

COMMUNITY SUPPORTED AGRICULTURE (CSA) FARMS SERVING IOWA CITY 2008

Community Supported Agriculture (CSA) is a relationship of mutual support and commitment between local farmers and community members who pay the farmer an annual membership fee to cover the production costs of the farm. In turn, members receive a weekly share of the harvest during the local growing season.



The arrangement guarantees the farmer financial support and enables many small- to moderate-scale family farms to remain in business. CSAs create "agriculture-supported communities" where members receive a variety of foods harvested at their peak of ripeness, flavor and vitamin and mineral content. As Wendell Berry identifies, "how we eat determines to a considerable extent how the world is used."

CSAs support a sustainable agriculture system which:



- provides farmers with direct outlets for farm products and ensures fair compensation,
- encourages proper land stewardship by supporting farmers in transition toward low or no chemical inputs,
- strengthens local economies by keeping food dollars in communities,
- directly links producers with consumers allowing people to have a personal connection with their food and the land on which it was produced,
- makes nutritious, affordable, wholesome foods accessible and widely available to community members.

In most cases, this commitment implies a willingness to share with the farmer both the bounty from the land and at least some of the risks involved with production. In return for fair and guaranteed compensation, consumers receive a variety of freshly picked (usually organic) vegetables grown and distributed in an economically viable and ecologically responsible manner.

--More at the Robyn Van En Center for CSA Resources www.csacenter.org

2008 Community Supported Agriculture Farms

Prepared by Local Foods Connection

This list is provided as a community service. No endorsement is being made for any individual farm. Farms are listed in CSA name alphabetical order. We apologize for any mistakes or accidental exclusions.

Acoustic Farms

Barbara Grant home: (319) 854-6111
Mark Armstrong cell: (319) 560-2565
2674 Linn Grove Road
Springville, IA 52336
acousticfarms@hotmail.com

General Farm Info: Acoustic Farms is 82 acres located east of Springville offering naturally-raised vegetables, herbs, lamb and pork. We try to live in harmony with nature on our farm, producing fresh fruits, vegetables and meats. Acoustic Farms has a happy staff that includes me (Mark), my beautiful partner Barbara, my wise mother Thelma, and our comical dog Hank. We have always shared our bounty with friends and neighbors and now would like to share with you as well. We offer grass-raised lamb, corn-fed pork, fresh and dried wild

mushrooms, maple syrup, sweet corn, apple cider and fresh eggs, in addition to a cornucopia of vegetables. All in season and all delivered to your specific destination, fresh, crisp and pure. We believe food should be a sensual experience and we would like our food to be a part of your very own simply delicious life.

Share Size: Full and half share sizes.

Season: May through September. 2007 first year of CSA.

Contents: Spinach, sweet corn, peppers, tomatoes, lettuce, cucumbers, cabbage, potatoes, broccoli, green beans, melons, onions, carrots, beets, squash, surprises.

Delivery: Delivered to your door in the Iowa City and Cedar Rapids areas.

Cost: Call farm for details. Half payment due May 1, balance due July 1.



Echollective

Michelle Kenyon Brown Michelle: (563) 432-7484
Derek Roller Derek: (319) 325-3910
879 Echo Avenue echofarm@netins.net
Mechanicsville, Iowa 52306
Serving Cedar, Linn and Johnson Counties

General Farm Info: Echollective Farm is a farming intentional community located 30 minutes from Iowa City, 40 minutes from Cedar Rapids and 10 minutes from Tipton & Mechanicsville, Iowa. A cluster of farmers and volunteers cultivates 53 acres including 20 forested acres, a creek and 14 acres with certified organic vegetables, herbs, flowers, and hay. CSA Members exchange labor for weekly boxes of bounty. The CSA project is part of Echollective Farm's broader mission to support and educate the public about: sustainably & locally produced food; renewable energy; and green building construction. We conduct hands-on workshops; host internship programs; and harvest & market products that make our community healthier.

Share Season: May-October.

Contents: asparagus, lettuce, broccoli, spinach, kale, rhubarb, basil, oregano, parsley and several other herbs, Swiss chard, radishes, peas, leeks, green garlic, beets, carrots, and strawberries, bell & hot peppers, tomatoes, eggplant, zucchini, cucumbers, onions, potatoes, beans, cauliflower, squash, onions, potatoes, garlic and garlic scapes.

