



Zone 4 CSAs Guide and Directory

What they are, how to find one, what to expect

Written and compiled by Valerie Harms

Zone 4

The Zone 4 Guide to CSAs

WHAT IS A CSA?

CSA stands for Community Supported Agriculture. This smart idea involves farms and individuals forming a partnership in which the individual pays for a weekly delivery of sustainably grown produce, for example from June to October. The buyers' memberships support the farmers. Consumers get choice produce. In this way both eaters and farmers form an ecological and financial bond that enhances the local community.

Types of CSA memberships vary. Some CSA operations deliver to various pickup points in the neighborhood (even your own home); others arrange for buyers to come to the farm. Occasionally a CSA farm offers or expects some work on the farm.

“Did you ever stop to taste a carrot? Not just eat it, but taste it? You can’t taste the beauty and energy of the earth in a Twinkie.”

-Astrid Alauda

Members of CSA partnerships share the rewards and the risks. As the Land Stewardship Project notes, the rewards include: enjoying the freshest produce available, often harvested on the day you receive it; knowing where, how, when, and by whom your food is being produced; having a friendly connection with the growers of 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, which can adversely affect a yield. For self-sustaining farmers, these can be severe but are made bearable by being shared with a group of subscribers. With pre-sold produce, farmers can concentrate on growing food, which is what they do best.



Karin Broughton of 3 Fiddles Farm CSA outside Bozeman, Montana, hands a shareholder her weekly box of fresh produce.

Ranui Gardens partner Sue Post in the moveable greenhouse.



Photo: John Garofalo



Some CSAs, like Zephyros Farm & Garden near Paonia, Colorado, host farm dinners in which much of the ingredients, if not all, are harvested right there on the farm.

HOW TO FIND A CSA

For selecting a CSA in your region, go to www.localharvest.org, enter your state, and you will find a number to choose from, contact info, and specific details about their offerings (plus a link to recipes). (Make sure the site has been updated recently). Or, consult the list in this pamphlet, which is current as of 2009. Keep in mind:

- Cost per share
- Location: driving distance for you
- Pick-up site(s)/delivery day
- Length of season/number of deliveries
- Types of products: Aside from veggies, many may offer extras, such as flowers, eggs, wool/yarn, meat, manure/compost, firewood, hay.
- Certified organic or not
- Special events, such as cooking classes, children's programs, and socials
- Storing your vegetables, see guide at www.angelicorganics.com/ao/CB_chart_storage.html or just do a search for "Vegetable Storage Guide."

A shareholder says: "I have been a member of two different community co-op gardens...I enjoyed the adventure of cooking new vegetables, which I might not have normally purchased. In fact my CSA (Field Day Farm) added recipes for strange vegetables, such as zucchini varieties that included Italian Romanesco (dark green with ribs), d'Italia (without ribs), Cousa Magda (light green) and Eight Ball.

"I enjoy traveling on Thursday afternoons to the pick-up location and meeting the farmers and other members. This gives me a sense of 'we are all trying to eat local and do the right thing'."

Each CSA has its own size, policies, and specialties. Windrush Farm in Idaho includes 20 acres, five of which are currently worked. Twenty-two miles from Sandpoint, the owners operate completely off-the-grid, on solar power. They've been in operation since 1999 and offer 35 shares of organically grown produce from June through October. A full share costs \$20 a week for a pre-packaged box with a one-month minimum payment in advance required. Half a share costs \$13.00. They sell at the Sandpoint and the Kootenai County Farmers' Markets, as well as to visitors at the farm. In exchange for work, they reduce the rate for produce. They also host interns who live and work at the farm. Customers can make special requests for vegetables or fruits. Fresh eggs, herbs, flowers, and wreaths are also available.

