



1982-2007
*25 Years of Keeping the
Land & People Together*

2200 4th Street
White Bear Lake, MN 55110
Phone: 651-653-0618

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Lewiston, MN 55952
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www.landstewardshipproject.org

CSA

Farm Directory

2007



**2007 Edition of the Twin Cities Region
Community Supported Agriculture
Farm Directory**



This Land Stewardship Project publication
is also available at:

www.landstewardshipproject.org

Updated: *March 2007*

What is Community Supported Agriculture (CSA)?

Notes

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

What does CSA membership involve?

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

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

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



Land Stewardship Project Food Programs

◆ Community-based Food Systems & Economic Development

This is LSP's organization-wide program area for all food systems work. In southeast Minnesota, LSP and regional farmers have opened a dialogue with hospital food service officials about purchasing local food for their facilities. East of the Twin Cities, LSP is organizing a **St. Croix River Valley Buy Fresh, Buy Local Campaign** to promote greater local consumption of food grown in the Valley.

◆ Farm & City Food Connections

LSP educates consumers on how they can support sustainable farmers through their food purchases. We link farmers and consumers through this CSA directory and the Stewardship Food Network (see page 3), a list of direct-marketing farmers who are members of LSP. Each spring we sponsor the Community Food and Farm Festival in connection with the Living Green Expo at the Minnesota State Fairgrounds.

◆ Food Alliance Midwest—Creating Food Choices

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

◆ Pride of the Prairie—Building a Local Food Economy

Pride of the Prairie is working to increase the variety and amount of locally produced foods in restaurants, grocery stores and institutions in western Minnesota. This collaborative is led by LSP and farmers in the Upper Minnesota River Valley, along with a number of other partners.



Selecting a CSA

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

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

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

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

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

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

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

CSA Resources

◆ **The Stewardship Food Network** This listing contains contact information for Land Stewardship Project farmer-members who sell meat, dairy products, eggs, vegetables, herbs and various other sustainably-raised products direct to consumers. For a free copy of the Stewardship Food Network list, call 651-653-0618. You can also download the Stewardship Food Network list from www.landstewardshipproject.org by clicking on the Food & Farm Connection section.

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

◆ **Local Harvest** has a searchable national listing of CSA farms, farmers' markets, and co-ops which sell locally produced food; website: www.localharvest.com.

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

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

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. Land Stewardship Project relies on the power of the people to make positive change—whether it be in organizing against factory farming, developing sustainable farming systems, or coming up with visions of what a community-based food system should look like.

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

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

Join Land Stewardship Project today!

For more information, contact us at:

LAND STEWARDSHIP PROJECT

2200 4th Street

White Bear Lake, MN 55110

Phone: 651-653-0618

E-mail: lspwbl@landstewardshipproject.org

Website: www.landstewardshipproject.org



Cover art for this directory by Nora Wildgen



Inside art by Jennifer Clough

**Women's Environmental
Institute CSA Farm**
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 is a nonprofit, progressive environmental justice retreat center, with a farmland orchard campus on Amador Hill located 70 miles north of the Twin Cities, between North Branch and Taylors Falls. WEI is committed to teaching and promoting organic, sustainable agriculture practices, as well as environmental and social justice issues. When our members purchase a share, they help support our environmental justice and advocacy work.

WEI provides a weekly bushel box delivery of organically certified produce to our members from mid-June to mid-October. Each box contains an array of seasonal vegetables, herbs, fruit, recipe ideas, environmental information and a farm newsletter. We also operate an organic apple orchard and will be adding delicious organic apples to the box come fall. Our drop sites are located in and around Minneapolis, Saint Paul and Cambridge. Home deliveries are available by special arrangement.

This year WEI will again offer classes and workshops in our Organic Farm School. For more information about our classes and programs or to become a CSA member, visit our website at www.w-e-i.org.

We invite our members to visit the farm and participate in the food growing process. Call us to set up a day to come out and volunteer!

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

2007 Community Food & Farm Festival



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

Sunday, May 6: 10 a.m. - 5 p.m.

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

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

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

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

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

August Earth

Peter & Katy Hemberger

23229 200th Street

Hutchinson, MN 55350

Phone: 320-587-0310

E-mail: august@hutchtel.net

Website: www.augustearth.com

August Earth is located on 40 acres, three miles west of Hutchinson, Minn., 60 miles west of Minneapolis. August Earth has been a source of fresh certified organic produce for our CSA members since 2004. We deliver 3/4 bushel boxes (10-25 pounds) of seasonal produce to Hutchinson and Litchfield each Monday and to St. Peter each Thursday throughout the season. Our Standard Share begins in mid-June and ends in mid-October. We also offer Spring Extension and Fall Extension shares, as well as a Thanksgiving/Winter Share.

In managing our diverse farm we value more than just the profit that comes from raising vegetables. Farming using socially and environmentally ethical practices, living creatively, encouraging a diversity of life, and being a positive source of change in our community are all core values that we pursue actively.

We produce over 100 varieties of vegetables, as well as berries, herbs, pasture-raised pork, and free-range eggs. We send a weekly newsletter along with each box that contains information both practical and whimsical. This newsletter usually contains a few recipes for basic and complex preparation of less familiar vegetables. We also host a Midsummer Festival and a Harvest Festival to celebrate the season and the community.