Share Size: Varies from 1 person to a household of 10.

Delivery/ Cost: Shares are picked up at the Echollective Farm. Labor is exchanged for shares. Contact Echollective Farm to work out details.

Other products: Certified organic garlic by the pound; certified organic herbal & flower bouquets; honey; bee-keeping workshops; Echollective Farm newsletter; demonstrations, tours and workshops related to straw bale construction, earthen plasters and wind & solar produced electric power; internships & apprenticeships available for aspiring organic vegetable farmers; and a Garlic Festival.



Gooseberry Hill Subscription Produce

Dianna & John Fuhrmeister (319) 354-7260
3310 Lynden Heights Rd. NE
Iowa City, IA 52240

General Farm Info: 2-3 acre ever-expanding garden area. A wide variety of produce is grown and others may be added upon request. Note that fruits are also included in shares. We are not certified organic, but it is our philosophy.

Share Size: Wicker basket is filled with more than enough for a family of four to supplement meals with garden fresh produce.

Season: May through September. CSA since 2000.

Contents: Potatoes, green onions, sandwich onions, sugar snap peas, lettuce, spinach, broccoli, cabbage, bell peppers, sweet corn, green beans, carrots, tomatoes, asparagus, okra, kohlrabi, beets, horseradish, turnip and beet greens, cucumbers, summer squash, radishes, and more. Fruits: strawberries, cherries, apples, red raspberries, blackberries, white Iowa peaches, rhubarb, and plums. Country fresh eggs and flowers. Printed recipes and labeled produce.

Delivery: Delivery to your door.

Cost: Call farm for details.

Grass Run Farm

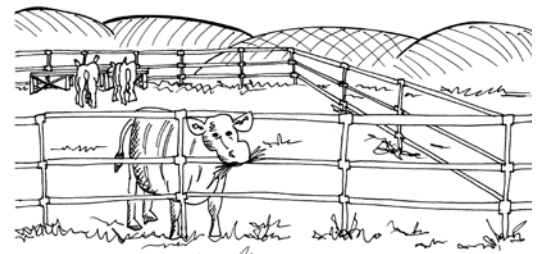
Ryan and Kristine Jepsen (563) 492-3400
2712 Hoover Road ryan@grassrunfarm.com
Dorchester, IA 52140
www.grassrunfarm.com

General Farm Info: 100% Grass-Fed Beef. Pastured Pork. Humanely-Raised Veal. Milk Share. We raise these animals on our certified organic farm near Dorchester (north of Decorah). We raise our cows on fresh grass and quality hay, following international research indicating that a pasture-based system is healthy for the animals, healthy for our environment and healthy for you. Our pigs range and root at will—no conventional confinement, growth enhancers or antibiotics. "Pastured" veal means that our calves live at their mother's side, nursing the way nature intended. We have an open gate policy, so put on your boots and come meet the animals.

Contents: Currently we have many different buying options:

- Monthly meat CSA: 8-10 lbs of meat each month for six months for \$300 (\$50 a month). Includes of mixture of beef and pork and a mix of cuts. March box is 9 lbs and includes ground round, minute and cube steaks, hamburger patties, bacon and pork shoulder roast.
- Good-Grazing Beef Box: \$200. Pastured-Pork Sampler: \$125. Quarter, half and whole beef, hogs and veal. Have your meat custom cut and save big with volume purchasing.
- Sampler Packs; \$55 Best-Sellers Box with steaks, chops and our famous Italian sausage.
- Custom order any item in any quantity (e.g. one steak and one pound of ground beef - or 400 lbs!): Prices and quantities vary.

Delivery: Shipping to Iowa City varies depending on weights but averages \$20-\$25 per box.



The animals eat natural foods and are taken very special care of.

Local Harvest CSA

ZJ Farm, Red Cedar Farm, and Simone's Plain & Simple

ZJ Farm

Susan Jutz (319) 624-3052
5025 120th St NE www.zjfarm.com,
Solon, IA 52333 susan@zjfarm.com

Farm General Info: Susan and her four children (Frances, Reuben, George and David) share in the work of their 80-acre farm. Growing vegetables for Local Harvest CSA is only one component of their small, diversified farm. The diversity of the ZJ Farm extends beyond the products they sell to the environment they promote and maintain. Community education is central to the work they do. Summer intern immersion program & seasonal events for all ages. On-farm events include a spring potluck, annual prairie burn, fall barn dance & more.