Gallatin Valley Botanical, a highly praised CSA, began on 1 acre in Montana in 2003 and then moved to seven acres near Bozeman. The owners, native Montanans, offer 120 shares, in addition to selling to restaurants and the Community Food Coop and Farmers' Markets. A full share of organically raised produce costs \$440 in the summer, \$320 in the winter. They say that they rely on crop rotation, cover crops, underseeding, beneficial insect-attracting plans and composted manure to improve soil fertility and tilth. From June through January, they offer the basic seasonal veggies, including eggs, herbs, and flowers. They offer no choice in their packages, but, remember, some items can be donated to other people or needy groups. In the summer the owners hire helpers and welcome interns.

An important benefit of working with CSA farms is the support of small-scale organic farmers in the effort to break public dependency on factory food. Interns learn about farming as a career and start their own CSAs. For more information about how others are promoting farming as a career, see www.growfood.org.

The Zone 4 Directory to CSAs

COLORADO

Abbondanza Organic Seeds & Produce

East of Niwot, south of Longmont
www.eatabbo.org
May through December
No work required
Contact: Shanan Olson
303-485-7818

Abundant Life Organic Farms

31733 Hwy 92
Hotchkiss, CO 81419
July through October
No work required
Contact: Jeff and Kaylee Armstrong
970-985-8842

Boyles Family farms

East Greeley
www.boylesfamilyfarms.com
June through October
No work required
Contact: Claire Boyles
970-690-9945

Buckhorn Gardens

71446 Buckhorn Rd.
Montrose, CO 81403
www.buckhorngardens.blogspot.com
April through November
No work required
Contact: Breigh Peterson
970-240-8715

Chimney Rock Farm

500 CR 175
Chimney Rick, CO 81127
January to January
No work required
Contact: Peter Reardon
970-731-6278

Circle A Garden

20341 Pahgre Road
Montrose, CO 81401
www.circlegarden.com
April through December
Work required
Contact: Betsy Austin
970-249-9725

Community Roots

300 S. Broadway
Boulder, CO 80305
www.communityrootsbuilder.com
May through October
No work required
Contact: Kimberly Bryant
303-499-0866

Country Roots Farm

29342 Everett Rd.
Pueblo, CO 81006
www.countryrootsfarm.homestead.com
No work required
Contact: Ryan Morris
719-948-2206

Cresset Community Farm

503 S. County Rd. 1
Johnstown, CO 80534
www.cressetcommunityfarm.com
June through February
No work required
Contact: Ursula Holmes
970-278-0499

Cure Organic Farm

7416 Valmont Rd.
Boulder, CO 80301
www.cureorganicfarm.com
June through December
No work required
Contact: Anne Cure
303-666-6397

D & H Farms

PO Box 35241373, Hwy 85
Ault, CO 80610
www.dhfarms2000.com
May through October
No work required
Contact: Deb Newsom
970-396-1182

Dayenu Farms

22999 County Rd. 53
Elbert, CO 80106
June through September
No work required
Contact: Nicole Sechler
303-648-3735

DeLaney Community Farm

170 S. Chambers Rd.
Aurora, CO 80017
June through October
Work required
Contact: Heather DeLong
720-404-0615

Dragonfly Farm

20225 Wigwam Rd.
Pueblo CO 81008
www.dffarm.com
June through October
No work required
Contact: Steve Hitchcock
719-216-2185

Dragonfly Farms

13263 Road 29
Dolores, CO 81323
April through October
No work required
Contact: Teresa Halsey Hollar
970-565-2644

Earth Mountain Education Farm

17613 County Road 31.9
Weston, CO 81091
earthmountainfarm.org
Contact: Carter Morris & Joni Steiner
719-680-0215

Family Table Farm

10790 N. 49th St.
Longmont, CO 80503
www.thefamilytablefarm.com
June through October
No work required
Contact: Mike Record
720-352-5326

Farm Yard CSA

445 S. Pearl St.
Denver, CO 80209
www.senseofcolorado.com
May through October
Work required
Contact: Debbie Dairymples

Ginger Cat Farm
600 E. Baseline Rd.
Lafayette, CO 80026
www.gingercatfarm.com
June through October
No work required
Contact: Darrell Cook
720-271-2711