Webster Farm Organics

Nett Hart & Tamarack

P.O. Box 53

Foreston, MN 56330

Phone: 320-983-2289

Webster Farm Organics is Whole Farm Organic, which means care of the woodlands, meadows, creeks and homestead in an organic manner is as important to us as the organic and sustainable practices in the fields. We rely on solar heat and rainwater systems for our greenhouses. We work with natural rhythms, weather and rainfall rather than supplanting them with farmer-controlled resources. We grow only heirloom, open-pollinated crops. We believe that the future lies in a radical wholism with the natural world.

Salad Days is a 20-week subscription (May through September) of fresh salad greens, herbs, edible flowers, tomatoes, peppers, cucumbers, summer squashes, radishes, scallions and more. We pack in reusable muslin bags and deliver to pick-up sites in Minneapolis, St. Paul and St. Cloud. We also have a farm pick-up option. Member household size ranges from one to three adults to a family of six. All produce we deliver is picked within 24 hours of delivery and may be eaten fresh as it is. Weekly deliveries include a newsletter and face-time with farmers for questions. We include monthly recipe sheets and have a couple of field days for your pleasure. Webster Farm Organics is certified by Farm Verified Organic/IFOAM.



Our produce is fresh; our members are spoiled.

Spring Hill Community Farm

Michael Racette & Patty Wright

545 1-1/2 Avenue

Prairie Farm, WI 54762

Phone: 715-455-1319

E-mail: springhill@chibardun.net

Website: www.springhillcommunityfarm.com

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

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

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

We invite you to join us in our 16th season. You'll experience the richness of this community, knowing the land on which your food is grown, and eating incredibly fresh, tasty vegetables.



BC Gardens

K. Botten & R. Capp

20355 408th Ave.

Belgrade, MN 56312

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

E-mail: bcgardens@willmar.com

BC Gardens *delivers organic* produce fresh from our farm to **your doorstep** in the Twin Cities (if you live within our delivery area), St. Cloud and Willmar areas. We grow over 100 varieties of vegetables, herbs, and edible flowers: from *a* to *z* (*arugula* to *zucchini*): beans, lettuces and greens, peppers, 12 squash varieties, and over a dozen types of succulent heirloom tomatoes. Sweet juicy melons are included during their season. Weekly deliveries also include specialty/gourmet produce. Our seed varieties, mostly heirloom, are chosen to tantalize your taste buds. Your “BC” half-bushel box will last a week for two people.

BC Gardens can extend your 14-week Main Season of healthy eating by adding spring and late season options. Bi-weekly deliveries are available upon request.

Our 20-acre farm, bordered on two sides by creeks and trees, is located 100 miles west of the Twin Cities. We have been certified organic since 1998. We are certified by the Global Organic Alliance. This season we've formed a partnership with the Hendrickson Family Farm of Sauk Centre. They will be growing some of your root crops. Although not certified, they have been growing organically for over 20 years.

Our goal is to offer members nutritious, fresh, flavorful, life-sustaining food grown in a manner that nurtures you and the earth.

Convenience, quality, variety, flavor, and freshness are brought from us to you. BC Gardens *delivers...*

Big Woods Farm

Laurie & David Hougen-Eitzman
10752 Nerstrand Blvd.
Nerstrand, MN 55053
Phone: 507-334-3335
E-mail: bigwoodsfarm@ll.net

Big Woods Farm is entering its 15th season of providing freshly-picked, sustainably-grown produce to our members in the Twin Cities and in Rice County, Minn. Our 79-acre farm is located one hour south of Minneapolis, near the maple-basswood forest of Big Woods State Park and the farm fields of Nerstrand, Minn.

A weekly half-bushel basket (8-25 pounds) of seasonal produce is available for pick-up at three locations: at the farm on Mondays, at Just Food Coop in Northfield on Thursdays, or in South Minneapolis near Lake Nokomis on Thursdays, between 5 p.m. and 6:30 p.m. (accommodations may be made for later pick-up if necessary). The season begins in late June and ends in early October.

Two festivals are held each season: a midsummer garlic and summer vegetable cookout and a fall pumpkin and winter squash harvest and potluck. At the latter, members help pick the winter squash and pumpkins, and then take home a cache for the winter and 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. Flowers and cherry tomatoes are offered in a u-pick garden as the summer progresses. Honey is available for purchase.



Rock Spring Farm

3765 Highlandville Road
Spring Grove, MN 55974
Phone: 563-735-5613
E-mail: realfood@rsfarm.com
Website: www.rsfarm.com

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

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

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

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

Ploughshare Farm

Gary & Jennifer Brever

6653 Harvest Place NW

Parkers Prairie, MN 56361

Phone: 218-267-5117

E-mail: gjbrever@midwestinfo.net

Website: www.ploughsharefarm.com

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

Weekly deliveries to our CSA members include an array of garden staples, gourmet and specialty crops. As a family of six ourselves (4 young boys under the age of 10) we keep in mind what families want to eat. In order to assist families with the basics of eating "in-season" vegetables, we offer weekly newsletters telling about the goings-on at the farm and including recipes. We have cooking classes yearly, a farm festival in the fall, and all our members are welcome to visit the farm throughout the season.

