

THE 2015 GUIDE TO



COMMUNITY

SUPPORTED

AGRICULTURE

**IN THE IOWA CITY
AND CEDAR RAPIDS**

COMMUNITIES

ABOUT THE CSA MODEL

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

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2015 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 by CSA name in alphabetical order. We apologize for any mistakes or accidental exclusions. Contact farm for pricing.



Abbe Hills Farm CSA

Laura Krouse • 825 Abbe Hills Road • Mt. Vernon, IA 52314 • (319) 895-6924 • laura@abbehills.com • www.abbehills.com • www.facebook.com/abbehillsfarm

General Farm Info: Abbe Hills Farm CSA serves about 200 families in Mt. Vernon, Lisbon, and the Cedar Rapids/Marion area. We offer a wide variety of vegetables from the second week of June until Halloween, plus guided garden walk-arounds and a mid-summer farm open house. We use a number of low-input and sustainable practices, including compost, cover crops, beneficial insects and integrated pest management tools to produce tasty, healthy and safe food for our shareholders. Soil conservation and water quality improvement are practiced over the

entire 72-acre farm. Everyone is welcome to visit the farm and to participate in the CSA.

Season: 20 weeks, early June-late October

Contents: Wide variety of vegetables in season.

Sizes: Regular: Suitable for a family of 4.

Distribution: On farm near Mt. Vernon; Mondays and Thursdays 4:30-7:00 pm.

Cost: Contact farm

Other Products: Eggs



Calico Farm

Bonnie Riggan • 1380 Dodge Street Ct • Iowa City, IA 52245 • (319) 321-6904 • bonnieriggan@yahoo.com • www.calicofarm.wordpress.com • www.facebook.com/calicofarmic

General Farm Info: We are a tiny farm in Iowa City that grows good food for people who live nearby. We have the great privilege of living in town, on a farm, and in the woods all at the same time. We are a diversified farm selling produce to our Garden Share Members through our 30 member CSA and a few other local outlets. It is my goal to serve as a neighborhood farm with farm to table distance less than five miles, keeping it hyper-local!

Season: 17 weeks June through September

Contents: In addition to a wide variety of vegeta-

bles, I include herbs every week and the occasional bouquet of flowers or food foraged from our timber.

Sizes: One size, full share. The shares will provide enough vegetables for a household with two adults who eat plenty of veggies or a small family that eats some, but not a lot of veggies.

Distribution: North Iowa City locations Mondays and Thursdays 5 -6 pm. On-farm by arrangement.

Cost: Contact farm



Echollective CSA

Derek Roller • 879 Echo Avenue • Mechanicsville, Iowa 52306 • (319) 325-3910 • echoCSA@gmail.com • <http://echollectivecsa.blogspot.com/>

General Farm Info: Echollective Farm is a farming enterprise located near Mechanicsville (25 minutes NE of Iowa City). A cluster of farmers, interns and volunteers cultivate 14 acres with a wide array of vegetables and herbs; we also steward 20 forested acres including a creek. We've been farming for 11 years at Echollective, always using organic and sustainable practices. We sell much of our produce to New Pioneer Co-op and Iowa City's finest restaurants. In addition, we have a CSA and sell at the downtown Iowa City Farmer's Market.

We've recently expanded our CSA to the Quad Cities and Cedar Rapids. We select varieties of our vegetables based on their flavor, nutritional content and uniqueness! Vegetables at most supermarkets are selected for their uniformity and their ability to be shipped long distances. You'll taste the difference in our produce! By supporting local farms, you help to support agriculture and sustainability in your own community. In years of flood/drought, our shares may be smaller; in years of bounty our shares will be bigger. Our CSA project is part of the Echollective community's broader mission to support and educate the public about: sustainably & locally pro-

duced food; renewable energy; and green building construction.

Season: 3 seasons, May-October: 6 week spring share; Summer share; 6 week fall share

Contents: Asparagus, basil, beans, beets, bok choy, braising mix, broccoli, cabbage, carrots, chard, collard greens, daikon radish, eggplant, garlic, head lettuce, kale, leeks, melons, onions, peas, peppers-bell and hot, potatoes, rhubarb, salad mix, shallots, spinach, squashes, sweet corn, tomatoes, turnips, a variety of fresh herbs and more.