Granata Farms
2071 Grape St.
Denver, CO 80207
June through October
No work required
Contact: Elaine Granata
303-321-2735

Grant Family Farms*
1020 WCR 72
Wellington, CO 80549
*has pick-up points in Wyoming too
June through December
No work required
Contact: Becky Jackson
970-568-7654

Greenhorn Acres
County Rd.
Fowler, CO 81039
April through October
No work required
Contact: Marcy Nameth
719-263-4494

Happy Heart Farm
2820 W. Elizabeth St.
Ft. Collins, CO 80521
www.happyheartfarmcsa.com
Colorado's first CSA
May through October
No work required
Contact: Dennis Stenson
970-482-3448

HeartEye Village
10364 Arapaho Rd.
Lafayette, CO 80026
www.hearteyevillagecsa.com
May through October
No work required
Contact: Tracy Sweely
303-665-6309

Heirloom Gardens
4460 Winona Court
Denver, CO 80210
www.eatwhereUlive.com
May through October
No work required
Contact: Sundari Kraft
303-956-7203

Isabelle Farm
10029 Isabelle Rd.
Lafayette, CO 80026
www.isabellefarm.com
June through October
No work required
Contact: Natalie and Jason Condon
303-817-9316

Javernick Family Farms
545 S. Lincoln Ave.
Canon City, CO 81212
www.javernickfamilyfarms.com
May through October
No work required
Contact: Beki Javernick
719-371-3241

Kiowa Valley Organics
4680 WCR 87
Roggen, CO 80652
www.KiowaValleyOrganics.com
May through November
No work required
Contact: David Rippe
303-857-1495

Lazy Bee Acres
29461 Road L
Mancos, CO 81328
November through April
No work required
Contact: Bill and Shawn Grimm
970-565-4224

Living Farm
12506 Crawford Rd.
Paonia, CO 81428
www.thelivingfarm.org
Contact: Tom and Lynn Gillespie
970-527-3305

Lora's Nourishing Produce
1250 S. Buckley Rd.
Aurora, CO 80017
www.lorasnourishingproduce.com
June through October
No work required
Contact: Lora Epps
720-988-9088

Miller Farms
9040 US Hwy 66
Platteville, CO 80651
www.millerfarms.net
June through October
No work required
Contact: Joe Miller
970-785-6133

Osage Gardens CSA
36730 River Frontage Rd.
New Castle, CO 81647
www.osagegardens.com
Year around
No work required
Contact: Sarah and Tom Rumery
970-876-0668

Pachamama Farm
10771 N. 49th St.
Longmont, CO 80503
www.pachamamafarm.com
June through October
No work required
Contact: Lauren Culbertson
303-776-1924

Paradox Valley CSA
5.75 Rd.
Paradox, CO 81429
www.miniag.com
Year around
No work required
Contact: Vernie DeMille
970-859-7380

Pastures of Plenty Farm
4039 Ogallala Rd.
Longmont, CO 80503
www.pasturesofplentyfarm.com
June through October
No work required
Contact: Lyle Davis
303-440-7103

Peach Valley CSA

3465 Peach Valley Rd.
Silt, CO 81652
Year around
No work required
Contact: Ken and Gail Kuhns
970-876-2850

R.A.S. Farm

Durango, CO 81301
www.rasfarms.com
June through September
No work required
Contact: Tom and Sara Buscaglia
970-259-9546

Red Wagon Organic Farm

PO Box 19827
Boulder, CO 80308
www.redwagonorganicfarm.com
May through October
No work required
Contact: Wyatt Barnes
303-949-0285

63rd St. Farm

3796 N. 63rd St.
Boulder, CO 80301
June through October
No work required
Contact: Brian Scott and Amanda Fish
720-938-3059

Stonebridge Farm

5169 Ute Hwy.
Longmont, CO 80503
www.stonebridgefarmcsa.com
May through October
No work required
Contact: John Martin
303-823-0975

White Buffalo Farm, Inc.