The name "Ploughshare" symbolizes how our work for justice is connected with our family's passion for growing premium produce and being good stewards of the land. Weather permitting, we deliver for an 18- to 20-week period from mid-June to mid-October. We have drop-sites at central locations in Minneapolis, Minnetonka, St. Paul, St. Cloud, Fergus Falls and Alexandria.

• *Apprenticeship Opportunities* •

Internships available with stipend. Inquire early!

Blackberry Community Farm

Tim Hermann & Karen Shepard

E7339 County Road S., Wheeler, WI 54772

Phone: 715-658-1042

E-mail: bhftrust@localnet.com

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

Blackberry Community Farm is located 80 miles east of the Twin Cities. Our family farm is a 30-acre homestead enclosed by woods. It consists of: a mixed orchard; flower, herb and vegetable gardens; honeybee yard; berry patches; beautiful rolling hills, and woods with abundant wildlife. This is our 17th season of organic farming and the 12th season of CSA farming.

A share of a 5/9 bushel box (average 16 pounds) of seasonal organic produce is delivered for 17 weeks (mid-June through September). We deliver more than 40 different kinds of vegetables, fruits and herbs. The focus will be on the basics, but members will also receive strawberries, raspberries, apples, flowers, a honey sample and a few surprises. Extra produce and honey may be available for sale.

Tuesday pick-up sites will be Mississippi Market, 622 Selby Ave., St. Paul; Seward Co-op, 211 E. Franklin, Minneapolis. Friday pick-up sites will be Menomonie Market Food Co-op, Menomonie, Wis.; Patagonia, 1648 Grand Ave., St. Paul; and Ecopolitan, 2409 Lyndale Ave., Minneapolis.

Members are welcome to visit or volunteer. Volunteers are invited to share a meal with us. There will be a Fall Farm Festival. We are looking forward to sharing God's beauty and abundance, as well as the love of our farm labor with you!

• *Apprenticeship Opportunities* •

We are looking for two farm apprentices. We provide education and training in a variety of farm operations. Includes room, board and stipend.

Blue Roof Organics

Sean & Annie Albiston
14611 Manning Trail North
Stillwater, MN 55082
Phone: 651-491-1014

E-mail: sean@blurooforganics.com
Website: www.blurooforganics.com

Blue Roof Organics is located eight miles north of Stillwater in May Township. We grow a broad spectrum of seasonal vegetables and herbs with an emphasis on heirloom and distinct hybrids. We encourage members to visit and help if possible.

For 2007 we are offering a limited number of CSA pickups at the Saturday Stillwater Farmers' Market.

If you wish to work for food, go fishing, or volunteer on the farm, send an e-mail or call.



Philadelphia Community Farm

Verna Kragnes & Rick Hall
P.O. Box 668, Osceola, WI 54020
Phone: 715-294-4048

E-mail: pcomfarm@centurytel.net
Website: www.philadelphiafarm.com

Celebrating our 18th CSA season, our nonprofit mission is to “*re-store health and vitality to people, animals, plants and the earth.*” We are dedicated to education of children, youth and adults, working with people who have special needs, as well as land conservation and ecological restoration. We practice biodynamic and organic principles to nurture the farm as a whole organism with a regenerating circle of soil, plant, animal and human life.

Located one hour northeast of the Twin Cities on the St. Croix River, we have CSA pick-up sites throughout the metro area and the St. Croix Valley. Festivals are held in April, June and September. A unique Spring Share (April-May) features watercress, salad greens, flowers and more. June-November shares (22 weeks) include over 40 types of vegetables and herbs: greens and lettuce, garlic, onions, peas, beans, cabbage, carrots, beets, broccoli, squash, corn, tomatoes, eggplant, peppers, potatoes, etc.

Extra vegetables for preserving are available, as are wool, yarn, and occasionally meat and eggs. Some financial assistance is available. We donate shares and surplus to area food shelves. Members are encouraged to help in the garden, visit the animals, or explore the 300+ acres of preserved forest, prairie, streams and waterfall. Canoes and a log retreat house are available for families and groups.

• *Apprenticeship Opportunities* •

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

North Creek Community Farm

Kate Stout

N14227 290th Street

Prairie Farm, WI 54762-9622

Phone: 715-455-1569

E-mail: kstout@chibardun.net

Website: www.northcreekcommunityfarm.com

North Creek Community Farm is located in the beautiful Hay River Valley 75 miles northeast of the Twin Cities. I have 140 shares available for the 2007 growing season.

Members receive fresh, organically-grown vegetables and occasional beautiful flowers delivered each week. My 15th season runs June through Oct. 10. Drop-off sites are located throughout the Twin Cities Metro area.

Popular farm events happen throughout the summer, including a Garlic Harvest and overnight Corn Feed.

I have added many special 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.

Have a farm you can call your "own!"

Botany Bob's Naturally Grown Farm

Bob Pollock

1785-96th Street East

Inver Grove, MN 55077

Phone: 651-450-9178

E-mail: botanybob@hotmail.com

We've been farming since 1976, growing for local grocers. Our 60-acre farm is located conveniently at the east end of Cliff Road in a very nice setting, less than 10 miles from St. Paul and Minneapolis. We are lucky to be so close; that is the strength of market gardens and farms. Volunteers are very welcome to come and help.