Share Season: 20 weeks May to October. CSA since 1997.

Contents: Over 150 varieties of more than 40 types of organic vegetables. Almost all vegetables are harvested the same day as delivery. Write or call for more info. Email newsletter.

Sizes: *Family* feeds a family of 4 (2 adults, 2 children); *Regular* feeds two vegetable-loving adults.

Delivery: Monday: Cedar Rapids at Red Cedar Farm. Wednesday: Iowa City Farmer's Market. Friday: drop sites in Iowa City and North Liberty. Pick-up at the farm by arrangement on M, W, F.

Cost: Call farm. Staggered payment & volunteer exchange options.

Other Products: Pork and lamb, community events

Red Cedar Farm

Kate Hogg (319) 247-0223
2750 Otis Road SE redcedarfarm@earthlink.net
Cedar Rapids, IA 52403

Cedar Rapids pick up location for Local Harvest CSA.

Other Products: organic, free-range eggs.

Simone's Plain & Simple

Simone Delaty (319) 683-2896
1478 470th Street SW Cell: (319) 631-0146
Wellman, IA 52356 plnsimple@netins.net
www.simoneplainandsimple.com

Farm General Info: When you visit Simone's farm, you immediately see the evidence of the French country way of life in the way she has designed and nurtured her gardens: vegetables, flowers, herbs, all varieties of currants... Her wood-fired brick oven is a functional and beautiful little building used weekly for artisan breads and pizzas. In 2003, Simone planted 5 acres of her land in native prairie.

Share Season: May through October. CSA since 1997.

Contents: *Bread & Egg:* dozen brown eggs from free-range chickens and a loaf of handmade French Country bread. 20 weeks; *Fresh Flower:* bouquets of fresh-cut flowers. 16 weeks.

Delivery: Wednesday Iowa City Farmer's Market. Email news.

Cost: Consult current Local Harvest CSA prices for each share at www.zjfarm.com.



Other Products: On Fridays and Saturdays, dinners for private parties at the farmhouse. Details at website.

Oak Hill Acres

Andy & Christina Tygrett (563) 946-2304
Terry & Lorraine Tygrett (319) 560-4826
978 310th St. oakhillacres@fbx.com
Atalissa, IA 52720

Farm General Info: Family owner and operated certified organic farm on 278 acres since 1997. Thirty acres certified organic vegetables. The remainder of the farm is in timber, small grains, and is seeded down in mixed hay. We are dedicated to marketing high-quality vegetables, bedding planting, and small grains directly to customers. Heirloom vegetables and bedding flowers are produced in four greenhouses. We built a 30' x 96' greenhouse to produce earlier vegetable crops. This greenhouse will also extend the season into the fall. Open houses, potlucks, and farm tours are held throughout the season. Annual CSA picnic in June.

Share Season: Min. of 22 weeks May-October. CSA since 2001.

Sizes: Half: a 1-2-person household; Full: a family of 3-5.

Contents: Beets, broccoli, bok choy, cabbage, Chinese cabbage, carrots, cucumbers, cauliflower, green and yellow beans, kohlrabi, sweet and hot peppers, lettuce and greens, herbs, potatoes, tomatoes, summer and winter squash, and much, much more.

Delivery: Weekly drop-off sites: Iowa City/Coralville, West Liberty, Muscatine, Iowa/Illinois Quad Cities. Shares can also be picked up at the farm.

Cost: Call farm. Payments due in April and July.

Other Products: Small grains, hay, and cut flowers

Sass Family Farm

Maurice & Sherry Sass Chris Sass: (319) 629-1220
(319) 648-3788 Cara Sorrells (319) 653-4205
3060 160th Street sassfarms@netzero.net
Riverside, IA 52327 www.sassfamilyfarm.com

Farm General Info: Enjoy an authentic working 1950's Iowa farm. Visitors are always welcome! We invite you and your family to come experience our relaxed country atmosphere. Kids can play on the playground or enjoy the petting zoo while you shop at the Country Market, or the newly established Country Store. We have 80 acres, 15 in garden crops and the rest in pasture, hay, and corn. Our CSA vegetables are chemical-free.