16877 Grange Rd.
Paonia, CO 81428
All year round
No work required
Contact: Wayne Talmage
970-275-2076

Wolf Moon Farms

2934 E. County Rd. 60
Wellington, CO 80549
www.wolfmoonfarms.com
June through October
No work required
Contact: Karen McManus

Yoxall Creek

773 County Rd. 17
Brighton, CO 80603
May through October
No work required
Contact: Cris Howard
303-817-3306

Zephyros Farm and Garden

11466 3725 Rd.
Paonia, CO 81428
zephyrosfarmandgarden.com
Year around
No work required
Contact: Don Lareau
970-527-3636

IDAHO**Better Earth Farm**

Old U.S. Highway 2
Moyie Springs, ID 83805
June through August
No work required
www.betterearthfarm.googlepages.com
Contact: Shane Sater
208-267-3099

Bountiful Organics

517 Shepherd Lake Loope
Sagle, ID 83860
July through October
No work required
Contact: Pat Van Volkinburg
208-263-7740

Cabalo's Orchard & Gardens

2087 West King Rd.
Kuna, ID 83634
www.cabalosorchard.com
May through October
No work required
Chan Cabalo
208-631-0051

City Gardens

38789 N. Adams
Garden City, ID 83714
May through October
No work required
Contact: Marty Camberlango
208-713-1675

Clearwater Country Foods

1020 Berger Rd.
Genesee, ID 83832
Year around
No work required
Contact: Douglas Moser
208-699-9679

Earthly Delights Farm

3801 Tamarack Dr.
Boise, ID 83703
May through October
No work required
www.earthlydelightsfarm.com
Contact: Casey O'Leary
208-284-3712

East Idaho Organic, Inc.

W 133rd North
Idaho Falls, ID 83402
May through September
Work required
www.eiofarm.com
Contact: Dewayne Arave
208-522-4905

Four Seasons Farm

32 Scotts Farm
Priest River, ID 83856
June through September
No work required
Contact: Toni Carey
208-448-2089

Good Hope Gardens

PO Box 432
Hope, ID 83836
May through October
No work required
Contact: Ali Hakala
208-255-8666

Greentree Naturals

2003 Rapid Lightning Rd.
Sandpoint, ID 83864
June through September
No work required
Contact: Diane Green
208-263-8957

Harts

13817 N Moonglow
Pocatello, ID 83202
June through September
No work required
Contact: Janene Hart
208-237-7417

Hidden Springs Community Farm

4768 W. Farm Court
Hidden Springs, ID 83714
May through November
No work required
www.hidden Springs community farm.com
Contact: Susie Headlee
208-867-8169

Indian Creek Farms

6240 SE 11th Ave.
Caldwell, ID 83607
May through October
No work required
Contact: Brent Johns
208-602-3129

Living Soil Microfarms

830 S. Lynn
Moscow, ID 83843
May through October
No work required
www.livingsoilmicrofarms.com
Contact: Betta and Ken Bunzel
208-882-0410

Morning Owl Farm

7020 Pet Haven Lane
Boise, ID 83716
Year round
No work required
www.morningowlfarm.com
Contact: Mary Rohlfig
208-850-6798