Our rates are reasonable; you can choose between 10, 10-pound packs, or five, 10-pound packs. We will have drop-off sites near Grand & Dale and Summit & Snelling in St. Paul, and near Cedar & Riverside, Lyndale & Lake, and Broadway and University N.E. in Minneapolis.

We produce and sell sweet corn, blue corn, Indian corn, popcorn, edible soybeans, pinto beans, squash, pumpkins and gourds. We will grow 10 other vegetable varieties such as tomatoes, peppers, summer squash, lettuce or turnips, using a democratic polling process to decide. Our crops are famous for great taste, and are guaranteed the best you ever ate. Botany Bob's Naturally Grown Farm is right for people that are interested in securing good local food.

Please contact us to sign up. Don't be afraid to ask us questions—we will have fun doing this together. This is our life and community; it's our food that we eat and if we can get some of the good stuff maybe we can be happy and live a long, wholesome life like our grandparents.

Burning River Farm

Michael Noreen

P.O. Box 186

Osceola, WI 54020

Phone: 715-338-1329

Burning River Farm is located a few miles south of Osceola, Wis., on the St. Croix River Valley about one hour from the Twin Cities. It is the goal at Burning River to support the continued strengthening of a local, sustainable food system. We grow a wide variety of vegetables and herbs using organic methods (no pesticides or chemical fertilizers), from standard favorites to a bit of the eclectic. Throughout the season you can enjoy crisp lettuce, tomatoes, fresh sweet corn, winter squash and fresh herbs, just to name a few.

There are 50 memberships available for 2007. The CSA runs 19 weeks from early June to mid-October. Deliveries will be every Tuesday and can be made directly to your home or work. Discounts are offered for multiple boxes delivered to a single address. We offer a family share in a 3/4 bushel box and a limited number of single shares in a 5/9 box. Our delivery area runs from Osceola through Stillwater to St. Paul and Minneapolis. The weekly selection depends on what's in season. Please contact the farm for a complete list of what will be grown and to see if you are within the delivery area. Also included is a weekly newsletter with farm news and recipes for what's in the box.

We do not require members to work as part of their share, but work shares may be available, so please inquire. Burning River Farm can also be found every week throughout the summer at Mill City Farmers Market in Minneapolis. Stop by and enjoy!

• Apprenticeship Opportunities •

Apprenticeships available with room, board and a stipend.

Nitty Gritty Dirt Farm

Robin Raudabaugh & Gigi Nauer

10386 Sunrise Road, P.O. Box 235

Harris, MN 55032

Phone: 651-216-9012; 651-674-6065

E-mail: nittygrittyfarm@aol.com

Nitty Gritty Dirt Farm is a 15-acre farm owned and operated by Gigi Nauer and Robin Raudabaugh. Together, we provide over 27 years of experience in fruit, vegetable and livestock production, education and customer service. We offer over 100 varieties of fruits and vegetables, as well as lamb shares, pork shares, poultry shares, egg shares and artisan bread shares. We serve the areas of east central Minnesota and the Twin Cities Metropolitan Area. We are located approximately 50 miles north of the Twin Cities. Members are welcome to volunteer on the farm or can just come to visit.

Our goal is to provide a variety of fresh produce and other products, all grown with your health, our health and the health of the land in mind.

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

• Apprenticeship Opportunities •

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

May Farm CSA

Minnesota Food Association

14220 Ostlund Trail N.

Marine on St. Croix - May, MN 55047

Phone: 651-433-3676

E-mail: jbryceson@mnfoodassociation.org

Website: www.mnfoodassociation.org

The May Farm CSA is a program of the Minnesota Food Association, whose mission is to build a more sustainable food system in Minnesota. The CSA will be 18 weeks of fresh vegetables and herbs. We offer full and half shares. Our full share feeds a family of four (3/4 bushel box), and a half share is enough for two (1/2 bushel box). We are heavy on the standard vegetables and will include at least three recipes with a weekly newsletter.

We have drop sites in Roseville (off Snelling), Stillwater, Bayport, Bloomington, Eden Prairie, Edina, St. Paul (Dale and Selby), Robbinsdale and Forest Lake. We also have three in Minneapolis. We will be offering home delivery for the surrounding communities of Scandia, Marine, White Bear Lake, Stillwater, and all points in-between. Delivery days are Mondays and Thursdays. Farm pick-up day is Thursday.

We are also selling early spring, storage and egg shares. Chickens, turkeys and bedding plants are all available from the farm. The farm is 30 minutes from North St. Paul. Our delivery van and tractors run on 100 percent biodiesel. We host various festivals and educational opportunities for children and adults throughout the season.

In 2006, Minnesota Food Association worked with Hunger Solutions Minnesota and Emergency Food Shelf Network to bring almost 15,000 pounds of May Farm produce to their food banks. We will continue that work as long as it is needed.

Common Harvest Farm

Dan Guenther & Margaret Pennings

212 - 280th Street

Osceola, WI 54020

Phone: 715-294-2831

This marks our 18th season of growing organic vegetables, herbs and fruits. We are located six miles south of Osceola, Wis., along the bluffs of the St. Croix River Valley. Our farm grew out of a vision of an urban-based peace and justice community that was seeking greater connections to the land through working to create a model of sustainability. As a farm community, we continue to look for ways to nourish ourselves both physically and spiritually through working with the healing properties of nature.