Sizes: Family Share: Suitable for a family of 3-5. Couple's Share: Two people.

Distribution: Iowa City Farmers Market, Quad Cities, and Cedar Rapids

Cost: Barter and EBT accepted. Labor exchange possible.

Other products: For more information, email us or visit our blog.



Family Farm CSA

Pam Worden • 4830 Morse Rd NE • Iowa City, IA 52240 • (319) 936-1317 • p.worden@speedconnect.com

General Farm Info: This farm has been in my family for over 110 years. My husband (who also works in town), my daughter and I farm with my mother who has lived on this farm all her life. I offer a wide variety of vegetables and fruits from the end of May (no later than the first week in June) for 18 weeks. We use organic practices on our veggies and fruits. I start almost all of my plants in my small greenhouse.

Season: Summer Share: 18 weeks starting late May/early June. Fall Share: CSA may be an option, depending on the growing season.

Contents: Wide variety of veggies and fruits.

Sizes: Full Share feeds a family of 4-5. Half Share is half the amount.

Distribution: On farm between Solon and Iowa City; Fridays 4:30-6:00 pm

Cost: Contact farm

Other Products: Corn- and hay-fed, hormone-free beef direct from farm.



Gooseberry Hill Subscription Produce

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

General Farm Info: Small acreage. A wide variety of produce is grown and others may be added upon request. Note that fruits and eggs are included in shares. We are not certified organic, but it is our philosophy. CSA since 2000.

Season: June-September

Contents: Asparagus, beets, broccoli, cabbage, carrots, cucumbers, green beans, greens turnip and beets, horseradish, kohlrabi, lettuce, okra, onions-green and sandwich, peppers-bell, potatoes, radishes, spinach, sugar snap peas, summer squash, sweet

corn, tomatoes, a variety of herbs and more. Fruits: apples, cherries, plums, rhubarb and white Iowa peaches. Country fresh eggs included.

Size: Wicker basket is filled with enough for a family of 2 - 4 to supplement meals with garden fresh produce.

Distribution: Weekly delivery to your door or on farm pick-up.

Cost: Contact farm



Grinnell Heritage Farm

Andrew and Melissa Dunham • 1933 Penrose St. • Grinnell, IA 50112 • (641) 236-4374 • grinnellheritagefarm@gmail.com • www.GrinnellHeritageFarm.com

General Farm Info: Our farm, owned and operated by Andrew and Melissa, produces USDA certified organic vegetables, flowers and herbs. Andrew is a 5th generation Iowa farmer. The 80 acre farm, located northeast of Grinnell, has been in the family for over 150 years, and is counted amongst the oldest family farms in central Iowa. We have several on-farm open houses scheduled throughout the season.

Season:

Spring Share: 4 weeks starting in May

Summer Share: 20 weeks beginning in June

Student/Faculty Share: 10 weeks starting in mid-August - ideal for college students and faculty returning from summer break - this share is the last 10 weeks of the Summer Share. If you register for a Summer Share no need to register for this share, you'll already be getting the great veggies!

Winter Vegetable Share: 4 distributions during November and December. Delivery dates coincide with major holidays so you can enjoy farm fresh produce during those special meals.

including the familiar (e.g. carrots, potatoes, and beans) and unusual (e.g. Romanesco and celeriac), as well as heirloom varieties. We also have a small amount of fruit in our Summer Shares, which include strawberries and several melon varieties. Winter share will have a large volume of storage crops and some greens - ideal for those who like soups and stews. Our newsletter complements the share with news from the farm, recipes and storage tips.

Distribution Options:

- *Iowa City:* Farmers Market Sat 7-12:00 p.m.; 502 Kimball Rd, Iowa City Wednesday 3-6 p.m.
- *Cedar Rapids:* Sayde's - 4th Avenue SE Wednesday 4-6 p.m. Rockwell Collin's (employees only) Wednesday 4-6 p.m.
- *Hiawatha:* Prariewoods - 120 East Boyson Road Wednesday 4-6 p.m.
- *Des Moines:* Gateway Market, Woodland Ave, Des Moines Thursday 4-6 p.m.
- *West Des Moines:* Fresh Café & Market Thursday 3:30-6:30 p.m.
- *Ames:* Kosama, 546 Main Street Suite 101, Ames, IA 50010 Thursday 3-7 p.m.
- *Grinnell Heritage Farm:* 1933 Penrose Street, Grinnell Wednesday 3-6 p.m.

