurie Nelsen
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 an 80-acre parcel in the rolling hills of south-east 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 160 families. It was a wonderful season for us.

For the 2013 season, we offer 175 memberships in the St. Paul, Minneapolis, and Rochester areas. Full shares and half shares are available. A limited number of egg shares are also available. Our chickens are pastured and naturally fed.

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

We are Norm Gross, Laurie Nelsen, Noah Nelsen-Gross (21) and Adriana Nelsen-Gross (16). 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 stipend.

East Henderson Farm

Josh & Sally Reinitz

30083 290th St.

Henderson, MN 56044

Phone: 612-756-3971

E-mail: csainfo@easthendersonfarm.com

Website: www.easthendersonfarm.com

East Henderson Farm is located on the wooded bluffs of the Minnesota River near Henderson, Minn., 45 minutes southwest of the Twin Cities. A share from our farm is a box filled with certified organic produce and herbs once-a-week from June to October—about 18 weeks total. Our share size will feed a family of four, or two or three adults who preserve and eat a lot of veggies. We also pack ½ shares weekly. We sell grass-fed and humanely treated beef, eggs, whole chickens, maple syrup and wild edibles when available for an additional charge. In 2013 we will add extended season shares and storage shares for the first time.

Our farm has been in Josh's family for four generations. It was a working dairy farm until the 1980s, and we're working hard to revitalize the farm and raise a family by growing vegetables and livestock sustainably. We have a passion for building restoration and re-use, and many of our farm buildings have been moved in or re-built from salvaged materials. Our farm is 40 acres, including wooded ravines, pasture, fields and the farm-site. We have a deep appreciation for the natural world and ecology, which is why we have chosen to be certified organic. The soil is alive, and it is our responsibility to maintain that life, ultimately helping us grow nutritious and healthy crops.

We strongly encourage on-farm pickup, where you will have access to our U-pick crops on a regular basis. We also deliver to pickup sites in Minneapolis, Belle Plaine, and St. Peter. Please visit our website for more details and online sign-up.

Treasured Haven Farm

Peg & Pete Johnson & Family

53407 Government Road

Rush City, MN 55069

Phone: 320-358-3581

E-mail: csa@treasuredhavenfarm.com

Website: www.treasuredhavenfarm.com

Treasured Haven Farm is a family owned century farm within an hour of the Twin Cities. Our CSA Shares are available in a wide range of sizes (small, basic, large), prices, frequency (weekly or every other week), season length (full, cabin, late), add-ons, and selection from over 40 crops and 250 varieties over an 18-week season. Our CSA focuses on traditional vegetables with just a few novelties for fun, with add-ons available for true gourmet and herb lovers.

We only include vegetables that we have personally grown so you are guaranteed of their origin and highest standards in naturally-grown farming practices. Our goal is to exceed your expectations in educational opportunities, quality, quantity, service and value. From our many options, you can create what best fits your family's lifestyle and budget, and pick up at one of many conveniently located drop sites. Also available: harvest boxes, pumpkins, chickens, turkey, beef, eggs, fruit shares, and more.

Take an easy trip up I-35 to help in the gardens, walk or run wooded trails, see the animals, or just enjoy the open countryside on 450 acres. We also host seasonal cross-country running races and trail/obstacle runs on the farm trails, which are open to everyone!



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

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, Minnesota (Rice County). Located 30 minutes south of Valley Natural Foods (Burnsville), its 19 acres consist of rolling hills, pasture, woods, orchard, vineyards and fertile fields.

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

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

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

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

Eener's Farm
Renee and 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 in Dunn County, Wis., approximately 60 miles from St. Paul. Earlier generations utilized the farm for dairy and beef operations. As a CSA we're now in our fifth year. The farm has never in its history had applications of chemical herbicides or pesticides.

Full and half shares are available, both delivered weekly. Deliveries start in mid-June and continue for 18 weeks. Delivery sites include Fresh and Natural Foods in Hudson; River Market Co-op in Stillwater; Hampden Park Co-op in St. Paul; and Blaine for Aveda employees.

Each share includes 30 to 40 varieties of vegetables, a small selection of herbs, and Eener's ultra-hip weekly newsletter 'The Spinning Turnip'. Eener and Cass grow the classic favorites, plus a few oddities.

Check the website for more info. If you're itchin' to get started with some local food right away, we offer eggs, several types of 100% grass-fed meat (beef, goat, sheep) and other random products from our farm year-round which are home-delivered on a monthly basis to many areas in the metro.

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

Farm Where Life is Good

Lara & Roger

7971 747th St, River Falls, WI 54022

Phone: 715-426-7582

E-mail: farmwlig@dishup.us

Website: www.farmwlig.locallygrown.net

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

The 2013 season will be our second year growing for market, and our first year with our high tunnel in operation for an extended season. We deliver mid-week to several locations in River Falls and eastern Twin Cities. Our weekly produce subscription will bring you a $\frac{3}{4}$ bushel box of freshly harvested, seasonal produce from May to October. Our goal is to provide you each week with salad fixings (baby greens, cucumber, etc.), traditional vegetables (carrots, broccoli, greens, etc), starches (potatoes, winter squash, etc.), sauté/seasonings (onions, garlic, etc.), specialty items (peppers, tomatillos, melons, etc.) and herbs.

