

## 2010 Guide to CSAs That Serve Iowa City

Farms are listed in CSA name alphabetical order. No endorsement is being made for any individual farm. We apologize for any mistakes. Prepared as a community service by Local Foods Connection.

### Abbe Hills Garden

Laura Krouse  
825 Abbe Hills Road  
Mt. Vernon, IA 52314  
319.895.6924  
laura@AbbeHills.com

General Farm Info: Abbe Hills Garden CSA serves about 200 families in Mt. Vernon, Lisbon, Iowa City and the Cedar Rapids/Marion area. We offer a wide variety of vegetables from the second week of June until Halloween, plus movie nights, guided garden walk-arounds and a mid-summer farm open house. We use a number of low input and sustainable practices, including compost, cover crops, beneficial insects and integrated pest management tools to produce tasty, healthy and safe food for our shareholders. Soil conservation and water quality improvement are practiced over the entire 72-acre farm. Everyone is welcome to visit the farm and to participate in the CSA.

Season: 20 weeks from early June until Halloween.

Contents: Wide variety of vegetables in season.

Sizes: *Regular*: Suitable for a family of 4. *Large*: twice as much.

Distribution: Pick up on farm near Mt. Vernon Mondays and Thursdays, 4:30-7:00 pm.

Cost: Contact farm

Other Products: Heirloom variety of open-pollinated corn for seed, plus soybeans, oats and hay.

### Ebersole Cattle Co

Shanen Ebersole  
515-971-8462  
Ebersolecattleco@yahoo.com  
www.EbersoleCattleCo.com

General Farm Info: Small family ranch, raising beef cattle, horses, and kids in south-central Iowa. We love all of our animals for the entire time we have them. We produce Natural Pastured Beef and Natural 100% Grass-Fed beef. We raise Maine-Anjou cattle. Our cattle finish much quicker than most other breeds & therefore our beef is extremely tender and lean! CSA shares are available with a box containing 15-17 pounds of Beef each month. Shares will be delivered to Iowa City each month.

Shares: Four or six - month shares available. Also available: Winter Beef Shares; Direct-Shipped Shares and Double Shares.

Contents: Sample Box would contain 7 lb ground beef; 4 (6-10 oz each) steaks; 1 (3-5 lb) roast; 3 lb stir fry or kabob meat. We also include stories & pictures of life on the ranch & cooking tips each month.

### Echollective

Derek Roller & Christy Andersen  
879 Echo Avenue  
Mechanicsville, Iowa 52306  
515.201.5593 (Christy)  
319.325.3910 (Derek)  
echoCSA@gmail.com  
<http://echollectivecsa.blogspot.com/>

General Farm Info: Echollective Farm is a farming enterprise located near Tipton (25 minutes NE of Iowa City). A cluster of farmers, interns and volunteers cultivate 14 acres with a wide array of vegetables, herbs, flowers, and hay; and steward

20 forested acres including a creek. We've been farming for 10 years at Echollective, always using organic and sustainable practices. We sell much of our produce to New Pioneer Co-op and Iowa City's finest restaurants. In addition, we also have a CSA and sell at the downtown Iowa City Farmer's Market. *This year, we're expanding our CSA to the Quad Cities, Cedar Rapids, and Des Moines.* We select varieties of our vegetables based on their flavor, nutritional content and uniqueness! Vegetables at most supermarkets are selected for their uniformity and their ability to be shipped long distances. You'll taste the difference in our produce! By supporting local farms, you help to support agriculture and sustainability in your own community. In years of flood/drought, our shares may be smaller; in years of bounty our shares will be bigger. Our CSA project is part of the Echollective community's broader mission to support and educate the public about: sustainably & locally produced food; renewable energy; and green building construction.

Season: 20 weeks May-October.

Contents: Head lettuce, asparagus, salad mix, braising mix, garlic, onions, potatoes, tomatoes, basil, shallots, leeks, spinach, kale, collard greens, peas, beans, broccoli, chard, squashes, eggplant, carrots, cabbage, sweet corn, bok choy, turnips, daikon radish, bell & hot peppers, strawberries, rhubarb, beets, melons, a variety of fresh herbs and more...

Sizes: *Family Share*: Suitable for a family of 3-5. *Couple's Share*: Two people.

Distribution: Shares are delivered to Iowa City for distribution at the Farmers Market.

Cost: Contact Echollective CSA for prices. Labor exchange possible.

Other products: At the Iowa City Farmers Market: veggies, herbal tinctures & salves and information on workshops! For more information, email us or visit our blog.

