

2010 CSA Listing for the Coulee Region and Surrounding Areas

CO = Certified Organic (CSA is certified organic by the USDA)

IR = Insurance Rebate (CSA Members can receive insurance rebate through various WI Health Plans, including Health Tradition Health Plan)

FS= Food Stamp (CSA is authorized to accept food stamps)

- **Health Tradition Health Plan:** Health Tradition is offering employer group health plan subscribers an Eat Well Rebate Program, which provides up to a \$100 rebate for a produce share from any CSA farm (even those not listed here). For needed forms and additional information, go to www.HealthTradition.com.

Name of CSA Contact	Contact Information	CO/IR/FS	# of weeks	Price of full and half produce shares	Delivery day(s) and Drop-off site(s)*
Abundant Grace Family Farm Emery & Amy Eastlick	24434 Duha Lane Steuben, WI 54657 608-874-4114	IR	18	Full: \$400 1/2: \$225	Mondays <ul style="list-style-type: none"> • On the farm, 5-6 pm Thursdays <ul style="list-style-type: none"> • 18th street in Prairie du Chien, 5-6 pm
Additional Information: We are a non-certified organic farm. We also offer an egg share (1 dozen/week for 18 weeks) for \$36 and a hamburger share (1 pound/week for 18 weeks) for \$53. Grass-fed to finish beef and lamb are available and sold by the quarter (beef only), half or whole. We also partner with Strawberry Lane (Eastman, WI) for strawberries and Coulee Acres Produce (Ferryville, WI) for specialty lettuces, garlic and Cornish Rock Broilers.					
Annie's Gardens & Greens CSA	30975 Lincoln Road Fort Atkinson, IA 52144 563-534-7760 or 800-644-7245 www.anniesgardensandgreens.com postmaster@anniesgardensandgreens.com	IR	22 11	Full: \$572 1/2: \$286 Full: \$286 1/2: \$143	Fridays <ul style="list-style-type: none"> • Various locations in Iowa (including Waukon, McGregor, Fort Atkinson, Decorah). Please contact for additional locations.
Additional Information: We also offer a fruit share, apple shares, strawberry share, raspberry share, staples shares (which include bread, milk, butter and eggs), cheese shares, honey shares, meat variety share (beef and/or pork), and poultry shares. We work with several other businesses and people to provide this food to you.					
Bear Creek Farm Robert & Christine Wilson	N26893 Hwy. 53 Blair, WI 54616 608-796-3666 www.bearcreekfarm.net papabear@bearcreekfarm.net mommabear@bearcreekfarm.net	CO IR FS	22	Full: \$550 1/2: \$300	Fridays <ul style="list-style-type: none"> • 4:00-8:00 pm at Cameron Park Farmers Market, downtown La Crosse Saturdays <ul style="list-style-type: none"> • On the farm 10:00 am-12:00 pm
Additional Information: We offer grass-fed black Angus beef by the individual cuts (steaks, roasts, specialty cuts, ground burger) or quarters/halves. We offer whole range-fed chickens in weights of 3.5-5 pounds. We offer farm fresh eggs as well. We have been offering winter CSA's to our beef customers for the past two years. Our winter CSA involves no up-front costs to the customers; only pay for the amount of beef/chicken ordered every month by email correspondence. Newsletter with specials on beef and vegetables sent out monthly. We have successfully grown winter lettuce, spinach, and greens mix this year and anticipate offering by winter CSA in future. Payment plan available: 50% due by April 1st with balance due with first delivery (June 4).					
Driftless Organics Mike Lind	50561 Cty Rd B Soldiers Grove, WI 54655 608-624-3735 www.driftlessorganics.com csainfo@driftlessorganics.com	CO IR	20	Full: \$575 1/2: \$350	Thursdays/Fridays: <ul style="list-style-type: none"> • Viroqua - Rising Sun Animal Wellness Center • On the farm • Additional drop sites in Madison

Last updated 4.30.10

Information subject to change. Contact the farmer directly to confirm information.