Share Season: 20 weeks, May-October. CSA since 2005.

Size: Full and half shares available.

Contents: lettuce, onions, spinach, asparagus, rhubarb, squash, herbs, cabbage, peppers, sweet corn, beets, okra, tomatoes, cucumbers, green beans, radishes, potatoes, pumpkins, gourds, brown eggs, jams, honey, jellies, baked goods and more. Printed newsletter and recipes.

Delivery: Share picked up at the farm.

Cost: Contact farm. Payment by season, month, week allowed.



Other attractions: Newly built pond, antiques, fall decorations, Indian corn, gourds, straw bales, hayrack rides, and picnics. Special fall/Halloween activities designed with families and children aged preschool to third grade in mind. Pumpkin Festival every October. Accept school, church, birthday parties, special groups, & bus tours.

Scattergood Friends School Farm

Mark Quee (319) 643-7631
1951 Delta Ave. farm@scattergood.org
West Branch, IA 52358

Farm General Info: The CSA is a program of Scattergood Friends School (a small, Quaker boarding school serving a diverse population of 60 students in grades 9-12). Includes 6 acres in IDALS-certified organic vegetable production. A cow-calf beef herd and a small flock of sheep on 35 acres of pasture; a few feeder pigs; honeybees; a laying chicken flock as well as a few turkeys. 35 acres more in restored prairie.

Share Season: 23 weeks May-October.
CSA since 2004.

Size: Standard: family of four with a mixed diet.
Half: 1-2 people.

Contents: Salad greens, root vegetables, heirloom tomatoes, peppers, sweet corn, cucumbers, zucchini, asparagus, peas, beans, potatoes, garlic, onions, cabbages and more. Strawberries.

Delivery: At the farm; or a central distribution point in Iowa City.

Cost: Call farm. Reduced cost shares offered.



Farms Not Running a CSA in 2008

- Friendly Farms
- Squier Squash & Donnelly Farms
- Choice Earth

Sponsors of Guide & CSA Fair

Local Foods Connection

localfoodsconnection@yahoo.com (319) 338-2010
www.localfoodsconnection.org

Local Foods Connection purchases produce, bread, eggs, meat and other products from local earth-friendly farms and donates these goods to families who cannot afford such nutritious, tasty and fresh food. We provide opportunities for families to visit a farm and to learn healthy cooking methods. With your support, we assist families in need of a helping hand, strengthen our local foods network and empower the farmers who live and work just outside of your neighborhood.



New Pioneer Co-operative Fresh Food Market

22 S. Van Buren St. 1101 2nd St.
Iowa City, IA 52240 Coralville, IA 52241
(319) 338-9441 (319) 358-5513
Open Daily 7AM – 11PM Open Daily 7AM – 10PM
www.newpi.com



New Pioneer Food Co-op is a full-service grocer offering a huge selection of natural products, from delectable deli favorites to hand-crafted hearth breads and pastries. We specialize in bringing locally-grown items from Iowa family farms to your table. Bring home the fresh flavor of Iowa-raised eggs, meats, and artisan cheeses from your member owned Co-op!

Our produce department features a wide array of locally and regionally-grown favorites from farmers you know and trust. Since 1971, New Pioneer has been a cooperatively owned business fully serving the needs of our member-owners.

We emphasize high quality, fair prices, and product information. We are an environmentally and socially responsible member of the community we serve.

Edible Iowa River Valley

Edible Iowa River Valley (319) 400-2526
22 Riverview Drive NE info@edibleiowa.com
Iowa City, IA 52240
www.edibleiowa.com



Edible Iowa River Valley is a seasonal magazine celebrating the local food and food artisans of Central/Eastern Iowa, from the bluffs of Decorah to the Des Moines metro area, to Mississippi river towns to the fertile farms and fields in between. With stunning photography and rich content, Edible Iowa River Valley showcases the family farmers, chefs, food artisans, farmers' market vendors and other food-related businesses for their dedication to using the highest quality, seasonal, locally grown products. Edible Iowa River Valley is locally owned and operated, and is a fabulous regional guide for local foods. EIRV is a proud member of Edible Communities, which has won the International Association of Culinary Professional's Award of Excellence.

