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# 2022 URBAN ECOLOGY CENTER GUIDE TO LOCAL FARMS & COMMUNITY SUPPORTED AGRICULTURE (CSAs)

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FRESH • HEALTHY • LOCAL • DIRECTLY FROM FARMER TO YOU

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## WHAT IS A CSA?

You become a Community Supported Agriculture (CSA) member by purchasing a subscription for a share of the harvest from a local farm. In return, you'll receive just-picked produce and more throughout the growing season directly from your farmer.

Your share is conveniently delivered to a pick-up site near you - or home delivered. Each share contains fresh seasonal produce (and perhaps meat, eggs, honey or other extras) along with a farm newsletter and recipes.

Community Supported Agriculture (CSA) is much more than just a weekly delivery of food. It is a powerful investment in your health, your family's health, your community, and your local economy.

## WHY BUY DIRECTLY FROM THESE LOCAL FARMERS?

- » Enjoy fresh, tasty and healthy food throughout the growing season.
- » Get to know your food, where and how it's grown, and the people who grow it.
- » Expand the variety of vegetables you eat.
- » Support the local economy and ensure fair compensation for small family farmers.
- » Encourage sustainable growing practices that protect our soils, water and health.

## SUGGESTED QUESTIONS TO HELP YOU FIND A CSA FARM:

You'll find many of the answers in this handout. There is also contact information for each farm to help you learn more.

- » Locations, days and times of your **pick-up sites**? Do you offer home delivery?
- » What is the **length of your season** / number of deliveries?
- » Describe the **sizes, contents and costs of your shares**. How many people would each feed? Do you have a policy for holding or skipping shares when I'm on **vacation**? Any **choices** about what's in the box?
- » **Options & extras**. What's offered besides produce? Do you have an online or farm store?
- » **Payment**. Do you offer worker shares (an option to work in exchange for my CSA box)? Payment (installment) plans? Have a financial Assistance Fund? Can I use a credit card or electronic / online payment?
- » What are your **growing and production practices**? For example, certified organic? Sustainably grown?
- » **Can I visit your farm**? Do you have open houses or farm events?

## KNOW YOUR FARMER • KNOW YOUR FOOD



## 2022 CSA PICK-UP SITE LOCATIONS

FARM	GREATER MILWAUKEE AREA																				OUTSIDE MKE AREA		
	Milwaukee					South		North & NoWest						West							South / Southwest	North / Northwest	West
	Bay View / So. Shore	Downtown / 3rd Ward / Walkers Pt.	East side	Riverwest / Capitol Dr.	West side	South Milwaukee	Oak Creek	Hartford	Menomonee Falls	Mequon / Thiensville	Shorewood	Fox Pt / Bayside	Whitefish Bay	Brookfield	Delafield	New Berlin	Oconomowoc	Waukesha	Wauwatosa	West Allis			
<b>Cream City Farms *</b>					X																		
<b>Full Harvest Farm</b>					X			X	X					X	X		X	X	X				X
<b>LotFotL Community Farm *</b>	X	X	X	X		X					X		X			X			X	X	X		
<b>QuintaMKE *</b>	X	X	X	X	X						X	X	X	X		X		X	X	X	X		
<b>Springdale Farm</b>				X					X	X	X	X							X			X	
<b>Three Sisters Community Farm*</b>	X		X	X	X						X		X	X					X				
<b>Turtle Creek Gardens</b>	X	X									X						X	X					X
<b>Village Farmstead</b>	X			X			X						X										