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Additional Information: We also have sunflower oil shares, grass-fed organic beef packs, and November and December storage boxes as well! We have a rocking harvest party in the fall too!					
Featherstone Fruits & Vegetables Margaret Marshall	43090 City Park Rd Rushford Village, MN 55971 507-864-2400 www.featherstonefarm.com csa@featherstonefarm.com	CO IR	21-22	Full: \$640 ½: \$490	Days vary between Tuesdays-Fridays <ul style="list-style-type: none"> Franciscan Skemp Caledonia Clinic:, 701 North Sprague Street, Caledonia, MN Franciscan Skemp La Crescent Clinic:, 524 North Elm Street, La Crescent, MN Rochester Produce, Rochester Good Food Store, Rochester Bluff Country Co-op, Winona On the farm
Additional Information: We have two annual on-farm events, a Strawberry Social in June and a Harvest/Squash Festival in September. Shareholders can also make arrangements to visit the farm throughout the season. We ask for 50% down to hold you place at the time of sign-up, and payment in full by the last Friday in May (before deliveries begin). We can work with individuals to create a payment plan if this does not for them. We offer winter shares for \$200-220 for four boxes, one every other week in November and December.					
Goat Hill Farm & CSA Eric & Meredith Sime	28637 Easter Rock Lane Boscobel, WI 53805 608-375-2778 goathillcsa@yahoo.com	IR	23	Full: \$465 Half: \$300	Tuesdays <ul style="list-style-type: none"> On the farm from 4:30-6:30 p.m. We may offer off-site pick ups as necessary
Additional Information: In addition to packing each share box with fruits and vegetables hand-picked at the peak of freshness, we offer farm fresh eggs and locally produced honey as share extras. Payment plans are available and there is an 'early bird' registration discount. We adhere to small-scale, sustainable and chemical-free growing practices and focus on education and community involvement in promoting locally produced foods.					
Harmony Valley Farm Terri Kromenaker	S 3442 Wire Hollow Rd Viroqua, WI 54663 608-483-2143, ext. 2 www.harmonyvalleyfam.com csa@harmonyvalleyfarm.com	CO IR FS	14-30 depending on the share	Full: \$885 for 30 weeks ½: \$561 for 17 weeks	Fridays <ul style="list-style-type: none"> 122 S 16th St, La Crosse N4351 Pralle Rd, Onalaska 109 Center St, Viroqua On the farm
Additional Information: Besides our vegetable shares, we also offer organic fruit, organic cheese and organic coffee shares. We also offer pastured, organic beef and pork packages for delivery in May, November, December and January. We have a long delivery season (May – December), plus an Extended Season share in January to help you get through the winter. We offer several payment options, including a monthly electronic debit option. We have three on farm events for our CSA members, but members are welcome to visit just about any time. We have a meadow available for camping and would be happy to have you for lunch, prepared by our summer farm chef. Our annual events include our Strawberry Day party in June (U-pick strawberries, field tours & potluck), our Summer Barn Dance in July (field tours, potluck & dancing into the night), and our Fall Harvest party in September (field tours, potluck & pig roast).					
Jackson Hollow Farm	S1291 Hayes Valley Road Mondovi, WI 54755 715-946-3329	IR	18-20	Full: \$500 ½: \$300	Fridays: <ul style="list-style-type: none"> We are finalizing our La Crosse sites at this time. Business groups may organize their own