#### Gooseberry Hill Subscription Produce

Dianna Fuhrmeister  
3310 Lynden Heights Rd. NE  
Iowa City, IA 52240  
(319) 354.7260

General Farm Info: Small acreage. A wide variety of produce is grown and others may be added upon request. Note that fruits and eggs are included in shares. We are not certified organic, but it is our philosophy.

Season: June through September. CSA since 2000.

Contents: A variety of herbs, potatoes, green onions, sandwich onions, sugar snap peas, lettuce, spinach, broccoli, cabbage, bell peppers, sweet corn, green beans, carrots, tomatoes, asparagus, okra, kohlrabi, beets, horseradish, turnip and beet greens, cucumbers, summer squash, radishes and more. Fruits: cherries, apples, white Iowa peaches, rhubarb, plums. Country fresh eggs included.

Size: Wicker basket is filled with enough for a family of 2-4 to supplement meals with garden fresh produce.

Distribution: Weekly delivery to your door.

Cost: Call farm for details.

#### Grass Run Farm

2712 Hoover Drive  
Dorchester, Iowa 52140  
(563) 492-3400  
csa@grassrunfarm.com  
www.grassrunfarm.com

General Farm Info: Grass Run Farm is located in Iowa's northeast corner and owned/managed by four grass-fed beef producers who run certified organic family farms. Grass Run Farm markets and distributes our signature 100% grass-fed Angus beef and sources 100% all-natural pastured pork and choice-finished beef fed local grains, all raised by neighboring farm families. All our producers prioritize building healthy soils, raising healthy pastures (that sequester loads of carbon), and managing healthy, resilient herds. We believe (and research confirms) animals that live well produce the most nutrient-dense, balanced, flavorful meats. We also like knowing that each animal can be formally traced back to the

farm that raised it. Both our beef and pork products are certified drug- and hormone-free, and all animals are raised and handled humanely. Our meats are processed at USDA-certified Lorentz Meats in Cannon Falls, Minnesota, a family-run plant known for quality cutting and neat packaging. Our products consistently receive rave reviews and have been featured on the menus of the Motley Cow, Devotay and Bluebird Cafe, among others, in the Iowa City area.

Season: Five months, May - September 2010.

Contents: Flavorful grass-fed beef and Iowa pork packaged in quantities easy for a family to use. Each month, members pick up one box containing our best-selling grass-fed beef and pork cuts, along with a newsletter of meal suggestions and farm news. We send e-mail reminders and publish our newsletter online in advance so member's stay connected.

Size: Each box will contain: (4) 10-oz Boneless Ribeye or New York Strip Steaks; (2) lbs Flank, Skirt or Sirloin Steaks; (2) 1-lb pkgs of Hotdogs or Beef Patties; (3) 1-lb pkgs of Ground Beef; (4) 8-oz Pork Chops; (2) 1-lb pkgs of (our famous) Bacon

Distribution: For families living in the Iowa City area, shares will be delivered to a convenient pick-up location, 526 S Riverside Drive (the Dairy Queen parking lot) between 5-7 p.m.

Cost: Info and sign-up are available at [www.grassrunfarm.com/csa](http://www.grassrunfarm.com/csa)

#### Grinnell Heritage Farm

Andrew and Melissa Dunham  
1933 Penrose St.  
Grinnell, IA 50112  
641.236.4374  
[grinnellheritagefarm@gmail.com](mailto:grinnellheritagefarm@gmail.com)  
[www.GrinnellHeritageFarm.com](http://www.GrinnellHeritageFarm.com)

General Farm Info: Our farm, owned and operated by Andrew and Melissa, produces USDA organic vegetables, flowers and herbs. Andrew is a 5<sup>th</sup> generation Iowa farmer. The 80 acre farm, located northeast of Grinnell, has been in the family for 153 years, and is counted amongst the oldest family farms in central Iowa.

Season & Sizes: Shares: *Spring*: greens starting in May. *Full*: 20 weeks beginning in June. *Fall*: 10 weeks starting in mid August. Ideal for college students and faculty returning from summer break. This is the same as the full share only ½ the season. *Winter*: 4 distributions during the months of November and December. Delivery dates coincide with major holidays so you can enjoy farm fresh produce during those special meals. This share will have a large volume of storage crops and some greens. Ideal for those who like soups and stews.

Contents: You can count on a wide variety of vegetables and herbs, including familiar (e.g. carrots, potatoes, and beans) and unusual (e.g. Romanesco and celeriac) items - and heirloom varieties. Our newsletter complements the share with news from the farm, recipes and storage tips. We also have several on farm open houses scheduled throughout the season.

Distribution: Iowa City: Farmers Mkt. Saturday 7-11:30 a.m.; Wednesday TBD

Cedar Rapids: Sayde's - 4th Avenue SE; Wednesday 4-6

Hiawatha: Prariewoods - 120 East Boyson Road; Wednesday 4-6

Cost: Contact farm for more information.