\* These farms offer home delivery. \*

# 2022 GUIDE TO LOCAL FARMS



*So much life*

FARM	FARM DESCRIPTIONS	TYPES OF SHARES	EXTRAS	PAYMENT (Besides cash)				
				Check	Payment plan	Worker Share	Credit Card/Online	Assistance Fund
<b>Cream City Farms, LLC</b> David Johnson Milwaukee — 414-828-9625 David@creamcityfarms.com Creamcityfarms.com	We are based in Milwaukee, WI, with multiple sites throughout Milwaukee county and we are dedicated to growing great produce for our local community as creating jobs for our residents.	Full-Share – 7 deliveries for the season, distributed on bi-weekly basis		X		X	X	
<b>Full Harvest Farm, LLC</b> Terry Vlossak & Chuck Frase Hartford — 262-673-6760 fullharvestfarm@gmail.com fullharvestfarm.com	Full Harvest Farm is USDA, certified organic. All the produce in our CSA boxes comes from our farm. We offer weekly Couple, Family and Worker Shares as well as Every-Other-Week Couple Shares. Pickup Sites are: Brookfield, Menomonee Falls, Wauwatosa, Waukesha, Delafield, Oconomowoc, and our Farm. Join us for our 21st season!	Every-Other-Week Couple Share, Weekly Couple Share, Weekly Family Share and Worker Share Family Share	CSA members can purchase extra produce using the farm's Webstore or reschedule deliveries	X	X	X		
<b>LotFotL Community Farm</b> Tim Huth & April Yuds Elkhorn — 920-318-3800 april@lotfotl.com lotfotl.com	LotFotL's CHOICE CSA program is the first of its kind in the Upper Midwest. We make CSA work for you. You decide what to take and what level to participate. Choose from locally produced veggies, fruits, meats, eggs, cheese, bread, etc. Our farm is certified organic, and we work with other local, sustainable producers.	Contact the farmers for up-to-date information about the shares they are offering this year	Eggs, bread, meat, cheese	X	X	X	X	X
<b>QuintaMKE</b> Mason Jarecki-Nimmo Delavan — 262-402-8495 masonjareckinimmo@gmail.com quintamke.com	QuintaMKE grows food that is healthy for humans and the environment. We don't use synthetic fertilizers, herbicides, pesticides, or single-use plastic mulch. Quinta's CSA members receive 18 front-door deliveries, June - October. Our CSA boxes are an excellent balance of consistency and variety. The cost for our CSA includes front-door delivery.	Full share delivered weekly June - October - 18 boxes, 4 breaks Fall and Winter Shares offered separately	Online farmers market	X	X		X	

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<b>Springdale Farm</b> Peter & Bernadette Seely Plymouth — 902-254-8044 info@sprindalefarm.com springdalefarm.com	Springdale Farm has offered organic vegetables and CSA shares since 1988. The farm includes 35 acres of crop land, as well as an acre's worth of greenhouses to extend Wisconsin's short growing season. The farm also supplies area restaurants, co-ops, and winter farmers markets with its certified organic produce.	Small, medium, and large shares Weekly or every other week Greens share, eggs, Nov. and Dec shares	Fruit	X	X	X	X	
<b>Three Sisters Community Farm</b> Kelly Kiefer & Jeff Schreiber Campbellsport – 920-533-3042 threesisterscsa@gmail.com threesisterscommunityfarm.com	Three Sisters Community Farm grows certified organic, garden-quality vegetables and delivers picked-to-order CSA boxes to homes and businesses in the greater Milwaukee area.	One size box (with a choice of 8 items on average) available each week or every other week. Spring, Summer and Fall shares.	Eggs	X	X	X	X	X
<b>Turtle Creek Gardens LLC</b> Janet Gamble Delavan — 262-441-0520 janetmariegamble@gmail.com turtlecreekgardenscsa.com	Our farm is certified USDA Organic. But Organic is more than a label. It's important to us to uphold the original values and philosophical foundations of organic agriculture, which includes soil-grown crops, diversified species, and a whole-systems approach to farming. We take pride in providing the highest quality nutrient dense food.	Full Shares have 8-12 items per box throughout the season. Every Other Week shares have the full share equivalent plus 2-3 extra items so you won't miss those vegetables infrequently distributed.	Online farmstore includes vegetables, meat, eggs, cheese and many other organic/locally produced products - delivered to pick-up sites	X	X	X	X	
<b>Village Farmstead</b> Sara Krohn & Sam Odin Oak Creek — 414-708-0587 villagefarmstead@gmail.com villagefarmstead.com	Village Farmstead is a USDA Certified Organic farm that grows food on one acre for our community in southeastern Wisconsin while being thoughtful of and responsive to our context within an all-encompassing ecosystem and our responsibility to its inhabitants and future generations.	Every week, one size: 6-8 items, valued at \$25-30. Eggs and Ferments available as add-ons.	We have an online store with farm pick-up.	X	X	X	X	X