You can add to your weekly subscription by shopping at our Online Market; you may buy individually to satisfy a weekend of canning/drying/freezing, a summer cookout party or a craving for your favorite items. The seasons, weather, bugs and wild critters all contribute (or detract!) from what matures to harvest, so we remain flexible and plan accordingly. Welcome to Farm Where Life is Good, and we hope to feed you soon!



The Farm of Minnesota

Dan & Donna Moe

24618 State Hwy. 15

Hutchinson, MN 55350

Phone: 320-296-9585

E-mail: Dan@thefarmofmn.com

Website: www.thefarmofmn.com

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

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

In the future, we will have shares available for each month of the year. Come join the fun and enjoyment of weekly fresh food. Our signature crop is strawberries. We have many other fruits like raspberries and melons.

Please visit our website at www.thefarmofmn.com to get complete details. You may find our FAQ's page most helpful. Please do check out our newsletters to get an idea of the rhythm of food in our boxes.

Thank you for your interest in our CSA.



Sylvan Hills Farm
Larry Diehlmann & Jackie Kujak
E2161 530th Ave.
Menomonie, WI 54751
Phone: 651-262-7185
E-mail: sylvan@wedeliverwellness.com
Website: www.sylvanhillsfarm.com

We are a small mom-and-pop family farm with friendly connections to customers. We are located about 55 miles east of the metro area, and certified organic through third-party inspection (MOSA). Vine-ripened produce shipped within 24 hours for peak nutrition and freshness. We do not warehouse produce, except for storage crops (onions, garlic and squashes). For the 2013 CSA season, delivery is to Powderhorn, Linden Hills, Uptown, University East Bank, Saint Paul, South St. Paul, and Menomonie or Hudson, Wis.

A weekly newsletter e-mailed with recipes, box contents, and tips. Work shares are optional, 90 varieties of vegetables including heirlooms, traditionals, and watermelon, picked and delivered fresh within 24 hours. Large or regular options are available for a weekly delivery of either size. We offer an easy 4-payment option online at www.sylvanhillsfarm.com — discounts for full payment.

Welcome to the Garlic Celebration in July for fun in cleaning circles and share a meal. Visit the farm on the first Sunday following Labor Day weekend to enjoy September Harvest Bounty Feast — a dinner on the farm to show our appreciation to our customers! Customer surveys rate us high for quality and dependability. Members may opt to help harvest surplus bumper crops to donate to the food pantry or can/freeze.

We grow soils and biota, which create healthy plants and produce high in nutrition. To assure you're getting the highest standard of quality, we are certified to insure you as the customer that you're getting what you paid for. Multiple varieties of carrots, corn, beans, peas, tomatoes, lettuce, garlic, squash, broccoli, cabbage, beets, peppers, kale, chard, onions, herbs and more. Please call for any further information.

Fazenda Boa Terra
John Middleton & Lidia Dungle
5875 290th St W
Northfield, MN 55057
Phone: 507-366-9000
E-mail: farmers@fbt.ag
Website: www.fbt.ag

Our years of experience have taught us that one of the greatest responsibilities a farmer can take on is to become a CSA farmer. With this immense devotion in mind, we strive relentlessly to provide our members with astounding shares brimming with food that is all manner of flavor, color, size, shape and texture week-after-week. With 100+ varieties of vegetables, we hope to surprise you week-after-week with something new and exciting. Less than 30 miles from downtown Minneapolis, we are one of the most local CSAs serving the metro area.

We firmly believe that access to fresh, real food is a human right. With that in mind, we offer generous financial assistance with flexible pricing and payment options helping everyone put the highest quality, nourishing food on your table at each meal

Products: We grow 100+ varieties of vegetables and partner with Humble Pie Farm to bring you an assortment of organic herbs and fresh cut flowers. We also offer pastured poultry.

Farming Practices: MOSA certified organic.

Area Served: Farmington, Bloomington, South Saint Paul, and Minneapolis.



Featherstone Fruits & Vegetables

Katie Sherman & Jennifer Breitlow

43090 City Park Road, Rushford, MN 55971

Phone: 507-864-2400

E-mail: csa@featherstonefarm.com

Website: www.featherstonefarm.com

Featherstone Fruits and Vegetables is located in the spectacular bluff country of southeastern Minnesota. We grow our crops on nearly 250 acres of rich farmland located in a variety of micro-climates where they attain peak quality. We are certified organic by MOSA and deliver CSA shares to over 30 drop-sites throughout the Twin Cities, Rochester, and Winona. The summer season runs 20 weeks from June through October and distributes Grande, Chica, and Solo shares of fruits and vegetables in pre-packed boxes. Our Winter shares extend the season for share-holders with nine boxes distributed November through February.

We offer an array of more than 70 produce varieties, including asparagus, leaf lettuce, salad mix, heirloom tomatoes, broccoli, onions, garlic, peppers, eggplant, carrots, peas, beans, potatoes, sweet corn, strawberries, cantaloupes and watermelons. We round out the boxes with a selection of herbs throughout the season.

Shareholders stay connected to the farm and get cooking tips in a variety of ways, including: a weekly newsletter during the season, our blog, Facebook and Twitter feed. This year we are also partnering with Local Thyme—a CSA Menu Planning Service that provides three menus each week using all the items in your CSA box! Shareholders are also invited to set up a visit with their family by advance call and are encouraged to attend on-farm events such as our spring Strawberry Social (u-pick) and Fall Harvest Party.

