

Support Community Agriculture



Ashbourne Farms

What: Regular and Winter CSA, vegetables, herbs, berries, beef, pork, eggs

Counties served: Jefferson, Oldham

When: May thru November: Pickup Ashbourne Farms, and multiple locations in Oldham Co. and Louisville

Contact: Cathy Shepherd, 502-222-0602; info@ashbournefarms.com

Ashbournefarms.com



Groce Family Farm Meat CSA

1513 E Carnes Mill Rd. English, IN 47118

What: pork, chicken, beef, and lamb

Counties served: Home delivery available for Louisville/Jefferson, KY and Jefferson/Clark/Floyd, IN.

When: Multiple spots in Louisville and New Albany

Contact: 502-436-0311, info@grocefarmfamilyfarm.com

GroceFamilyFarm.com



Pink Elephant Farm & Valley Spirit Farm

Henry County Full Diet CSA

What: sustainably-raised vegetables, fruit, herbs, pork, beef, pastured poultry, eggs, raw milk, yogurt, fermented vegetables, cooking fats, honey, sourdough bread

Counties served:

Jefferson, Oldham, Henry

When: Bi-weekly home delivery or on-farm pick up

Contact: Jenny and Justin, pinkelephantfarmers@gmail.com

PinkElephantFarm.com, ValleySpiritFarm.com



Rootbound Farm

1500 Halls Hill Rd. Crestwood, KY 40014

What: Customizable shares, certified organic vegetables, herbs, and grass-fed lamb.

Counties Served: Jefferson, Fayette, Franklin, Oldham

When: Many pick-up options in Louisville, Crestwood, Frankfort, and Lexington

Contact: Ben Abell, Bree Pearsall bree@rootboundfarm.com

RootboundFarm.com



Barr Farms

Customizable CSA

2440 Popham Road, Rhodella, KY 40161

What: Customizable farm shares for both veggies and meats.

Certified organic vegetables, some fruits, 100% grass-fed beef, pastured chicken and pastured pork.

Counties served: Jefferson, Hardin, Meade, Breckinridge

When: Saturdays at Douglass Loop Farmers Market and St. Matthews Farmers Market. Tuesdays at Phoenix Hill Nulu Market, several downtown and east end delivery locations. Home delivery available Tuesdays and Saturdays.

Contact: Adam Barr or Rae Strobel, farmer@barrfarmsky.com, 859-608-6458 BarrFarmsKY.com



Katie O's Garden

494 Geoghegan Rd, Shelbyville, KY

What: Sustainably grown vegetables, berries and herbs. Some choice flexibility.

May-September, drop off at several locations

Counties served: Jefferson, Shelby

Contact: 502-655-0280, katieoij@att.net

www.localharvest.org/katie-os-garden-M51116



Rainbow Blossom

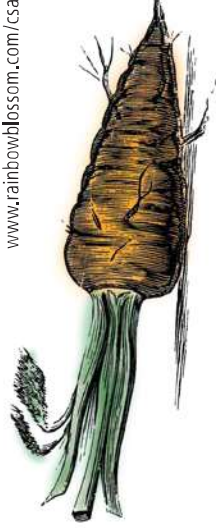
Four locations in Louisville, one in New Albany, IN

What: certified organic fruits, vegetables.

Counties: Jefferson KY, Floyd IN

When: Tuesdays at any of the 5 Rainbow Blossom locations

Contact: CSA@rainbowblossom.com www.rainbowblossom.com/csa



Coulter's Good Earth Farm

8012 Bloomfield Rd, Bloomfield, KY 40008

Products: vegetables, fruit, and farm products

Counties served: Jefferson, Nelson

Contact: Chris and Amy Coulter, goodearthfarm@yahoo.com CoulterFarm.com

New Roots Fresh Stop Markets

1800 Portland Avenue, Louisville, KY 40203

Products: certified organic and naturally grown vegetables and fruit, herbs, & eggs

Counties: Jefferson, Perry, Fayette, Meade KY; Floyd and Clark IN

Contact: Karyn Moskowitz, 502-509-6770, info@newroots.org NewRoots.org

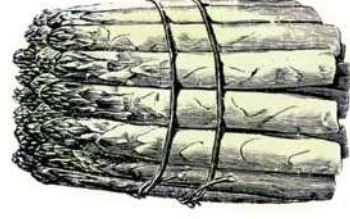
Swallow Rail Farm

2340 Conner Station Road, Simpsonville, KY 40067

Products: Kentucky grazed lamb, poultry and eggs

Counties: Shelby and Jefferson

Contact: Jeneen Wiche, 502-475-0998, JHWiche@gmail.com SwallowRailFarm.com





CSAs Nourish Both Ways

By Bree Pearsall

Our CSA Farm Share program is the foundation of our family farm in Crestwood, KY. My husband, Ben, and I committed to farming as a way of life 10 years ago and we knew we wanted to grow food in a manner that respected the natural environment and made a positive impact in our community. As our business has grown and transformed over the years we have deepened our commitment to community-supported agriculture (CSA) harvest subscriptions as our primary focus at Rootbound Farm

For those of us who make our living by farming the land, each day brings many unknowns. Will that rain come in time to help my seeds germinate? Will the dropping temperatures damage my spinach crop? Will my sheep adapt to the fall grasses? We wake up each day ready to get to work on the land that we love, to build a resilient system in the face of the unknown and uncontrollable. I will tell you, one question we really don't want to be asking at the end of the day is "Will anyone buy this stuff from me?"

There is a sinking feeling that many farmers know all too well when you work all week to harvest, wash, weed and pack, just to lose the

week's profits because the farmers' market was rained out. Or to have a wholesale buyer decide that they are "shifting their focus" and turning to a cheaper supplier from out of state. Ben and I feel like we can face many of the farm's challenges on strong footing because our community of CSA Farm Share members have our backs. When CSA members commit to a full season of local eating, we know that our farm will have both the early season investment and a consistent market for our crops throughout the year and we can shift our attention to being the best farmers we can be.

On CSA harvest days we begin the day in the quiet darkness long before the daylight breaks. We fine-tune our harvest lists, packing order and delivery schedule. By the time we head to the fields the farm team is buzzing with energy as we prepare to bring in the harvest to be cleaned and sorted for our CSA. When we custom pack each member's box, I often think about the journey the items might take. I hope that the funny-looking nose on that eggplant brings a smile to the face of the person who unpacks it. I imagine the conversations that will happen when kids see the purple carrots for the

first time. I imagine, too, the work and commitment it takes from our members who take this annual journey of healthy, local eating with us.

Our CSA community is now made up of hundreds of families in three cities. It is this community of members that really does propel us forward. One of my favorite memories is of a phone call I got from a member who said that she ate the first tomato of the season standing over her kitchen sink while the juice poured down her chin and she remembered the taste of the tomatoes from her grandfather's garden many years ago.

CSA members become a part of something bigger by connecting more deeply with the rhythms of the season, the place where their food is grown and the people who grow it! With CSA, we get more than just a customer, we get a community of partners and friends. The vast majority of the world's food is consumed in homes and around dinner tables just like our own. Through CSA we have the capacity to revolutionize sustainable agriculture and solidify the role that small organic farms play in our modern food system.

Bree Pearsall farms with her husband, Ben Abell, at Rootbound Farm located at Breeze Hill Farm in Oldham County.