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

We have drop-sites in 13 Twin Cities locations, including seven sites in Minneapolis, four in St. Paul, one in Minnetonka, and new this season a site in St. Louis Park. We have a fall festival each season that includes cider pressing and horse-drawn hayrides. Our members are welcome to visit the farm at any time.

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

• *Apprenticeship Opportunities* •

Internships available that include room, board and a stipend.

Community Homestead Incorporated

Christine & Richard Elmquist

501 280th Street

Osceola, WI 54020

Phone: 715-294-3038

E-mail: christine.elmquist@communityhomestead.org

Website: www.communityhomestead.org

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

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

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

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

Lakes & Valley CSA

Dewane & Anne Morgan

11059 County 14

Park Rapids, MN 56470

Phone: 218-732-4866 (days); 218-732-1093 (evenings)

E-mail: sgmorg@wcta.net

Website: www.lakesandvalleycsa.com

We provide biodynamically grown produce for CSA member-families in the Park Rapids, Pine River, Detroit Lakes and Fargo-Moorhead communities. Share boxes are delivered weekly from mid-June until mid-October, and we will offer 80 shares in 2007. We provide over 100 varieties of freshly-picked vegetables in season, plus berries and other good stuff. We have a weekly e-mail CSA newsletter.

Dewane Morgan has farmed biodynamically for 33 years. He raises hay, pasture and grain for beef cattle and chickens. He also provides fair-cost, farmer-to-farmer consulting for farmers and commercial gardeners wishing to convert to biodynamics.

Anne Morgan, a crew of six humans and a host of elementals work and play in the CSA gardens. She also runs The Secret Garden (www.secretgardengourmet.com), an on-farm business that creates and distributes soup, seasoning and bread mixes.

• *Apprenticeship Opportunities* •

The farm offers paid internships to people committed to pursuing careers in sustainable agriculture. The emphasis is on biodynamic CSA gardening or hands-on farm management.



La Finca
Charlie Kersey
P.O. Box 93
Bruno, MN 55712
218-372-8804

E-mail: lafinca@earthlink.net
Website: www.lafincacsa.com

La Finca is a diverse landscape of fields, forest and wetlands where we grow fresh produce, cover crops and raise chickens on pasture in portable hoopouses. Our 18-week CSA produce share includes over 50 different vegetables, herbs and fruit, which are delivered weekly to our pick-up sites in St. Paul, South Minneapolis, Stillwater, Lake Elmo, Hopkins, Moose Lake, Bruno and Duluth. Our organically grown offerings are dynamic—always changing based on the feedback of CSA members and the results of trials with new crops. Salad mix, heirloom tomatoes, potatoes, onions, broccoli, spinach, carrots, basil, raspberries and edamame are just some of the perennial favorites. This past year (2006) we added parsnips, rutabagas, Hakurei turnips, additional heirloom tomato varieties, mache, radicchio and others.

In addition to our 18-week produce share, we also offer a pasture-raised chicken share and a fall produce share that contains the best of the late season crops with an emphasis on vegetables that can be stored throughout the early winter. Our chickens are raised in our fields and then transported to a state inspected processing plant in Brainerd where they are vacuum packed and flash frozen. Their high quality organic feed coupled with ample time in the outdoors produces an exceptionally flavorful bird.

We feel fortunate to live where we do and encourage La Finca members to volunteer on a harvest day, participate in our fall potluck, or just stop by for a visit.

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

We're looking forward with anticipation as we try some new cultivation methods and some new varieties of veggies. We'll also be bringing back all of your favorites, like the yellow cherry tomatoes that have been so popular!

We're a family farm located in one of the best spots around the Twin Cities, about eight miles straight west of Highway 494 in Corcoran (past Plymouth), and we have grown organically for over 30 years.

Your share in the season's harvest will start in late June and run through to October. We offer two shares: the Half Share is the most popular option and is about enough to feed two to four people for a week. A Full Share is great for large families and those who are heavy vegetable eaters. Watch for extra "treats" such as fresh-cut flowers, herbs and a weekly newsletter with information about the week's harvest and some favorite recipes.

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

We'd like to meet some new people in the 2007 season and see our old friends again! Give us a call to request a flier with detailed crop information, price options and location.

Driftless Organics

Josh & Noah Engel, Mike Lind

50561 County Hwy. B, Soldiers Grove, WI

Phone: 608-624-3735

E-mail: engelbros@yahoo.com

Website: www.driftlessorganics.com

Josh and Noah Engel started their vegetable operation when they were 10 and 8 years old, respectively. Now 14 years later, they are offering a CSA vegetable share to their hometown neighbors and to residents of the Ridgedale Mall Area.

We grow a wide assortment of vegetables, including cucumbers, tomatoes (heirlooms, slicers, sungolds), zucchini, kale, onions, garlic, sweet potatoes, a myriad variety of potatoes and much more! Located in beautiful Star Valley, Wis., Driftless Organics farms 40 acres of Kickapoo Valley ground. We are certified organic and have been since 1994. In our day-to-day farming procedures, we strive to find a balance between sustainability and productivity without compromising organic integrity.