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

Sweet Beet Farm

Nick & Amelia Neaton

105 Westminster Avenue SW, Watertown, MN 55388

Phone: 952-807-8324

E-mail: sweetbeetfarm@gmail.com

Website: www.sweetbeetfarm.com

Find us on Facebook

Located 35 miles west of Minneapolis, Sweet Beet Farm is a fourth-generation family farm. Young farmers Nick and Amelia Neaton and their family are in their fifth year supplying quality, 100 percent naturally grown produce, eggs and lamb to the Twin Cities Metropolitan Area, while transitioning the family farm. We grow food the way it wants to be grown—naturally, without chemicals. Our farming methods respect the diversity of our land, water and wildlife so that the next generation of farmers will also enjoy this healthy, thriving land. We are planning for organic certification in spring 2014.

This year, we are featuring full- and half-shares in our CSA. Shareholders 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 classic favorites. In 2013, we are offering pick-up sites at the following locations (work/home delivery available for an extra fee):

- **Tuesday:** Mackenthun's Market (St. Boni), Kuzma Chiropractic (Buffalo), on-farm (Watertown).
- **Thursday:** Whole Foods Market (Minnetonka), Harvest Moon Co-op (Long Lake), Tao Natural Foods (Uptown Minneapolis), on-farm (Watertown).

Besides farming, we both have backgrounds in education, a gift we share with our CSA. Shareholders receive weekly newsletters, packed with interesting facts, farm happenings, recipes and more. Please feel free to call or e-mail with any questions about our farm. We look forward to growing food for your family!

Stone's Throw Urban Farm

Alexander Liebman

2216 Elliot Ave. S

Minneapolis, M

Phone: 763-843-6967

E-mail: stonestrowurbanfarm@gmail.com

Website: <http://stonestrowurbanfarm.com>

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

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

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



Footjoy Farm

Chad Forsberg

5512 Canine Rd.

Sparta, WI 54656

Phone: 608-272-3821

E-mail: footjoyfarm@yahoo.com

Footjoy Farm is located on the northern border of the driftless region, in the rolling sandstone hills of Monroe County, Wis.

Chad Forsberg (owner) grew up south of Minneapolis and began growing vegetables there. It was an interest in self-sustenance and sustainability with a concern for world food security that propelled him into agriculture. He began working with local chefs in the Twin Cities to provide them with the finest produce possible, searching out rare, unusual, beautiful heirloom vegetables of all kinds. Footjoy Farm's produce is loved and used widely throughout the best restaurants in the cities, and it is the same produce that you will receive each week in your CSA share.

Our CSA season starts in early June and runs 20+ weeks. The season begins with salad greens, radishes, green garlic, ramps, peas, cooking greens and rhubarb, but soon includes zucchini, cucumbers, carrots, turnips, beets, chard, beans, snow peas, fingerling potatoes, shallots, onions, cabbage, kohlrabi, herbs, melons, lots of heirloom tomatoes, winter squash, sunchokes, and always, lots of garlic. Throughout the season there may be other treats that find their way into the shares when they are available, such as wild mushrooms, alpine yellow strawberries, raw honey, cuke nuts, dry beans or anything else delicious that may be grown or foraged.

Our focus is on the quality of each share. Peak summertime shares come in 1 1/9th bushel box that's full of veggies and a ten pound box of heirloom tomatoes. There are several CSA drop sites in the Minneapolis/St. Paul area. Enjoy!



Fox & Fawn Farm
Tim & Nina Kirkman
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 35 miles west of Minneapolis in New Germany, Minn. Head farmer Tim “Red” Kirkman and his wife, bean-picking expert Nina Marie Healy Kirkman, purchased 10 acres of land near the Luce Line Trail in 2009 and are now embarking on their fifth season of independent production following three years of internships in Wisconsin and Minnesota.

In 2013, we will be growing 235 total varieties of 69 different crops — everything from acorn winter squash to zebra tomatoes. This year we will be adding 5 apple trees to our existing 30 trees, 5 grape seedlings for a total of 35, and 20 blueberry plants. Asparagus, raspberries, rhubarb, and strawberries continue to increase production.

Our CSA offers the bounty of the season for 17-18 weeks, garden-fresh recipes, stories of our triumphs and travails, and a connection to the food on your plate with farm visits and a harvest celebration in September. We offer Thursday delivery to Chanhassen, Chaska, Victoria, and Waconia. On Tuesdays, we deliver to Excelsior, Minneapolis (Bryn Mawr), Minnetonka, and St. Paul (St. Anthony Park).

Full addresses and times are available on our website. 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.



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

Spring Hill is a small family farm tucked into the rolling hills of western Wisconsin. The farm is supported by a wonderful community of member households from Prairie Farm and the Twin Cities.

Spring Hill’s Core Group and farmers wrote the following principles which define and guide our CSA.

Guiding Principles

At Spring Hill Community Farm, farmers and members:

- Share in the work to create a farm that is economically, environmentally, and socially sustainable.
- Share the risk and share the bounty.
- Make decisions together.
- Ensure that the size of the farm holds in balance considerations of land, community, and farm viability.
- Work together to nurture a friendly and creative community.

Each member household is asked to come to the farm at least once during the season to help with the harvest and delivery of the week’s vegetables. This member-based delivery system has proven to be very popular with folks over the years, and serves as an opportunity for great food, conversation, and community (And often, pizza from the farm’s wood-fired pizza oven!)