Contents: A wide variety of vegetables and herbs,

Cost: Contact farm



Hue Hill Farm

Jean Donohue • 2644 Wapsi Ave NE • Iowa City, IA 52240 • (319) 339-0624 • huehomefarm-csa@gmail.com • Find us on Facebook

General Farm Info: At Hue Hill Farm, we grow a diverse variety of fresh vegetables & herbs for our CSA shareholders. Using organic and sustainable practices, we are committed caretakers of the farm's soil, plants and animals. Our chickens range on greens of all kinds and eat transition & organic grains. Hue Hill Farm strives to build local relationships and nurture our farmers with a safe and lively work environment. We are grateful for the commitment of our CSA shareholders.

Season:

Summer Vegetable Share: late May-September
Fall/Winter Vegetable Share: October-December
School Year Vegetable Share: late August-October (with option to add Fall/Winter shares)
Egg Shares are available throughout the year.

Contents: Summer shares include an abundance of tasty & fresh seasonal vegetables & herbs. Fall & winter shares will include the delicious and nutritious stored bounty of summer, as well as greens from the field and hoop houses. For the first part of the fall/winter season, we will have field grown greens like no others you have eaten. Many of the fall greens, including broccoli, Napa cabbage, lettuce, chard, kale and collards, develop an oh-so sweet flavor as the weather cools.

Sizes: Family Share: Suitable for a family of 3-5. Couple's Share: Two people.

Distribution: Iowa City, Cedar Rapids

Cost: Contact farm



Kroul Farms

Matt Kroul • 245 Hwy 1 • Mt. Vernon, IA 52314 • (319) 895-8944 • info@kroulfarms.com • kroulfarms.com

General Farm Info: Over the past 10+ years Kroul Farms has been developing the most efficient and sustainable ways to grow quality produce while running our working farm and greenhouse business. While Kroul Farms is not certified organic, we use crop rotation, advanced mulching techniques and homegrown compost to avoid the need for chemical growing aids. It's been important for us to successfully master these practices before making the commitment to a Community Supported Agriculture program. After a decade of practice, we successfully launched our first CSA program in 2014. We were thrilled to provide fresh Kroul Farms produce to dozens of local families at an affordable cost, and we're ready to make that commitment again. For more information visit kroulfarms.com/csa.html

Season: Summer share June through September. 17 Weeks

Contents: Kroul Farms boasts one of the widest variety of produce in the area. Including all your basic vegetable varieties, along with our famous sweet corn, and a nice variety of herbs. Later in the season the share will have an abundance of winter squash as we transition in to "pumpkin season" around the farm.

Sizes: Currently offering a full size share that easily feeds a family of 4.

Distribution: Coralville, Wednesdays 4:30-6:30, Mount Vernon, Thursdays 4-6, and Fridays on farm pickup from 12-6.

Cost: Contact farm



Local Harvest CSA

Susan Jutz • 5025 120th St NE • Solon, IA 52333 • (319) 929-5032 • localharvestcsa@southslope.net • www.zjfarm.com

General Farm Info: Local Harvest CSA has been serving Iowa City, Cedar Rapids and the surrounding communities for 19 years. ZJ Farm is an 80 acre, diversified family owned farm located on rolling hills between Iowa City and Cedar Rapids. We supply over 200 families with a wide variety of vegetables and herbs from April through December, using organic and sustainable practices. All of the vegetables we grow are for distribution to our CSA members. Extra produce from our CSA harvest, and any vegetables that remain at drop sites after the designated pick-up time, are distributed into local neighborhoods and communities where they are needed the most. In addition to vegetable shares we offer bread and egg shares.

Season: Mid April-December

Contents: Over 150 varieties of more than 40 types of vegetables grown using organic and sustainable

practices. Almost all vegetables are harvested the same day as delivery. Email newsletter and recipes available.

Size: Our vegetable share provides enough vegetables for two vegetable loving adults and/or a family of four with children. Families needing more than one vegetable share please email to discuss discount arrangements.

Distribution: Monday: Cedar Rapids-Southeast and Northside drop sites. Monday: Pick-up at the farm by arrangement; Thursday: Iowa City & North Liberty drop sites.