Edible Iowa River Valley is available for free at points of distribution in Eastern and Central Iowa. It is published quarterly, with each a new issue each season. Please check our website at www.edibleiowa.com for a complete list of distribution points, as well as ways to subscribe in order not to miss a mouthwatering issue.

All artwork in this guide by Laura McElherne © 2008 Local Foods Connection

Typical Iowa CSA Crops and Harvest Times

May

Asparagus, Greens & Lettuces, Radishes, Rhubarb, Spring Garlic, Turnips

June

Beets, Broccoli, Carrots, Cauliflower, Green Onions, Greens & Lettuces, Kohlrabi, New Potatoes, Peas, Radishes, Strawberries, Turnips

July

Beans, Beets, Broccoli, Carrots, Cauliflower, Cucumbers, Garlic, Greens, Onions, Peas, Peppers, Potatoes, Radishes, Summer Squash, Sweet Corn, Tomatoes, Zucchini

August

Beans, Beets, Carrots, Sweet Corn, Cucumbers, Eggplant, Garlic, Greens, Onions, Peppers, Potatoes, Radishes, Summer Squash, Tomatoes, Zucchini

September

Beans, Beets, Brussels Sprouts, Carrots, Eggplant, Garlic, Greens & Lettuces, Leeks, Onions, Peppers, Potatoes, Radishes, Summer Squash, Tomatoes, Turnips, Winter Squash, Zucchini

October

Beets, Brussels Sprouts, Carrots, Greens & Lettuces, Onions, Peppers, Potatoes, Pumpkins, Tomatoes, Turnips, Winter Squash

Ten Reasons to Buy Local Foods

1. *Locally Grown Food Tastes Better.* The average distance grocery & restaurant food travels from farm to home is 1,500 miles.
2. *Local Produce Is Better For You.* Fresh produce loses nutrients quickly. Locally grown food is purchased soon after harvest.
3. *Local Food Preserves Genetic Diversity.* In industrial agricultural, plant varieties are chosen for their ability to ripen simultaneously and withstand harvesting equipment, for tough skin and a long store shelf life. Local farms, in contrast, grow a huge number of varieties.
4. *Local food is GMO-free.*
5. *Local food supports local farm families.* Commodity prices that farmers receive for their crops are often below the cost of production.
6. *Local Food Builds Community.* Knowing the farmers gives you insight into the seasons, the weather, and the miracle of raising food.
7. *Local Food Preserves Open Space.* As the value of direct-marketed fruits and vegetables increases, small family farmers will be less likely to sell their land for development.
8. *Local Food Keeps Your Taxes In Check.* Farms contribute more in taxes than they require in services, whereas suburban development costs more than it generates in taxes.
9. *Local Food Supports a Clean Environment and Benefits Wildlife.* A well-managed family farm is a place where the resources of fertile soil and clean water are valued.
10. *Local Food is About the Future.* By supporting local farmers today, you can help ensure that there will be farms in your community tomorrow, and that future generations will have access to nourishing, flavorful, and abundant food.

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TAKE THE FARM QUIZ

1. In the 1930s, there were close to seven million farms in the United States. Today, there are about

_____.

2. Iowa has about _____ hogs for every person in the state.

3. _____ percent of the land area in Iowa is in farms.

4. About _____ percent of the farmers in this country are _____ years old or older. The graying of the farm population has led to concerns about the long-term health of family farms as an American institution.

5. Living expenses for the average farm family exceed \$47,000 per year. Many farms do not produce sufficient income to meet farm family living expenses. In fact, fewer than _____ of the farms in this country produce gross revenues in excess of \$50,000.

6. The _____ movement, which was built by family farmers, is the fastest growing sector of American agriculture: since 1992, the total number of farmland dedicated to organic crops has quadrupled.

7. Iowa has nearly _____ certified organic operations, and over 100,000 acres of farmland devoted to organic agriculture.

Sources: Leopold Center for Sustainable Agriculture; Farm Aid; Des Moines Register; www.campssilos.org; US EPA

Mail the quiz back to Local Foods Connection for the answers!

Name:

Address:

Email:

Enclosed is my donation of _____.

Please include me in Local Foods Connection email announcements!

Mail to:

Local Foods Connection
PO Box 2821
Iowa City, IA 52244-2821