#### Local Harvest CSA:

A collaborative effort of ZJ Farm, Hue Hill Farm, Simone's Plain & Simple and Life is Sweet.

*ZJ Farm*  
Susan Jutz  
5025 120th St NE  
Solon, IA 52333  
(319) 624-3052 (message number)  
[susan@zjfarms.com](mailto:susan@zjfarms.com)  
[www.zjfarms.com](http://www.zjfarms.com)

General Farm Info: ZJ Farm is an 80 acre, diversified family owned farm located on rolling hills between Iowa City and Cedar Rapids. We are the principal vegetable growers for Local Harvest CSA, a multi producer CSA, established in 1996. We supply over 300 families with a wide variety of vegetables and herbs from May through December, using organic and sustainable practices. All of the vegetables we grow are for distribution to our CSA members. We are equally committed to our larger community and extra produce from our CSA harvest and any vegetables that remain at drop sites after the designated pick-up time are distributed into local neighborhoods and communities where they are needed the most.

Season: Late April thru December. In addition to vegetable shares we offer bread, egg, and flower shares. See website for details.

Contents: Over 150 varieties of more than 40 types of vegetables grown using organic and sustainable practices. Almost all vegetables are harvested the same day as delivery. Email newsletter and recipe available at [www.csaharvestrecipes.com](http://www.csaharvestrecipes.com)

Size: Our vegetable share provides enough vegetables for two vegetable loving adults and/or a family of four with children. Families needing more than one vegetable share please email Susan at [susan@zjfarms.com](mailto:susan@zjfarms.com) to discuss discount arrangements.

Distribution: Monday: Cedar Rapids- Southeast and Northside drop sites. Wednesday: Iowa City Farmer's Market. Friday: Drop sites in Iowa City, North Liberty, and Solon. Pick-up at the farm by arrangement on M & F.

Cost: See website for details and signup forms. Staggered payment & volunteer exchange options.

Other Products: Lamb, fresh Thanksgiving turkeys and community events

*Hue Hill Farm*  
Jean Donohue  
(319) 339-0624 (h)  
[huehome@lcom.net](mailto:huehome@lcom.net)

General Farm Info: Hue Hill Farm, a small 40+ acre farm, north of Iowa City, has been a family farm since 1900. The Donohue family provides Local Harvest CSA with bread, herbs, vegetables, eggs and fresh chickens.

Season: Late April thru December.

Shares: Go to [www.zjfarms.com](http://www.zjfarms.com) for more info.

Other Products: fresh chicken and year round egg shares

*Simone's Plain & Simple*  
Simone Delaty  
1478 470th Street SW  
Wellman, IA 52356  
(319) 683-2896 (h)  
(319) 631-0146 (c)  
[plnsimple@netins.net](mailto:plnsimple@netins.net)  
[www.simoneplainandsimple.com](http://www.simoneplainandsimple.com)

General Farm Info: Simone Delaty's farm is nestled in the rolling hills of southeast Iowa near peaceful Kalona. Simone Delaty was instrumental in founding Local Harvest CSA and Simone will again be in charge of the "Flower Shares" for the Iowa City area. Since 1997, Simone has brought her bouquets to CSA members who have signed for a season of flowers for their homes.

Shares: Go to [www.zjfarms.com](http://www.zjfarms.com) for more info.

Other Products: Simone offers an array of unique dining experiences and homemade bread crafted in the great tradition of French bakers. Go to our website to learn more about Simone's farm and her Flowers, Breads, Dinners and Special Events.

*Life is Sweet*  
Regina Miller  
(319) 430-7855  
quickflick2@mchsi.com

General Info: Regina has been baking since she was a little girl. Her mom taught her the basics (2 loaves at a time), and while she was in college she worked for a bakery and learned more (20 loaves at a time!). Regina started working with Simone 6 years ago and learned even more, particularly about artisan breads.

Bread Shares: Go to [www.zjfarms.com](http://www.zjfarms.com) for more info.

Other: At the Iowa City Farmers Market: croissants, brioche, shortbread, biscotti, scones and granola.

#### Oak Hill Acres

Andy & Christina Tygrett  
Terry & Lorraine Tygrett  
978 310th St.  
Atalissa, IA 52720  
563.946.2304 (Andy & Christina)  
319.560.4826 (Terry & Lorraine)  
OakHillAcres@fbx.com  
[www.OakHillAcres.com](http://www.OakHillAcres.com)

General Farm Info: Family owner and operated certified organic farm on 278 acres since 1997. Thirty acres certified organic vegetables. The remainder of the farm is in timber and small grains and is seeded down in mixed hay. We are dedicated to marketing high-quality vegetables, bedding planting and small grains directly to customers. Heirloom vegetables and bedding flowers are produced in four greenhouses. We built a 30' x 96' greenhouse to produce earlier vegetable crops. This greenhouse will also extend the season into the fall. Open houses, potlucks, and farm tours are held throughout the season. Annual CSA picnic in June.