Cost: Staggered payment & volunteer exchange options.

Other Products: Lamb, fresh Thanksgiving turkeys, on-farm education and community events.



Matthew 25 Urban Farm

Matt Mayer • 225 K Ave NW, Ste G • Cedar Rapids, IA 52405 • (319) 362-2214 • cultivate@hub25.org • www.hub25.org

General Farm Info: The Matthew 25 urban farm is a 2-acre farm and learning center in the heart of urban Cedar Rapids. We use a variety of growing techniques to provide fresh healthy produce at reasonable prices. Our goal is to educate, inform and inspire others to get involved in the local food movement. We do this by hosting volunteer teams at our farm and teaching how we grow vegetables, and how they can do it too. Our farm is part of a 4 block ecovillage within the city that we are redeveloping after the devastation of the flood of 2008. As our farm grows we hope it will become a regional learning center for others interested in farming in small spaces and how to create local, entrepreneurial professions for interested people. Please make sure to check out our website for information on the entire project.

Season: 20 weeks June-October.

Contents: Asian greens, basil, beans, beets, broccoli, cabbage, carrots, chard, collard greens, eggplant, garlic, head lettuce, kale, leeks, melons, onions, peas, peppers-bell and hot, potatoes, radishes, salad mix, spinach, squashes, tomatoes, a variety of fresh herbs and more...

Sizes: Full Share: Suitable for a family of 3-5. We do not offer half shares but are happy to work with a single group who is sharing a share.

Distribution: At Matthew 25, Wednesdays

Cost: Discounted shares available for residents of Taylor and Time Check neighborhoods in Cedar Rapids.

Muddy Miss Farms

Peter Flynn and Shanti Sellz • PO Box 1031 • Iowa City, IA 52244 • (319) 321-8838 • muddymiss-farms@gmail.com • www.muddymissfarms.com

General Farm(s) Info: Muddy Miss Farms is dedicated to diversified, small-scale, sustainable agriculture. We adhere to growing practices that focus on the health of plants, animals and the land while providing our community with high-quality, fresh and nutritious food. Our produce can be found at New Pioneer Co-op, area Hy-Vees, the Iowa City Farmer's Market, and Devotay restaurant along with other fine eateries in Iowa City.

We are very excited to announce our partnership with Green Share CSA for the 2014 growing season. Green Share is a collective CSA, with three separate certified organic farms coming together to supply the large and diverse variety of produce in each week's share. This collaboration offers the same high-quality, organic produce you have come to expect from Muddy Miss Farms with the added benefit of new and different fruits and vegetables not grown on our farm. Learn more about the Green Share CSA partner farms at www.greensharecsa.com.

Season: Weather permitting, the CSA will run from May 28th, 2014 through October 8th, 2014 for a total of 20 weeks. If the start date needs to change due

to growing conditions, the end date will be adjusted accordingly.

Contents: apples, arugula, basil, beans, beets, blackberries, braising greens, Brussels sprouts, carrots, celeriac, chard, corn, cucumbers, dandelion greens, eggplant, fennel, flowers, garlic, kale, kohlrabi, leeks, lettuce, melons, mizuna, mustard, okra, onions, parsnip, peas, peppers, potatoes, radishes, raspberries, rhubarb, rutabaga, spinach, squash (winter and summer), strawberries, tomatoes, tomatillos, turnips, various culinary and medicinal herbs, and responsibly wild-harvested fruits and vegetables.

Sizes: We offer two share sizes, small and family.

Distribution: The 2015 Iowa City CSA pick-up will continue to be in the same location at the Iowa City Farmer's Market on Wednesday evenings from 5 pm to 7 pm. Through the Green Share collaboration we will also offer two other CSA pick-ups in Washington, IA (location TBA) and Mt. Pleasant, IA at the Wednesday farmer's market at McMillan Park on South Walnut Street from 4 pm to 6 pm.

Cost: Contact farm

Oak Hill Acres

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

General Farm Info: Family owned and operated certified organic farm on 278 acres since 1997. Thirty acres certified organic vegetables. The remainder of the farm is in timber and small grains and is seeded down in mixed hay. We are dedicated to marketing high-quality receive though our CSA are produced on our certified organic farm. Heirloom vegetable plant and annual flowers are produced in four greenhouses. We built a 30' x 96' greenhouse to produce earlier vegetable crops. This greenhouse also extends the season into the fall. Open houses, potlucks, and farm tours are held throughout the season. CSA since 2001.