For details about share options, pricing and opportunities for involvement, please visit our website. If you’d like to join us for the 2013 season, please send an e-mail or give a call.

Simple Provisions

Carter Beck

24920 Olinda Trail

Lindstrom, MN 55045

Phone: 651-253-0179

E-mail: carter@simpleprovisions.com

Website: www.simpleprovisions.com

Simple Provisions: accommodating and responsive.

Free home delivery to families in the St. Croix Valley, Minneapolis, St. Paul and surrounding communities.

No fly list: Let us know which vegetables just won't fly with your family and we will substitute other selections.

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

Split your share: Split your share with a friend at no additional charge when both half-share boxes are delivered to the same address.

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

We prefer to use open pollinated (non-hybrid) seeds and use **absolutely no plastic mulch, chemical fertilizers, chemical weed killers or chemical pesticides in our gardens.**

Take a look at Simple Provisions and discover how we are creating a superior CSA.

Foxtail Farm

Paul & Chris Burkhouse

124 – 280th Street

Osceola, WI 54020

Phone: 715-294-1762

E-mail: foxtailcsa@yahoo.com

Website: www.foxtailcsa.com

Now offering both Summer and Winter shares! Foxtail Farm uses only natural methods - no chemical fertilizers or pesticides. We are located in the St. Croix River Valley south of Osceola, WI, about 50 minutes northeast of the Twin Cities.

Summer shares (19 weeks) are delivered on Thursday afternoons in the northeast metro area and the St. Croix river valley. Weekly shares include 7 to 14 different vegetables and weigh 15-30 pounds. We are heavy on the basics but also produce a little of the unusual. A newsletter is included with recipes and farm notes. We also host a Kids' Day and an annual Fall Harvest Festival. Half shares are not available. A number of work-share memberships are available and payment plans can be arranged.

Winter shares are delivered every three weeks from November through March and include: 1) fresh spinach, kale, brussels sprouts, broccoli, cabbage and other cold hardy vegetables from the field for as long as possible, and then from our field tunnels. When it's really cold we have vacuum packed, frozen veggies from the summer like sweet corn, sweet red peppers, greens, broccoli, and ripe tomatoes. 2) Winter storage crops like winter squash, potatoes, sweet potatoes, carrots, garlic, beets, onions etc out of our root cellars all winter long. 3) Tasty treats from our certified kitchen. These include breads made from freshly ground Foxtail wheat, soups, granola, pickles, sour kraut, canned tomato sauce and whatever else we can cook up!

• Apprenticeship/Employment Opportunities •

Internships and apprenticeships with room, board and stipend available. Inquire early!

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.

Shepherd Flock Farm

Terry Arnold

16987 260th St.

Lindstrom, MN 55045

Phone: 651-257-2656

E-mail: jtarnold@frontiernet.net

Blog: www.shepherdflockfarm.wordpress.com/

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

We have lived on and farmed this land in a sustainable way for 26 years. In our third year as a CSA farm, we raise our vegetables free of chemicals using crop rotation, green manure, animal manures and mulching. Diversity and companion planting helps control pests. Healthy soil fosters healthy plants, which are then able to ward off pest damage.

Thirty shares are available mid-May through October. A full share is three-quarters of a bushel and feeds a family of 4. A partial share is roughly half of this offering. Pick-up is on Wednesdays at the farm or at a drop off site in Forest Lake. A Thursday morning drop off in Vadnais Heights is also available. We grow a large variety of produce with eight to fourteen different vegetables and herbs available each week. Occasional berries and fall apples are also offered.

We encourage our members to become more familiar with the process of farming by volunteering at the farm. Come share in the experience of planting, growing and harvesting by making regular visits to the farm!

Savory Spring Farms

Twin Cities Contact: Urban Graze/Liz Talley

P.O. Box 41967

Minneapolis, MN 55441

Phone: 952-201-2330

E-mail: liz@ugraze.com

Website: www.ugraze.com

Savory Spring Farms is a community of family farms tucked into GMO-free valleys in southwest Wisconsin. We grow over 100 varieties of MOSA certified organic vegetables, fruit and herbs.

Our land is considered among the purest in the nation; it has always been sustainably cared for and organic. We use heirloom seeds that have been passed down for generations; some varieties are no longer available outside of our community. Our fields are nourished by pure spring water from the nearby hills; this is also our drinking water! Because we are a community of farms, the risk to you in case of individual crop failure is greatly minimized. We're committed to bringing you a BEAUTIFUL mixed bouquet of colorful food treasures—*no wasteful overload*, only that which is really, really good!

As a uniquely special CSA, last year we sold out within two weeks, so we'll increase to 400 shares this year. Every Thursday for 12 weeks (July 11-Sept. 26), you'll receive a ½ bushel box full of at least EIGHT gourmet varieties. It's perfect for veggie-loving singles, couples, small families, or those sharing with a neighbor. We provide fresh ideas for easy recipes, storage tips, and nutrition.

Drop-site locations include: Woodbury, St. Paul, Minneapolis, Edina, Golden Valley, New Hope/Plymouth. Other share options are available. Farm-grown/raised items (including our own hand-milled, certified organic grains) can be purchased individually.

We want you to feel connected- to the safe, wholesome food you eat; to the rich, local soil where it was grown; to the family farm way of life; and to us.