Mountain Valley Mushrooms

644 W. Buxton Rd.
Driggs, ID 83422
June through September
No work required
Contact: Tye Tilt
208-354-2648

Nature's Table Farm

10100 Shelley Ave.
Sweet, ID 83670
May through October
No work required
Contact: Katrina Pavlovich
208-781-0034

Paradise Valley Organics

48 Coyote Way
Bonners Ferry, ID 83805
June through October
No work required
Contact: Sora Huff
208-267-7987

Peaceful Belly

5200 Castle Dr.
Boise, ID 83703
May through September
No work required
Contact: Clay and Josie Erskine
208-345-8003

Pleasant View Ranch

1164 E. Beacon Light Rd.
Eagle, ID 83616
Year around
No work required
Contact: Corey Blaine
208-841-8127

Rexburg Micro Farms

1319 S. 5th W
Rexburg, ID 83440
June through September
No work required
www.rexburgmicrofarms.com
Contact: Shawn Olson
208-243-2869

Soil Stewards at the University of Idaho

Dept. of PSES Box 442339
University of Idaho
Moscow, ID 83844
July through October
No work required
Contact: Jodi Johnson-Maynard
208-885-9245

Spyglass Gardens

Meridian, ID 83642
June through October
No work required
www.spyglassgardens.com
Contact: Steve or Wendy
208-888-3532

TerraTopia

276 Kelly Gulch Rd.
Pinehurst, ID 83850
May through September
No work required
Contact: Michael Weston
208-682-3624

The Jenkins Clan

1205 W. Flamingo Ave.
Nampa, ID 83651
June through September
No work required
Contact: Elaine Jenkins
208-465-5236

The Seasonal Basket

3575 N 2300E
Filer, ID 83328
May through October
No work required
www.theseasonalbasket.wordpress.com
Contact: Isaac Hooley
208-731-4493

Urbane Farms

300 Resseguie
Boise, ID 83702
May through October
No work required
www.UrbaneFarms.com
Contact: Bingo Barnes
208-761-9538

Webster Ranch Natural Farms

50 Webster Lane
Horseshoe Bend, ID 83629
April through November
No work required
Contact: Jenn Swenson
208-793-3770

White Water Aerie Farm

Whitewater Wilderness Ranch
Riggins, ID 83549
June through October
No work required
www.whitewateraerie.com
Contact: Christina Dammerman
208-628-2396

Winding Circle Organic Farm

Farmin Park
Sandpoint, ID 83864
July through September
No work required
Contact: Jim and Kim DesJarlais
208-448-2972

Windrush Farm

1121 Schneider Rd.
Sagle, ID 83860
June through October
No work required
Contact: Doug Schabell
208-610-3388

MONTANA**3 Fiddles Farm**

Bridger Canyon Rd.
Bozeman, MT 59715
Work optional
Contact: Matt Broughton
406-922-1808

Cedar Rose Farms

11545 Crystal Mountain Road
Three Forks, MT 59752
May through November
No work required
Contact: Morgan and Chris Rasmussen
406-579-9356

Clearwater Farm

3154 Quiet Place
Stevensville, MT 59870
May through October
Work required
Contact: Sandy Gates
406-370-0808

Cloud Nine Farm

7 Teepee Lane
Wilsall, MT 59086
June through October
No work required
Contact: Allison and Seann Rooney
406-578-2144

Gallatin Valley Botanical

34651 Frontage Road
Bozeman, MT 59715
June through December
No work required
Contact: Matt Rothschiller
406-599-2361

Madison Meadowlark

Hwy 55
Whitehall, MT 59759
June through October
No work required
www.montanacsa.com
Contact: Maleesha Speer
406-599-9701

Opportunity Ranch

2821 S. Russell St.
Missoula, MT
June through October
No work required
Contact: Candace Lewis
406-721-2930

Plowgirl Farm

3505 Hwy 35
Kalispell, MT 59901
June through October
No work required
Contact: 406-471-4641

Prairie Heritage Farm

504 S. Virginia St.
Conrad, MT 59425
June through October
No work required
www.PrairieHeritageFarm.com
Contact: Jacob Cowgill
406-396-1261

Ten Lakes Farm

245 Doxie Lane
Eureka, MT 59917
May through October
No work required
Contact: Rebecca and Todd Ulizio
406-370-2890

Towne's Harvest CSA

Montana State University
Horticulture Farm
121 PE Complex
Bozeman, MT 59715
June through September
No work required
www.townesharvest.montana.edu
Contact the student run program by
email: townes.harvest@gmail.com