Season: Minimum of 22 weeks mid-May to mid-October

Contents: Beans-green and yellow; beets, bok choy, broccoli, cabbage, carrots, cauliflower, Chinese cabbage, cucumbers, herbs, kohlrabi, let-

tuce and greens; peppers- sweet and hot; potatoes, squash-summer and winter; tomatoes, and much, much more.

Sizes: There are two CSA options: Traditional and Punch Card. The Punch Card option works well if you are going to be gone and cannot pick up your cooler every week. Traditional Half

Share: Household of 1-2 people. Full Share: Family of 3-5 people.

Distribution: Weekly drop-off sites in Iowa City/ Coralville, West Liberty, Muscatine and Iowa/Illinois Quad Cities. On farm pickup as well.

Cost: Payments due in April and July.

Other Products: Small grains, hay, honey and cut flowers.



ReginaBread

Regina Miller-Maennche • (319) 430-7855 • reginabread@gmail.com

General Info: ReginaBread provides bread for the Local Harvest CSA. There is nothing like a warm loaf of bread coming out of the oven; hot steam filling the kitchen, crispy crust too hot to touch, the anticipation of what to do with this loaf: Potential-sandwich? Grilled cheese? Toast with honey? Or just tear pieces off in careless abandon? Now multiply that by 20 loaves, along with the knowledge that I get to share that bread with other people and you can begin to understand the delight and satisfaction I get from baking a batch of bread. Flour, yeast, salt, and water are the simple building blocks. What comes after those four simple ingredients is the fun: Do I add fresh herbs? Smoked salt? Aged cheddar

cheese or feta? Olive oil or butter? Honey from a local beekeeper? All decisions are made with the ultimate goal being a loaf of bread that will blow your mind, fill your belly, and make all right with the world. My specialty is artisan breads made from scratch with no preservatives or additives, and local raw ingredients when possible.

Bread Shares: Go to www.zjfarms.com for more info.

Other Products: At the Iowa City Farmers Market: croissants, brioche, shortbread, biscotti, scones and granola.



Salt Fork Farms

Eric, Eve, Milo, and Charlie Menzel • 4824 Sutliff Rd. NE • Solon, IA 52333 • (319) 270-3449 • saltfork-farms@gmail.com • saltforkfarms.com • Find us on Facebook

General Farm Info: Salt Fork Farms is an uncertified organically run vegetable, fruit, herb, flower and pastured poultry farm located near Solon, IA. We operate a 75 member CSA and supply area restaurants and the Iowa City Farmers Market. CSA since 2010.

Season: May to November

Contents: We raise a wide variety of produce and are building our fruit and perennial crop each year. We also offer eggs and meat from chickens that are

provided pasture range and high quality feed; as well as turkeys.

Distribution: Iowa City Farmers Market or on farm

Cost: An initial buy-in grants members a line of credit to be used toward purchasing goods at Iowa City Farmers Market or at our farm. This credit is good for all of our products as they are available. There are no boxes. You decide what you want to purchase and when you want to purchase it. Contact Salt Fork Farm for prices



TD n' Guy Garden Oasis LLC

T.D. Holub & Dan Pilguy • 3235 330th St. • Coggon, IA 52218 • (319) 435-8588 or (319) 558-6481 (Direct line to T.D.) • tdnguygo@gmail.com • www.tdnguy.com • www.facebook.com/tdnguy

General Farm Info: TD n' Guy Garden Oasis LLC is a diversified 8 acre farm specializing in vegetables, herbs, pastured poultry and eggs. Our farm uses sustainable practices such as composting, companion planting, cover crops, and water conservation to ensure safe, healthy food for our local communities. Our CSA serves members in Independence, Coggon, Cedar Rapids, and Iowa City. Shareholders can expect to see over 40 different types of vegetables with more than 100 varieties throughout the course of our 16 week summer share. Our shares available in two sizes, half or full, can accommodate anywhere from 1-2 adults all the way up to a family of 4 or 5. Knowing where your food comes from as well as the hands that grow it, allows you to get in touch with your food and appreciate the role it plays in your diet. We accomplish this through farm tours and weekly e-newsletters where we inform our members of farm news, useful recipes, food storage tips, and more!