Gale Woods Farm

Tim Reese

7210 County Road 110 West

Minnetrista, MN 55364

Phone: 763-694-2001

E-mail: mhochstetler@threeriversparkdistrict.org

Website: www.galewoodsfarm.com

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

The CSA operation involves teenage youth from the nearby suburbs and the cities in growing produce for the shares. In addition to learning about sustainable agriculture, they are given leadership-training opportunities and inspiration to create positive change in their home communities. Produce is also provided the Mound West-Tonka foodshelf. 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.



Gardens of Eagan Organic Farm

Linda Halley, Farm Manager

5680 290th St W, Northfield, MN 55057

Phone: 507-645-2544

E-mail: info@gardensofeagan.com

Website: www.gardensofeagan.com

Think Outside the Box! Enjoy the upside of CSA — super-fresh, seasonal produce right from your favorite certified organic farmers. Skip the downside — one size, one assortment fits all, delivered even when you're "at the lake."

For those who embrace the Community Supported Agriculture concept but can't make the CSA lifestyle work, Gardens of Eagan, a certified organic produce farm owned and operated by the Wedge Co-op, is breaking the mold.

How it works: Buy a "share" by purchasing a membership card. Redeem it at your convenience over several weeks by selecting what you want at either of our Saturday farmers' market stands. Choose what you like, in the amount you like, whenever you come to the market. Its value will be deducted from your membership card until the full amount is used. Then buy another, if you wish.

Benefits: A membership card allows you to buy product at our market stand.

A membership card is an affordable commitment and additional cards can be purchased at any time. Members receive weekly electronic newsletters prior to Saturday's market. These newsletters list what's in that week. Member specials are announced in electronic newsletters.

Members have "visitor privileges" to our farm and free participation at our Summer U-Pick /Open House.

Sam Kedem Nursery & Garden

Sam Kedem

12414 191 St E

Hastings, MN 55033

Phone: 651-437-7516

E-mail: info@kedemroses.com

Website: www.kedemroses.com

Our farm garden is located on the outskirts of the Twin Cities Metropolitan area. We focus on producing highly nutritious produce. The farm has been certified organic since 2006. It consists of organic produce, plants and farm store.

Sam Kedem Nursery & garden offers year-round organic fruits, vegetables, fruiting & ornamental plants and in-store products; CSA & Preferred Customer Membership programs; PYO strawberry, raspberry, blueberry, currant, gooseberry, cherry, apple, plum & several veggies; free range chickens, home-made preserves, eggs, honey, apple products, X-mas trees & gift certificates.

We offer a flexible CSA box which allows you to choose from seasonal produce & PYO; full & ½ share; updated weekly list; deliveries to TC, depending on participation. Annual production plan available on request.

CSA program runs for 26 weeks, April 15 – October 12. Signing in deadline March 15th. Early bird 5% discount ending Feb. 15th.

Visit our website or email for details. Our farm is located close to TC, easy access from HWY 61 & 52. Bringing you nutrition & value you deserve.



Riverbend Farm
Greg & Mary Reynolds
5405 Calder Ave. SE
Delano, MN 55328
Phone: 763-972-3295
E-mail: greg.reynolds@frontier.com
Website: www.rbfcsa.com

Riverbend Farm, located 35 miles west of Minneapolis in Delano, Minn., has supplied Twin Cities co-ops and independent restaurants with locally grown, certified organic (MOSA) vegetables for the past 17 years. We have expanded our market to include an 80-member CSA operation. We will provide a box of the best-tasting seasonal produce from the middle of June to the middle of October (8-20 lbs. of food, depending on the time of season).

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

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

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

• **Apprenticeship/Employment Opportunities** •

Employment opportunities available. Farm experience necessary.



Green Earth Growers
7150 Casey Parkway
Prior Lake, MN 55372
Phone: 952-447-4131
Website: www.greenearthgrowers.net

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

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

Our current delivery day is Tuesday and our drop-sites are at our farm in Prior Lake, Valley Natural Co-op in Burnsville, Mississippi Market Co-op in St. Paul and coming soon we will also have drop-sites in Bloomington and Minneapolis! We love knowing where our food comes from — who's your farmer?!?



Growing Lots Urban Farm
Stefan Meyer & Micheal Pursell
Seward Neighborhood, Minneapolis, MN
E-mail: growinglots@gmail.com
Website: www.growinglots.blogspot.com

Growing Lots Urban Farm is entering its 4th year of production in 2013. The farm is located in the Seward Neighborhood of South Minneapolis, and works off a unique model of reinvigorating old city lots into verdant and productive farm sites. Check out the website to learn more about the process!

We focus on creating shares that are smaller in size, but supplied over longer periods of time (23 weeks), in order to reduce waste and Produce Box Fatigue. Ideal for a 2-3 member household.

Growing Lots grows 35+ vegetables, from common to exotic, a sure palette pleaser! The pick-up site is exclusively at the farm (Wednesdays late-May thru late-October), because we want you, the Share Members, to visit the farm every week, watch your food grow, and chat with us- your farmers. Half-Shares, work-shares and payment plans are available; don't let money be an obstacle. We look forward to you being a part of our growing community!



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

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

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

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

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



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

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

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

Weekly deliveries to our CSA members include an array of garden staples, gourmet and specialty crops. As a family of six ourselves (four young boys under the age of 16), we keep in mind what families want to eat. In order to assist families with the basics of eating "in-season" vegetables, we offer interactive web resources, weekly e-newsletters, recipes and cookbooks. We have opportunities for members to participate in a "hands-on experience" during our Fall Festival and our June Pea Pick.