Laura Jackson	www.jacksonhollow.net info@jacksonhollow.net				site, and home hosts of pick up sites receive discounted share prices. Mondays & Wednesdays • Stillwater, Hudson, and the Twin Cities area
Additional Information: We partner with a local Amish family to bring you a wide variety throughout the season. Included in the veggie shares are chemical free apples, melons, and other fruit as available. We also offer organically raised free range chicken shares for \$150 and Full/Half organically raised free range egg shares at \$80 and \$40 for the season. Members may pay half down to reserve their share. We did winter shares for 2009 and may continue these in 2010 if enough members participate. We'd love to have you join us for 2010!					
Keewaydin Farms Star Maule	15270 Haucke Lane Viola, WI 54664 608-606-0373 www.keewaydinfarms.com csa@keewaydinfarms.com	CO IR	26	Full: \$520 ½: \$260	• On the farm, Viola • We do not currently have drop sites in the La Crosse are. We are looking for members willing to be a CSA site host. We offer a FREE share to Site Hosts and need at least 5 other members at each site. If you have a garage, side porch or other shady spot you are eligible. Email us if you are interested in being a CSA Site Host!
Additional Information: In addition to a Regular share and Every Other Week share we offer: a Spring Greens Share (4 weeks in May of nothing but Salad Greens and fixings for \$150), a Winter Storage Share (2 Large deliveries of vegetables you can store into Winter for \$210), and a Double Share (same vegetables as the Full share but twice the quantity for \$800). We include an online newsletter describing what's in the box, recipes, storage tips, pictures and fun facts.					
Laughing Sprout Family Farm Logan Peterman & Katie Wied	E7904 Briar Bluff Rd. Reedsburg WI, 53959 (608)-228-3426 www.laughingsprout.com logan@laughingsprout.com	IR	20	Full: \$450 ½: \$250 (10 boxes picked up every other week)	Wednesdays • La Farge • Reedsburg Sundays • Madison
Additional Information: We also sell cut flowers, and will have late season pickles, salsa, and spaghetti sauce for sale. We also have a "short notice" box available for \$25; call at least two days ahead of the desired delivery day and we will pack a box just like that week's CSA box.					
Lynwood Farm CSA Lynn Tschumper	W229 Cedar Valley Rd Stoddard, WI 54658 608-483-2718 lynwood@mwt.net	CO FS IR	8-9 (every other week)	Full: \$25 membership and \$20 for each delivery ½: \$25 membership and \$14 for each delivery	Alternate every other Thursdays • 2155 Garden St, La Crosse • 1223 Cty PH, Onalaska Alternate every other Fridays • Cameron Park, La Crosse
Additional Information: We put flowers in the boxes when available. We also include herb bunches with what ever herbs are in season. We include a newsletter with recipes, descriptions of the contents and tips on using produce and news from the farm. Members can visit or volunteer at the farm. We host a Farm Day at the end of the season for customers and friends where pumpkins, squash, and end of season produce can be purchased. We also offer organic eggs from one of our neighbors for an additional fee.					
Old Oak Family Farm	N6370 Niedfelt Rd	CO	20	Full: \$550	Tuesdays • Bangor (our farm) from 3:30- 6:00

<p>Kyle Zenz and Jerry & Connie Niedfelt</p>	<p>Bangor, WI 54614 608-486-4205 www.oldoakfamilyfarm.com oldoakfamilyfarm@yahoo.com</p>	<p>IR</p>		<p>1/2: \$300 (10 boxes picked up every other week)</p>	<p>pm</p> <ul style="list-style-type: none"> Black River Falls from 4:00-6:00 pm <p>Thursdays:</p> <ul style="list-style-type: none"> The farm from 3:30-6:00pm Franciscan Skemp La Crosse Campus from 4:30-5:30pm <p>We also offer the option of a home delivery for those living within 30 miles of our farm. The delivery charge for the entire CSA season is \$40.</p>
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Additional Information: Our farm has been in the Niedfeldt family since 1906. We have been certified organic since 2007. We grow vegetables, fruits, herbs and flowers. Our vegetable selection includes standards such as carrots, broccoli, lettuce, garlic, potatoes, and tomatoes to less common items including parsnips, tomatillos, Brussels sprouts, ground cherries, plus many others. We also include some fruit with our shares. Payment plans are available for our CSA. Members are welcome and encouraged to visit the farm and we host an annual fall open house. Working shares are also available (workers must work 4 hours per week for 20 weeks during the weekday to be eligible for a free share). We also offer direct orders of beef, chicken, and eggs. Visit our website for more information.

<p>Ridgeland Harvest</p> <p>Cate and Mat Eddy</p>	<p>E5538 Nelson Rd Viroqua, WI 54665 608-675-3855 www.ridgelenadharvest.com csa@ridgelandharvest.com</p>	<p>CO IR</p>	<p>22-23</p>	<p>Full: Before Feb. 1: \$575 Before Apr. 1: \$600 After Apr. 1: \$625</p> <p>1/2: Before Feb. 1: \$400 Before Apr. 1: \$425 After Apr. 1: \$450</p>	<p>Wednesdays</p> <ul style="list-style-type: none"> Rusk Avenue, Viroqua People's Food Cooperative: 315 5th Avenue South, La Crosse YMCA: 1140 Main Street, La Crosse Franciscan Skemp La Crosse Campus: 700 West Avenue South, La Crosse Gundersen Lutheran La Crosse Campus (employees only) YMCA North: 400 Mason St, Onalaska Gundersen Lutheran Onalaska Campus (employees only) Buchanan Street, Black River Falls Additional locations in Madison and Verona
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Additional Information: We have a two payment option available. Pay half up front, with the other half due August 1 (both checks are to be submitted with the order form with a post-dated check). We also host events on the farm, including, Garlic Harvest in late July, Raspberry U-Pick in August, and the Pumpkin Fest in late September. We offer Pork and Beef Bundles. 25% down payment of the listed price reserves your bundle, balance due prior to delivery.
Beef Bundle: 15lb for \$110.00, 25 lb for \$175.00, 50 lb for \$325 Pork Bundle: 15lb for \$75.00, 25 lb for \$125.00, 50 lb for \$250