As a Driftless Organics CSA member you can expect to enjoy an affordable weekly (or every other week) 1/2 bushel box (approximately 10-20 pounds) of fresher than fresh produce. And we're talking the kind of produce you really like to eat—like sweet corn, tomatoes, broccoli, sweet peppers, winter squash, sweet potatoes, strawberries and more. To top it all off, we provide bagged salad mix nearly every week. Come end of the season, you will have the option of buying a larger box of storage vegetables like potatoes, carrots and parsnips to keep you going through the winter months.

Friday pick-up sites will be: 1) Star Valley Cheese Factory (our home base) 50563 County Road B, Soldiers Grove, Wis.; 2) Rising Sun Animal Wellness Center, 315 E. Decker St., Viroqua, Wis.; 3) Ridgepoint Senior Apartments, Ridgedale Mall Area, Minnetonka, Minn.

Kindred Spirit Farm

Stacey York

32168 County 8 Blvd., Cannon Falls, MN 55009

Phone: 651-258-4840

E-mail: info@kindredspiritfarm.com

Website: www.kindredspiritfarm.com

We're eager to begin the second year of our CSA. The garlic was planted last fall. We started our seeds in February and hope to begin planting in early April so that the first deliveries of fresh seasonal produce begin the third week of May.

We practice sustainable farming, building the soil with cover crops and organically approved amendments. We use mulch, row covers, companion planting and biological controls to manage pests. We grow over 100 varieties of heirloom, open-pollinated and organic herbs, vegetables and fruit including green beans, broccoli, cauliflower, beets, head and leaf lettuce, six different leaf lettuce mixes, melons, potatoes, onions, garlic, radishes, squash, spinach, peppers, cucumbers, carrots and tomatoes. Herbs include basil, lemon balm, lemon verbena, cutting celery, parsley, cilantro, oregano, lavender, mint, marjoram, savory and rosemary. In the fall we have heirloom apples and crab apples. Members receive a large bag of vegetables and herbs each week throughout the growing season. Full shares include one pound of salad greens and half shares include eight ounces of salad greens weekly. A newsletter with recipes is included in each weekly delivery, along with invitations to farm events.

Members pick up their share on Thursdays from 4 p.m. - 8 p.m. or on Saturdays 1 p.m. - 3 p.m. at Kindred Spirit Farm. Vegetables can also be picked up at U.S. Family Mortgage, 15030 Glazier Ave., in Apple Valley. Deliveries to Apple Valley and surrounding communities can be arranged, depending on need. We prefer to have members pick up their produce at our farm because we enjoy the fellowship and sense of community it brings. Farm pick-up also gives members an opportunity to walk the garden or picnic at the farm.

Hog's Back Farm

David & Melinda Van Eeckhout

W8937 Moritz Lane

Arkansaw, WI 54721

Phone: 612-756-0690

E-mail: david@hogsbackfarm.com

Website: www.hogsbackfarm.com

Join us for the 2007 season at Hog's Back Farm! Our farm is perched on a beautiful hilltop overlooking the Chippewa River Valley, between the towns of Plum City and Arkansaw. We are located about 65 miles southeast of St. Paul and practice organic and sustainable farming methods, without the use of any chemical herbicides, pesticides or fertilizers.

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

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

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

Earth Dance Farm

Norm Gross & Laurie Nelsen

27842 141st Avenue

Spring Valley, MN 55975

Phone: 507-378-4252

E-mail: info@earthdancefarm.net

Website: www.earthdancefarm.net

Earth Dance Farm is an 80-acre parcel in the rolling hills of south-east Minnesota's Bluff Country. We have 25 acres of tillable land, 20 acres of pasture/place and 35 acres of hardwoods with Bear Creek running through. Purchased in December 2005, this culminated a nearly two-decade journey back to the land. With our house in St. Paul and two children in the schools there, we spent most of 2006 moving down to Spring Valley. We were able to plant our raspberries, strawberries and apple trees, establish some bee colonies and transition our horses. We grew over 25 vegetables and began our CSA with six families in St. Paul.

During the 2007 season we will offer 20-25 memberships in the St. Paul and Rochester areas. We will grow more than 35 different vegetables and herbs as well as berries, apples and plums. Our pastured, organically fed Rhode Island Red chickens will be marketing their wares for an optional fare. Our season runs from mid-June through October with deliveries on Monday around midday. We encourage members to visit the farm: work in the fields, walk the woods, or relax by the stream. We will gather in the summer and again in the late fall to celebrate the harvest, our lives and our relationships.

We are Norm Gross, Laurie Nelsen, Noah Nelsen-Gross and Adriana Nelsen-Gross. 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.

Featherstone Fruits & Vegetables

Jack Hedin

30997 Zephyr Valley Lane

Rushford, MN 55971

Phone: 507-452-4244

E-mail: info@featherstonefarm.com

Website: www.featherstonefarm.com

Featherstone Fruits and Vegetables is located in the bluff country of Winona County. We produce 80 acres of MOSA certified organic produce for food co-ops and natural food stores from the Twin Cities to Chicago, and for a healthy 220-member CSA.

The season runs from early May through the end of October, distributing full and half shares of fruits and vegetables in pre-packed boxes. Dropoffs are on Wednesday afternoons (Winona and Rochester) and on Thursdays and Saturdays (Minneapolis and St. Paul). See website for more information.