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

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

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

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

Choose a 30 week share (May-December), a 20 week peak season share (June-October), or choose the weeks that you receive a box with our flex plan! We also offer a popular fruit share full of outstanding fruit produced by organic growers from across North America; certified organic grass-fed Angus beef and pork delivered five times a season; certified organic, fair trade coffee, roasted locally just before delivery; and an organic cheese share featuring a selection of high quality organic cow, sheep and goat's milk cheeses produced by regional dairy farms!

Every delivery includes a newsletter with reports from the farm plus recipes and tips from our farm chef. We offer several payment options and twelve Twin Cities delivery sites including: St. Paul, Bloomington, North and South Plymouth, Eden Prairie, Linden Hills, Lyn-Lake/King Field, Powderhorn, NE Minneapolis, Como Park, Whittier and Rosemount.

Our meadow is always available for overnight camping and we have member events each season, including a strawberry picking day in June and our fall harvest party potluck in September. If you aren't able to attend any of our farm events, contact us to schedule a personal farm visit anytime during the season!

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 11th 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, Wisconsin. We're about 65 miles southeast of St. Paul and practice organic and sustainable farming methods, without the use of any chemical herbicides, pesticides or fertilizers. We are certified organic by MOSA.

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

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

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



Philadelphia Community Farm
Verna Kragnes
P.O. Box 668
Osceola, WI 54020
Phone: 715-294-4048
E-mail: pcomfarm@centurytel.net
Website: www.philadelphiacommunityfarm.org

Celebrating our 24th season, we are dedicated to CSA, education in sustainable living, conservation and ecological restoration. Our resident community includes adults with special needs and we host many children for visits and service-learning in the garden and surrounding natural areas.

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

Located one-hour northeast of the Twin Cities on the St. Croix River, we serve the St. Croix Valley and Twin Cities. Members bring shares to the drop-sites, or delivery to your home or business can be arranged for an extra fee.

We offer Spring (April 15 to June 1) and Summer (June 1 to September 30) shares that include over 40 types of vegetables and herbs as they come into season. *Check back this fall for limited number of year-round shares to start October 1 that will include processed, stored & fermented vegetables, and some greens using a solar/geothermal greenhouse, hoop houses and mobile high tunnel to extend our season.* We donate surplus to food shelves. *Other benefits:* visiting the animals, exploring the 300+ acres of preserved forest, prairie, streams and waterfall. Festivals are held in June and September.



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

Open Hands Farm is a 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 sustainably grown food. 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-want 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.



La Finca CSA Farm
Charlie Kersey
P.O. Box 93, Bruno, MN 55712
Phone: 218-372-8804
E-mail: lafinca@earthlink.net
Website: www.lafincacsa.com

La Finca is a diverse landscape of fields, forest, and wetlands where we grow about 8 acres of organic produce in our fields and hoop houses. Our 17-week summer share includes over 50 certified organic veggies, fruit, and herbs, which are delivered to our pick up sites in St. Paul (3 locations), South Minneapolis, Hopkins, Saint Louis Park, Arden Hills, Lake Elmo, and Duluth. An e-newsletter with preparation tips, recipes, photos, and an update from the fields is included with your weekly share.

In addition to our summer share, we also offer a mixed summer share (our summer share with 10 weeks of fruit), fall share, winter share (frozen), and chicken share (offered in the summer and fall). The fall share (Oct. -Nov.) contains the best of the fall crops, including salad greens, cooking greens, and certified organic apples. Our frozen winter share contains many of the summer and fall vegetables, berries, as well as prepared foods such as soups and pasta sauces. The frozen winter share is delivered in December and January.

NEW in 2013 is our Soup Share, delivered in the fall and winter months. We also offer other natural foods including grass fed beef, wild fish, as well as prepared foods made from our organic veggies. We have an on farm commercial kitchen and carry a Food Handlers License through the Minnesota Dept. of Agriculture.

Please visit our website for more information about our farm shares, prepared, and natural foods. We invite you to join La Finca in 2013! La Finca, Inc. is certified organic by ICS.



Lacey “J” Ranch
Jim Lacey
29837 152nd Street
Zimmerman, MN 55398
Phone: 763-389-5363
E-mail: laceyjranch@gmail.com
Website: www.laceyjranch.com

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

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

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

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

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



North Creek Community Farm
Kate Stout
N14227 290th Street
Prairie Farm, WI 54762-9622
Phone: 715-455-1569
E-mail: kstout@chibardun.net
Website: www.northcreekcommunityfarm.com
Find the farm on Facebook

Celebrating 20 years of successful CSA farming, North Creek Community Farm is located in the beautiful Hay River Valley, 75 miles northeast of the Twin Cities. I have 160 shares available for the 2013 growing season.

Members receive fresh, organically-grown vegetables and occasionally, flowers, delivered each week. My 20th season runs from June through the first week of October.

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

I have added many special additions to each week’s bag over the years such as the “salsa pack” — all the ingredients for delicious salsa in one bag with a recipe. This is just one example of the surprises that are in store for you at North Creek Community Farm. Membership includes a newsletter with recipes, news and tips for using your share.

Have a farm you can call your “own!”