Season: 16 week Summer Share: Mid-June through early October. Fall Share: after the conclusion of the summer share until we are unable to grow anymore, usually about 3-6 weeks.

Contents: 40+ different types of vegetables, herbs, and melons with over 100 different varieties. Also available is our pasture raised chicken and/or egg add-ons.

Size: Half (1-2 adults) or Full (family of 3-5)

Distribution: Wednesday Farmer's Market in Iowa City (5-7pm) For pickup in Cedar Rapids, Independence, or Coggon please contact us.

Cost: Please contact us for pricing. Payment plans available.



Wild Woods Farm

Kate Edwards • 2501 Sugar Bottom Rd. NE • Solon, Iowa 52333 • (319) 333-2980 • kate.wildwoodsfarm@gmail.com • facebook.com/veggiefarm

General Farm Info: Wild Woods Farm is a sustainable vegetable farm utilizing organic practices. Wild Woods Farm was established in 2010 and is owned and operated by Farmer Kate, an Iowa City native who came back to Iowa to fulfill her dream of farming. Wild Woods Farm seeks to cultivate healthy, ethically raised produce that taste good, has a story and promotes community. Members are welcome to visit the farm and learn where their food comes from. The farm is located just under 10 miles from downtown Iowa City. CSA distribution takes place at 301 South Highland in Iowa City.

Season: June-September

Contents: The share contents will change throughout the summer depending on what is in season. The vegetables that will be distributed over the course of the season are: basil, beets, broccoli, cabbage, carrots, cucumbers, eggplant, garlic, green beans, kale, kohlrabi, lettuce, onions, peppers, potatoes, radish, spinach, squash, sweet potatoes, turnips, tomatoes, and zucchini.

Size: Suitable for two adults or a small family

Distribution: Monday

Cost: Contact farm



Local Foods Connection

PO Box 2821 • Iowa City, IA 52244-2821 • www.localfoodsconnection.com •
info@localfoodsconnection.com

Local Foods Connection's mission is to enhance eastern Iowa's sustainable food system by making it more accessible to families and individuals with limited means. We aim to increase the opportunities for these community members to enjoy fresh, healthy food, connect with local farmers, and expand their skills and knowledge of cooking and nutrition. Our vision is a local, sustainable food system that is accessible to everyone. We believe that a person's access to fresh and nutritious locally grown food should not be limited by income.

Local Foods Connection (LFC) works with families who, throughout a four- to five-month period, are committed to preparing good, healthy meals using our donated produce. We partner with local social service organizations and medical offices, such as The Arc of Southeast Iowa and Free Medical Clinic, to find families who care about what they eat and the environment in which they live. Our families in-

clude single mothers, immigrants, the elderly, racial minorities and people with exceptional medical needs. In addition to serving individuals and families, LFC enrolls social service agencies in its program. Our 'agency-clients' might offer to their clients shelter, health services, counseling, housing, education or similar services. With the food we donate to them, these client agencies might redistribute the fresh food to its clients, prepare meals or hold educational programs. Some 2013 client agencies include 4Cs Home Ties Daycare; the Domestic Violence Intervention Program, and the Iowa City Head Start.

You can donate to Local Foods Connection:

Online at: www.localfoodsconnection.com/donate.
Through the mail: Local Foods Connection, PO Box 2821, Iowa City, Iowa 52244-2821.



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, Egg-plant, Garlic, Green & 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 and 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 agriculture, plant varieties are chosen for their ability to ripen simultaneously and withstand harvesting equipment, for tough skin and a long 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 farmer gives you insight into 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



Questions You Might Ask your CSA

Nothing beats a personal conversation with the farmer. Here are some questions you might ask.

- How long have you been farming?
- How long have you been doing a CSA?
- Are there items in your box grown by other farms, and if so, which farms?
- How did last season go?
- How many members do you have?
- What percentage of the food you deliver annually is grown on your farm? If the answer is less than 100%, ask where the rest of the food comes from, whether it's certified organic (if that is important to you), and whether members are told which items come from off-farm.
- I'd like to talk with a couple of your members before I commit. Could you give me contact info for a couple of "references"?

-From LocalHarvest.org/CSA