<p>Small Family CSA</p> <p>Jillian Jacquinot</p>	<p>S2958 W. Salem Ridge Rd La Farge, WI 54639 608-625-4178</p>	<p>CO IR FS</p>	<p>20</p>	<p>Full: \$412</p>	<p>Fridays</p> <ul style="list-style-type: none"> The farm, La Farge One Sun Farm and Bakery, La Farge
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	<p>www.smallfamilycsa.com smallfamilycsa@yahoo.com or jillian@smallfamilycsa.com</p>				<ul style="list-style-type: none"> • Artos Bakery/Farmer's Market, Viroqua • Quillins on Mormon Coulee Rd, La Crosse • Root Note Restaurant, La Crosse • Traditions Restaurant, Onalaska • 405 E. Garland St, West Salem • Cookin' Something Up, Dubuque, IA • Valley Perennials Greenhouse, Galena, IL
<p>Additional Information: We do offer a chicken share and a fall share that is an extra two boxes. We host an end-of-season pot-luck where members are invited to come and share stories, tour the farm and enjoy good food with good company. Members set up payment plans and pay with installments.</p>					
<p>Suncrest Gardens formerly Smith Gardens Heather Secrist</p>	<p>S2257 Yaeger Dugway Cochrane, WI 54622 608-626-2122 www.smithgardensfarm.com mail@smithgardensfarm.com</p>	<p>IR FS</p>	<p>20</p>	<p>Full: \$520 1/2: \$300</p>	<p>Wednesdays:</p> <ul style="list-style-type: none"> • 5th St, Winona • Main St, Trempealeau • Vista Dr, Alma • Franciscan Skemp Holmen Clinic
<p>Additional Information: We are a Certified Naturally Grown farm. Eggs, chicken, lamb, and jams are also available. We do have a 5 week winter share with deliveries from October-December; this share comes with eggs as well. Prepay by May 1 with postdated checks to fit your budgeting needs. Alternative arrangements can be made. Working farm shifts reduces your membership cost by \$20 per farm shift.</p>					
<p>Whitaker Family Produce Duane Whitaker</p>	<p>S2822 Garner Hill Rd Hillsboro, WI 54634 608-343-4500 www.whitakerfamilyproduce.com thewhitakers@emypeople.net</p>	<p>IR</p>	<p>20</p>	<p>Full: \$600 1/2: \$450 1/4: \$300</p>	<p>Tuesdays</p> <ul style="list-style-type: none"> • La Crosse area (drop off locations will be established early spring.)
<p>Additional Information: We offer a pay by week payment plan. Our vegetable share also includes strawberries.</p>					
<p>Wise Acre Produce CSA Marc DeKeyrel</p>	<p>33841 156th St Harmony, MN 55939 507-951-6104 ochtrup@harmonytel.net</p>	<p>IR</p>	<p>20</p>	<p>Full: \$450</p>	<p>Thursdays</p> <ul style="list-style-type: none"> • La Crosse • Onalaska
<p>Additional Information: We will offer any member who provides a drop-off site a discount on their membership dues. We offer Chicken, Pork and Thanksgiving Turkey shares. We also offer a weekly dozen egg share from our flock of free-range hens. In August, we will have our membership picnic, giving our member/shareholders a chance to come together, enjoy some good food and see the gardens just as they're at their best. This is our 2nd year of Community Supported Agriculture, and we are very excited to offer our shareholders an opportunity to grow with us. We offer full-on value; overwhelming quality at a fair price!</p>					
<p>Woodard Ridge CSA Pete Opsahl</p>	<p>1626 Pine Ridge Drive Onalaska, WI 54650 (608)519-0674 www.localharvest.org/woodardridgecsa woodardridgecsa@charter.net</p>	<p>IR</p>	<p>22</p>	<p>Full: \$675 (includes a complimentary family membership to Clearwater Farm)</p>	<p>Thursdays</p> <ul style="list-style-type: none"> • Clearwater Farm in Greens Coulee, Onalaska, 4-6 pm

Additional Information: A full share includes a complimentary family membership to Clearwater Farm. For more information on Clearwater Farm, visit <http://www.clearwaterfarmfoundation.org/>

If you don't live or work near any of these areas, search for CSA farms closest to you at www.localharvest.org.