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

New for the 2007 CSA Program: We will be harvesting the first **asparagus** from a three-acre planting established in 2006, as well as **rhubarb** from a new patch planted at that time. We have more than doubled our **strawberry** plantings for 2007, so there will be more berries than ever. We will be exploring the possibility of adding an **apple add-on share** in collaboration with nearby orchards. Thank you for your interest in supporting local agriculture!

Harmony Valley Farm

Richard deWilde & Annake Witkop

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 was one of Wisconsin's first certified organic farms. Since 1993 we have been providing premium quality produce to CSA member families from May through December. Some favorite crops are asparagus, strawberries, raspberries, sweet corn, watermelon, French beans, sweet potatoes and HVF's famous salad mix. We also offer a popular fruit share full of outstanding fruit produced by organic growers from across the country. Certified organic, fair trade coffee roasted the day before delivery is another option through our CSA program. Our certified organic Angus beef is delivered four times a season. Camp-overs, potlucks, a square dance and berry picking are annual events on our secluded farm. Members are welcome to join us for lunch and a day at the farm anytime during the season.

We offer weekly and every-other-week produce shares. Choose from a long 30-week season that includes spring asparagus, ramps and winter root veggies, or a 20-week peak season share full of mid-summer's bounty. We also offer a flex plan that allows customers to choose the weeks that they receive a delivery. This choice is popular with members who travel during the summer.

Twin Cities drop areas include: Bloomington, Plymouth, Maple Grove, Linden Hills/Fulton, Lyn-Lake/King Field, Powderhorn/Corcoran, downtown Minneapolis, Northeast Minneapolis/Window Park, Como Park and Rosemount.

Our CSA brochure is available to download off our website at www.harmonyvalleyfarm.com; or call, write or e-mail us and we would be happy to mail you one.

Gullywash Gardens

Barbara Pumper & Roy Peterson

27404 Scenic Byway Road, Belle Plaine, MN 56011

Phone: 952-873-2534

E-mail: gullygardens@aol.com

We offer shares of vegetables and specialty cut flowers to the southwestern metro area. We farm using sustainable practices, some of which are cover cropping, green manures, recycling our horse and chicken waste, composting, and landscaping the farm and garden to attract beneficial predators and native wildlife. We only use organically approved herbicides and pesticides. Our emphasis is on soil health which in turn nurtures us. Our farm is located just outside Belle Plaine, Minn. We are in hill country bordered with gullies overlooking the Minnesota River Valley.

Starting out the vegetable season with fresh salad greens and herbs, and adding all the mid-season favorites of green beans, tomatoes, broccoli, cucumbers, sweet peppers and more, the season will close with fall squash, onions and pumpkins. We choose varieties known for their flavor.

Our vegetable gardens are interspersed with flower beds and we also offer beautiful bouquets of specialty cut annual and perennial flowers. Some favorite flowers which we include are: bachelor buttons, lilies, snapdragons, delphinium, sunflowers, zinnias, hydrangea, ageratum and many, many more. Our flowers carry no chemical residues as we use none.

Our season will run for approximately 16 weeks, with shares beginning in early to mid-June and ending in September. Vegetable shares average a half-bushel. A floral share is a generous bouquet. Pick-up sites will be determined by the location of our members or are available for pick-up on the farm. Gullywash Gardens is committed to environmentally sound farming practices, social responsibility and a sustainable food system.

Footjoy Farm

Chad M. Forsberg

5512 Canine Road

Sparta, WI 54656

Phone: 608-272-3821

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

Summertime leads into the beans, zucchini, beets, carrots, cucumbers, French melons, garlic, onions, shallots, herbs, and heirloom tomatoes. And so it goes through the fall. We keep free-range chickens and give eggs to the shares when they are available. During the course of the season members may find miscellaneous treats and goodies in their boxes from time to time. Footjoy Farm, in addition to the CSA, grows food for many fine restaurants in the Twin Cities. We grow an abundance of tomatoes and when the season is on we invite members to come down to the farm and participate in canning projects.

• *Apprenticeship Opportunities* •

Footjoy Farm will be accepting inquiries and applications for farm intern positions in the 2007 season.

Foxtail Farm

Paul & Chris Burkhouse

124 – 280th Street, Osceola, WI 54020

Phone: 715-294-1762

E-mail: foxtailcsa@yahoo.com

At Foxtail Farm our goal is to promote a sane, local food system by providing our members with the freshest, healthiest produce possible at a price that is fair for the farmer and economical for the consumer. We continue to use only organic methods and use no chemical fertilizers or pesticides.

Foxtail farm is located in the St. Croix River Valley south of Osceola, Wis., about 50 minutes northeast of the Twin Cities. For the 2007 growing season we have over 200 memberships available. Weekly shares include seven to 12 different vegetables and weigh 15-30 pounds depending on the season. We are heavy on the basics like Genovese basil, Super Sweet corn, Yukon Gold potatoes, tomatoes and salad greens. In addition, we include a little of the unusual. A weekly newsletter with recipes and farm news is also included. We also host a kids' day and an annual fall harvest festival.

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

• *Apprenticeship Opportunities* •

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

Garden Farme CSA

7363 - 175th NW, Ramsey, MN 55303

Phone: 612-729-9568

E-mail: freu0016@umn.edu

Website: www.gardenfarmecsa.com

The Garden Farme is located 30 miles northwest of the Twin Cities, between Anoka and Elk River. The 90-acre parcel is managed by permaculture principles of designing and maintaining agricultural productive ecosystems, which have the diversity, stability and resilience of natural ecosystems. At the Garden Farme, this has meant integrating prairies, woodlands, wetlands with a tree nursery and an organically nurtured raised bed garden.