My Minnesota Farmer

Jean Braatz

35100 191st Ave

Montgomery, MN 56069

Phone: 612-245-6271

E-mail: csa@mymnfarmer.com

Website: www.mymnfarmer.com

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

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

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

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

We offer delivery to 16 Twin Cities and outstate locations, or you can pick-up at the farm where you can bring home any "extras" we have been blessed with. We celebrate with farm events, but welcome members anytime because we love to show you how we grow your eco-ganic food. Allow us the opportunity to be your farmer.

Little Flower Farm

Shane & Chiara Dowell

14707 Nason Hill Rd.

Marine on St. Croix, MN 55047

E-mail: littleflowerfarmcsa@gmail.com

Website: www.littleflowerfarmcsa.blogspot.com

We are a small family farm that farms for families. With the help of our team of Norwegian Fjord horses, we farm sustainably, using cover crops, crop rotations, and natural fertilizers. Our 25-acre farm in Marine on St. Croix emphasizes rotational grazing and our Community Supported Agriculture farm-share program.

Vegetable shares in the summer; pastured lamb shares in the fall, and fresh farmstead goat and Jersey cow cheese shares all year long.



We are living proof that storybook farms still exist. And a storybook world can be ours with the support of people like you.

Loon Organics Inc.
Laura Frerichs & Adam Cullip
23229 200th St.
Hutchinson, MN 55350
Phone: 320-587-0140
Website: www.loonorganics.com

Entering our 8th CSA 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 2013 CSA shares are a mix of popular standbys and less familiar heritage/heirloom vegetables and herbs. All produce is fresh, pre-washed and certified organic, the majority of it being picked within 24 hours of delivery.

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

CSA pick-ups are at our farm a few miles west of Hutchinson, at our booth at the Mill City Farmers' Market on Saturdays, at the Applehouse in Chanhassen, and at Harvest Moon Co-op in Long Lake.



Mhonpaj's Garden
Mhonpaj Lee
1709 Heron Lane N, Oakdale, MN 55128
Phone: 651-278-1009
E-mail: mhonpaj@gmail.com
Website: www.mhonpajgarden.biz

Mhonpaj's Garden is featuring a 16-week CSA, offering over 25 varieties of organic vegetables. The practice of organic farming starts at the seed selection process and the fertility of the soil. We are proud of being USDA certified organic from the soil to the vegetables that we grow. Our gardening season begins in mid-June and runs through mid-October.

Join Mhonpaj's Garden CSA and support locally and organically grown vegetables.

Please visit www.mhonpajgarden.biz or call us at 651-278-1009



McKinley Community CSA

McKinley Neighbors & Staff

3300 Lyndale Ave North, Minneapolis, MN 55412

Phone: 612-588-7591

E-mail: mckinleycommunitycsa@yahoo.com

Website: <http://mckinleycommunity.csasignup.com/members/types>

Founded by concerned neighbors in 2010, McKinley Community CSA is a community run urban farm in North Minneapolis. We are committed to improving the economic, nutritional and environmental health of our community while creating beautiful and livable neighborhoods.

Starting in mid-June you will receive a box of seasonal vegetables once a week for an anticipated 17-week season. We offer two share sizes: $\frac{3}{4}$ and $\frac{1}{2}$ bushel boxes. Our pickup locations are in the McKinley (our headquarters), Nokomis (Oxendale's Market) and North Loop (Local D'Lish) neighborhoods of Minneapolis. Members picking up in McKinley also have the option of a Choose-Your-Own share. Membership with our farm includes a newsletter and invitations to all events held by the CSA. We farm to grow biodiversity in our soil and surroundings; we do not use synthetic pesticides or fertilizers.

CSA membership involves shared risk with the farmer, it is important to us that our members understand this risk. 2013 will be our farm's fourth year in operation. We have learned a lot over the past four seasons and we are still learning. We will continue to work hard to achieve our community's goals and bring you beautiful food. Shareholders that would be most happy with an investment in our farm will also want to invest in healing the ecology of urban areas, rebuilding local economies and building community, especially across racial and economic identities.

Thanks for considering our farm.