Turner Farms

606 Stallion Lane
Missoula, MT
June through October
No work required
Contact: Erin Turner, 406-721-5678

White Owl Farm

920 Antimony
Butte, MT 59701
June through September
No work required
www.bulldancers.com/csa
Contact: Susan Walker
406-723-9969

UTAH**Bell Organic Gardens**

975 Canyon Breeze Ln
Draper, UT 84020
June through October
No work required
www.bellorganic.com
Contact: Jill Bell
801-571-7288

Black Island Farms

3178 S. 3000 W.
Syracuse, UT 84075
June through October
No work required
www.blackislandfarms.com
Contact: Dorathy Law
801-540-7932

Borski Farms

315 N. Main
Kaysville, UT 84037
June through October
No work required
www.borskifarms.org
Contact: John Borski
801-941-9620

Bryan Palmer CSA

Wellsville, UT 84339
May through November
No work required
Contact: Bryan Palmer
435-245-4579

Commensalist Gardens

Logan, UT
March through September
No work required
Contact: Erin Brewer
435-323-1148

Copper Moose Farm
Old Ranch Rd.
Park City, UT 84098
June through October
No work required
www.coppermoosefarm.com
Contact: Daisy Fair
435-604-0497

Cricket Song Farm
5221 North 1600 West
Beryl, UT 84714
May through October
No work required
Contact: Jill Simkins
435-630-6587

East Farms
4910 W. Canvasback Lane
West Point, UT 84015
June through September
No work required
www.eastfarms.net
Contact: Jeremy and Shay East
801-525-2219

Jacob's Cove Heritage Farm
1526 S. Geneva Rd.
Orem, UT 84058
Year around
No work required
www.heritageharvest.net
Contact: Dale Allred
801-787-4830

Joseph Farm/Garden CSA
P.O. Box 538
Paradise, UT 84328
July through October
No work required
www.Garden.Lofthouse.com
Contact: Joseph Lofthouse
435-237-9112

Ranui Gardens
1459 Hoytsville Road
Dog Holler, Utah 84017
Contact: John Garofalo or Sue Post
ranui.com/aboutus.html

Sandhill Farms
Eden, Utah
June through September
No work required
www.sandhillfarms.org
Contact: Pete Rasmussen
801-866-3620



Connecting kids to their food sources is high on the list of what motivates Copper Moose Farm in northern Utah.

Sun River Farm
141 S. 6000 W.
Mendon, UT 84325
June through October
No work required
Contact: James Haggerty
435-757-7507

Youth Garden Project
530 S 400 E
Moab, UT 84532
June through October
No work required
www.youthgardenproject.org
Contact: Jennifer Sadoff
435-259-2326

Zoe's Garden
245 W 100S
Heber City, UT
June through November
No work required
www.zoegarden.com
Contact: Jon Henry
435-513-0810

WYOMING

Clear Creek Valley Produce
US Highway 14/16
Clearmont, WY 82835
Contact: Carol LeResche
307-758-4391

Ever Green Farm
PO Box 153
Smoot, WY 83126
Evergreenfarm.typepad.com
Contact: Shain and Tara Saberon
307-884-6423

E Z Rocking Ranch
1050 Bitter Creek
Recluse, WY 82725
www.EZrocking-Ranch.com
www.WyomingGrassFed.com
Contact: Frank Wallis
307-682-2968

Fat Flamingo Farm
Lander, Wyoming 82520
July through October
No work required
Contact: Laura Norman
307-332-3817

**Ridenour Ranch/
Meadow Maid Foods**
N. Yellowstone Rd.
Cheyenne, WY 82009
June through October
No work required
www.meadowmaidfoods.com
Contact: Cynthia Ridenour
307-534-2289