Garden Farme CSA shares consist of a wide range of vegetables and herbs. During the course of the season, nearly 75 varieties of plants are presented. Members receive a weekly box of freshly-picked summer favorites, which over the course of the season includes: basil, beans, beets, broccoli, carrots, cucumbers, peas, peppers, potatoes, salad mix, spinach, summer and winter squash, sweet corn, tomatoes and more. Shares can be picked up on-site, in Anoka, or in Minneapolis.

Garden Farme CSA aims to create a cooperative management and labor structure to facilitate member involvement and farm continuity. We encourage members to help with gardening tasks, long-term CSA planning, and organizing of special events, and we invite them to find solace in picnics and walks at Garden Farme.

• *Apprenticeship Opportunities* •

Paid apprenticeship opportunities are available at Garden Farme.

Gale Woods Farm

7210 County Road 110 West

Minnetrista, MN 55364

Phone: 763-694-2001

E-mail: rconser@threeriversparkdistrict.org

Website: www.galewoodsfarm.com

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

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



Fresh Earth Farms

Chris & Susan James

6455 Oakgreen Avenue South

Denmark Township, MN 55033

Phone: 651-436-2778

E-mail: FreshEarthFarms@earthlink.net

Website: www.FreshEarthFarms.com

Fresh Earth Farms – keeping local food local! Our vegetables and pick-your-own berries are grown just south of Afton – 20 minutes from downtown St. Paul. We utilize natural methods to grow healthy, nutritious, deliciously fresh fruits, vegetables and herbs. We use no synthetic chemicals; we nurture the soil and let nature do the rest.

Unlike a traditional CSA, we strive to provide a flexible approach that allows for families of all sizes—as well as small restaurants—to become members. We accomplish this by selling shares by household size. Single households buy one share. Couples buy two. A family of four gets four shares.

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

As a member of the farm, you have access to our pick-your-own berry fields; certified organic fruit from across the country; fair-trade, organic coffee; and pasture-raised beef, pork and chicken. Join Fresh Earth Farms today! Homegrown freshness, without getting dirty!

A Quick CSA Guide

- ❑ *August Earth*, Hutchinson, MN; 320-587-0310
- ❑ *BC Gardens*, Belgrade, MN; 320-254-8820; 888-884-9766
- ❑ *Big Woods Farm*, Nerstrand, MN; 507-334-3335
- ❑ *Blackberry Community Farm*, Wheeler, WI; 715-658-1042
- ❑ *Blue Roof Organics*, Stillwater, MN; 651-491-1014
- ❑ *Botany Bob's Naturally Grown Farm*, Inver Grove, MN; 651-450-9178
- ❑ *Burning River Farm*, Osceola, WI; 715-338-1329
- ❑ *Common Harvest Farm*, Osceola, WI; 715-294-2831
- ❑ *Community Homestead*, Osceola, WI; 715-294-3038
- ❑ *Crazy Daisy*, Hamel, MN; 763-478-6147
- ❑ *Driftless Organics*, Soldiers Grove, WI; 608-624-3735
- ❑ *Earth Dance Farm*, Spring Valley, MN; 507-378-4252
- ❑ *Featherstone Fruits & Vegetables*, Rushford, MN; 507-452-4244
- ❑ *Footjoy Farm*, Sparta, WI; 608-272-3821
- ❑ *Foxtail Farm*, Osceola, WI; 715-294-1762
- ❑ *Fresh Earth Farms*, Denmark Township, MN; 651-436-2778
- ❑ *Gale Woods Farm*, Minnetrista, MN; 763-694-2001
- ❑ *Garden Farme*, Ramsey, MN; 612-729-9568
- ❑ *Gullywash Gardens*, Belle Plaine, MN; 952-873-2534
- ❑ *Harmony Valley Farm*, Viroqua, WI; 608-483-2143

A Quick CSA Guide

- ❑ *Hog's Back Farm*, St. Paul, MN; 612-756-0690
- ❑ *Kindred Spirit Farm*, Cannon Falls, MN; 651-258-4840
- ❑ *La Finca*, Bruno, MN; 218-372-8804
- ❑ *Lakes & Valley CSA*, Park Rapids, MN; 218-732-4866; 218-732-1093
- ❑ *May Farm CSA*, Marine on St. Croix- May, MN; 651-433-3676
- ❑ *Nitty Gritty Dirt Farm*, Harris, MN; 651-216-9012; 651-674-6065
- ❑ *North Creek Community Farm*, Prairie Farm, WI; 715-455-1569
- ❑ *Philadelphia Community Farm*, Osceola, WI; 715-294-4048
- ❑ *Ploughshare Farm*, Parkers Prairie, MN; 218-267-5117
- ❑ *Rock Spring Farm*, Spring Grove, MN; 563-735-5613
- ❑ *Spring Hill Community Farm*, Prairie Farm, WI; 715-455-1319
- ❑ *Webster Farm Organics*, Foreston, MN; 320-983-2289
- ❑ *Women's Environmental Institute CSA*, North Branch, MN; 651-583-0705

