

Community Supported Agriculture (CSA)

Listing of CSA's serving the LaCrosse Area in 2009 Season

CSA (Community Supported Agriculture) farms provide weekly distributions of sustainably grown produce and much more to households who join for the season. You'll experience a bounty of fresh seasonal vegetables and fruits while directly supporting sustainable agriculture and your local food system. Below is a listing of the CSA's available in the LaCrosse area. Each of these CSA's offers a variety of options in order to accommodate YOU, the consumer, with your (and your family's) specific needs and requirements. Further information on each CSA can be found on their website or call them with any questions. **NOTE IN "CO/IR/FS" COLUMN BELOW:**

CO=Certified Organic: CSA is certified organic by the USDA

IR=Insurance Rebate: CSA members can receive insurance rebate thru various Wisconsin health plans

FS=Food Stamp: CSA is authorized to accept food stamps

Name of CSA Owner / Contact	Address/phone/ e-mail/website	CO/IR/ FS	# of Weeks*	Price of Full & 1/2 shares**	Delivery Day(s) & Drop-off Site(s)***
Harmony Valley Farm Richard de Wilde	S.3442 Wire Hollow Rd Viroqua WI 54665 608-483-2143 csa@harmonyvalleyfarm.com www.harmonyvalleyfarm.com	CO FS IR	30	Full - \$890 1/2 - \$560	Fridays - 122 S. 16 th Street – LaCrosse - N4351 Pralle Rd. – Onalaska - Farm – S3442 Wire Hollow Rd (Friday or Saturday, about 30 min from LaCrosse)
<i>Further information: We also offer an organic fruit share; extended season boxes; Kickapoo coffee shares; organic beef, poultry & pork; and an organic cheese share. Every delivery comes with a newsletter including tips and recipes from our farm chef. We have several fun farm events throughout the season and several payment options.</i>					
Lynwood Farm CSA Lynn Tschumper	W229 Cedar Valley Rd Stoddard WI 54 608-483-2718 lynwood@mwt.net	CO FS	9 (every other week)	Full - \$20 1/2 - \$14	Alternate every other Thursday - 2155 Garden Street – LaCrosse - 1223 Cth PH - Onalaska
<i>Further information: There is an annual membership fee of \$25. Customers can pay for their box when they pick it up. I also have some working shares available. Contact me for more information on those. A newsletter and recipes are included with each delivery. There are also bunches of flowers and herbs included.</i>					
Old Oak Family Farm Jerry & Connie Niedfeldt & Kyle Zenz	N6370 Niedfeldt Rd Bangor WI 54614 608-486-4205 niedfeldtfarms@yahoo.com www.oldoakfamilyfarm.com	CO	20	Full - \$550	Tuesdays - At farm, Bangor - Black River Falls - Sparta Fridays - Cameron Park Farmers Market
<i>Further information: We are certified organic by the Midwest Organic Services Association (MOSA). Our farm is a "Century Farm" with 100 years of consecutive family ownership. Included with our weekly boxes we provide a newsletter featuring recipes and up-to-date information about our farm and growing season. We also offer weekly direct orders for additional fruit, veggies, and flowers. Payment plans are available.</i>					

Name of CSA Owner / Contact	Address/phone/ e-mail/website	CO/IR/ FS	# of Weeks*	Price of Full & ½ shares**	Delivery Day(s) & Drop-off Site(s)***
Ridgeland Harvest Cate & Mat Eddy	E5538 Nelson Road Viroqua WI 54665 608-675-3855 csa@ridgelandharvest.com www.ridgelandharvest.com	CO IR FS	22-24	Full - \$625 Half - \$450	Wednesdays - At the farm - People's Food Co-op, La Crosse - YMCA, La Crosse - YMCA, Onalaska - Quillins Food Fest, La Crosse - Rusk Avenue, Viroqua
<i>Further information: We provide a newsletter with each weekly box, identifying each vegetable and giving helpful storage hints and recipes. The newsletter connects you with the activities happening on our family farm. CSA members can purchase bulk quantities of vegetables. Pastured pork and beef are also available in various sizes.</i>					
Small Family CSA Jillian Jacquinot	S2958 W. Salem Ridge Rd. LaFarge WI 54639 608-625-4178 smallfamilycsa@yahoo.com www.smallfamilycsa.com	FS	20	Full - \$595 Half - \$340	Fridays - Quillins on Mormon Coulee, LaCrosse - The Root Note, 115 4 th St. S., LaCrosse - 405 E. Garland Street, West Salem - Traditions Restaurant, Onalaska - Artos Bakery, Viroqua
<i>Further information: Produce grown using organic and biodynamic methods. Fall Shares available: 2 boxes - Oct 26th and Nov 9th. Just veggie fall share is \$70. Fall share with a pastured chicken from our farm in each box is \$105. We also offer pastured pork and pastured chicken shares.</i>					
Whitaker Family Produce Duane Whitaker	S2822 Garner Hill Rd. Hillsboro, WI 54634 608-343-4500 thewhitakers@emypeople.net www.whitakerfamilyproduce.com		20-24	Full - \$30/wk Half - \$20/wk 10% discount for early sign- up	Tuesdays - 906 Avon Street, La Crosse
<i>Further information: Payment schedule: one week payment in advance and then pay the week you pick up box and the last box of the season is paid for ahead of time. Produce grown using organic methods. Strawberries and herbs are available as part of CSA box.</i>					

* **Number of weeks:** Typically deliveries begin in late-May/early-June and end in late-October/early-November, depending on each farm's program.

** **Price of Full & ½ shares:** Although amounts vary, a full share typically feeds a "veggie-loving" family of 2 adults and 2 or more children. A ½ share typically feeds 2 adults.

** **Delivery Day(s) & Drop-off Site(s):** Times vary for each location – check with CSA for exact times.