Marshwatch Farms

Terrie & Chef Joe Adams

1396 Country Trail West

Shakopee, MN 55379-9115

Phone: 612-710-2062 (Joe) or 612-710-6923

Website: www.marshwatchfarms.com

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

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



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



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




— A Quick CSA Guide —

Farms That Deliver to the Twin Cities

- Amador Hill Farm, North Branch, MN; 651-583-0705 (page 6)
- Avodah Farm, Arkansaw, WI; 715-647-3033 (page 7)
- Axdahl's Garden Farm & Greenhouse, Stillwater, MN; 651-439-3134 (page 8)
- Bakers' Acres, Avon, MN; 320-309-0746 (page 9)
- Big River Farms, Marine on St. Croix, MN; 651-433-3676 (page 10)
- Big Woods Farm, Nerstrand, MN; 507-334-3335 (page 11)
- Blackberry Community Farm, Wheeler, WI; 715-658-1042 (page 12) 
- Bossy Acres, Minneapolis, MN; 616-915-9027 (page 13)
- Burning River Farm, Frederic, WI; 715-653-2245 (page 14)
- Celestial Harvest, Prior Lake, MN; 952-200-1128 (page 15)
- Common Harvest Farm, Osceola, WI; 715-294-2831 (page 16)
- Community Homestead, Osceola, WI; 715-294-3038 (page 17)
- Country Taste Farm, Cambridge, MN; 763-689-5727 (page 18)
- Crazy Boy Farm, Rush City, MN; 651-270-3658; 320-358-3695 (page 19)
- Culinary Delights Farm, Big Lake, MN; 763-263-8503 (page 20)
- Driftless Organics, Soldiers Grove, WI; 608-624-3735 (page 21)
- Earth Dance Farm, Spring Valley, MN; 507-378-4252 (page 22) 
- East Henderson Farm, Henderson, MN; 612-756-3971 (page 23)
- Eener's Farm, Boyceville, WI; 715-643-2803 (page 24)
- Farm Where Life is Good, River Falls, WI; 715-426-7582 (page 25)
- Fazenda Boa Terra, Farmington, MN; 952-469-2278 (page 26)
- Featherstone Fruits & Vegetables, Rushford Village, MN; 507-864-2400 (page 27)
- Footjoy Farm, Sparta, WI; 608-272-3821 (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)
- Gardens of Eagan Organic Farm, Northfield, MN; 507-645-2544 (page 33)
- Green Earth Growers, Prior Lake, MN; 952-447-4131 (page 34)
- Growing Lots Urban Farm, Minneapolis, MN; growinglots@gmail.com (page 35)
- Harmony Valley Farm, Viroqua, WI; 608-483-2143 (page 36)
- Hog's Back Farm, Arkansaw, WI; 612-756-0690 (page 37)
- La Finca CSA Farm, Bruno, MN; 218-372-8804 (page 38) 
- Lacey "J" Ranch, Zimmerman, MN; 763-389-5363 (page 39)
- Little Flower, Marine on St. Croix, MN; littleflowerfarmcsa@gmail.com (page 40)
- Loon Organics Inc., Hutchinson, MN; 320-587-0140 (page 41)
- Marshwatch Farms, Shakopee, MN; 612-710-6923; 612-710-2062 (page 42)
- McKinley Community CSA, Minneapolis, MN; 612-588-7591 (page 45)

- Mhonpaj's Garden, Oakdale, MN; 651-278-1009 (page 46)
- My Minnesota Farmer, Montgomery, MN; 612-245-6271 (page 47)
- North Creek Community Farm, Prairie Farm, WI; 715-455-1569 (page 48)
- Open Hands Farm, Northfield, MN; 507-645-2871 (page 49)
- Philadelphia Community Farm, Osceola, WI; 715-294-4048 (page 50)
- Ploughshare Farm, Alexandria, MN; 320-304-0918 (page 51)
- Prairie Sun Farm, Watertown, MN; 952-955-3570 (page 52) 
- Riverbend Farm, Delano, MN; 763-972-3295 (page 53)
- Sam Kedem Nursery & Garden, Hastings, MN; 651-437-7516 (page 54)
- Savory Spring Farms, Minneapolis, MN; 952-201-2330 (page 55)
- Shepherd Flock Farm, Lindstrom, MN; 651-257-2656 (page 56)
- Simple Provisions, Stillwater, MN; 651-253-0179 (page 57)
- Spring Hill Community Farm, Prairie Farm, WI; 715-455-1319 (page 58)
- Stone's Throw Urban Farm, Minneapolis, MN; 763-843-6967 (page 59)
- Sweet Beet Farm, Watertown, MN; 952-807-8324 (page 60)
- Sylvan Hills Farm, Menomonie, WI; 651-262-7185 (page 61)
- The Farm of Minnesota, Hutchinson, MN; 320-296-9585 (page 62)
- Thorn Crest Farm, Dundas, MN; 507-645-4182 (page 63)
- Treasured Haven Farm, Rush City, MN; 320-358-3581 (page 64)
- True Cost Farm, Montrose, MN; info@truecostfarm.com (page 65)
- Turnip Rock CSA, Clear Lake, WI; 715-255-0806 (page 66)
- Untiedt's Vegetable Farm, Waverly, MN; 763-658-4672 (page 67)
- Uproot Farm, Princeton, MN; 763-389-8450 (page 68)
- Waxwing Farm, Webster, MN; 612-816-8292 (page 69) 
- Will Heal Farm, Cedar, MN; 763-753-8611 (page 70)
- Winding Road Farm, St. Croix Falls, WI; 715-483-9588 (page 71)
- Wozupi, Prior Lake, MN; 952-496-2231 (page 72)

Farms That Deliver to Outstate Minn. & Western Wis.

- Bakers' Acres, Avon, MN; 320-309-0746 (page 74)
- Bluebird Gardens, Fergus Falls, MN; 218-205-4739 (page 75)
- Chengwatana, Palisade, MN; 218-232-4189 (page 76)
- Common Ground Garden, Saint Joseph, MN; 262-339-7737 (page 77)
- Herbal Turtle Farms, Winona, MN; 507-450-5877 (page 78)
- Hungry Turtle, Amery, WI; 715-268-4214 (page 79)
- Lida Farm, Pelican Rapids, MN; 218-342-2619 (page 80) 
- Northern Light Farm, Solway, MN; 218-467-3584 (page 81)
- Prairie Drifter Farm, Litchfield, MN; 320-693-5502 (page 82)
- Simple Harvest Farm, Nerstrand, MN; 507-664-9446 (page 83)
- Sweet Top Farm, Hudson, WI; 507-923-6251 (page 84)
- Threshing Table Farm, Star Prairie, WI; 715-248-7205 (page 85)
- Windjammer Farm, Hanska, MN; 507-359-4140 (page 86)