Season: Minimum of 22 weeks May-October. CSA since 2001.

Contents: Beets, broccoli, bok choy, cabbage, Chinese cabbage, carrots, cucumbers, cauliflower, green and yellow beans, kohlrabi, sweet and hot peppers, lettuce and greens, herbs, potatoes, tomatoes, summer and winter squash and much, much more.

Sizes: *Half*: Household of 1-2 people. *Full*: Family of 3-5 people.

Distribution: Weekly drop-off sites: Iowa City/Coralville, West Liberty, Muscatine and Iowa/Illinois Quad Cities. Shares can also be picked up at the farm.

Cost: Call farm. Payments due in April and July.

Other Products: Small grains, hay and cut flowers.

#### Plan B Farm

Brian and LeAnn Anderson  
400 W. Walnut  
Williamsburg, IA 52361  
319-668-7013  
[www.planbfarm.blogspot.com](http://www.planbfarm.blogspot.com)  
[planbfarms@gmail.com](mailto:planbfarms@gmail.com)

General Farm Info: Plan B Farm CSA is in its inaugural year of operation and serves families in the Iowa City, Williamsburg and Cedar Rapids areas. Along with our CSA operation, we will have our produce available at several farmers markets in the area. We offer a wide variety of vegetables and herbs that are grown with sustainable practices on 1 ½ acres about 25 miles from Iowa City.

Season: Approximately 22 weeks from June to October

Contents: Vegetables and herbs that are in season, not limited to root crops, greens, herbs, brassicas, tomatoes, peppers, eggplant, and many others.

Sizes: *Full*: enough for a family of four. *Half*: enough for two adults and one - two small children.

Distribution: Pick-up is available at the farm and weekly drop-off sites that will be determined based on client needs.

Cost: Contact farm.

## **Sponsors of Guide & CSA Fair**

### Local Foods Connection

PO Box 2821  
Iowa City, Iowa  
319.338.2010  
LocalFoodsConnection@yahoo.com  
www.LocalFoodsConnection.org

Local Foods Connection purchases produce, bread, eggs, meat and other products from local earth-friendly farms and donates these goods to families who do not have access to such nutritious, tasty and fresh food. We provide opportunities for families to visit a farm and to learn healthy cooking methods. With your support, we assist families in need of a helping hand, strengthen our local foods network and empower the farmers who live and work just outside of your neighborhood.

### New Pioneer Food Co-op

22 S. Van Buren St.  
Iowa City, IA 52240  
(319) 338-9441  
Hours: 7:00 a.m. to 11:00 p.m.

1101 2<sup>nd</sup> Street  
Coralville, IA 52241  
(319) 358-5513  
Hours: 7:00 a.m. to 10:00 p.m.

New Pioneer Food Co-op is a full-service grocer offering a huge selection of natural products, from delectable deli favorites to hand-crafted hearth breads and pastries. We specialize in bringing locally-grown items from Iowa family farms to your table. Bring home the fresh flavor of Iowa-raised eggs, meats, and artisan cheeses from your member-owned Co-op! Our produce department features a wide array of locally and regionally-grown favorites from farmers you know and trust. Since 1971, New Pioneer has been a cooperatively owned business fully serving the needs of our member owners. We emphasize high quality, fair prices, and product information. We are an environmentally and socially responsible member of the community we serve.

### Edible Iowa River Valley

22 Riverview Drive NE  
Iowa City, IA 52240  
info@EdibleIowa.com  
www.EdibleIowa.com

Edible Iowa River Valley (EIRV) is a seasonal magazine celebrating the local farmers, food and food artisans of Central/Eastern Iowa, from the bluffs of Decorah to the Des Moines metro area, to Mississippi river towns to the fertile farms and fields in between. With stunning photography and rich content, EIRV showcases the family farmers, chefs, food artisans, farmers' market vendors and other food-related businesses for their dedication to using the highest quality, seasonal, locally grown products. EIRV is locally owned and operated, and is a fabulous regional guide for local foods. This seasonal magazine is available for free at over 100 points of distribution in Eastern and Central Iowa. Please check our website at [www.EdibleIowa.com](http://www.EdibleIowa.com).

### ECO Iowa City

[icpl.org/eco-iowa-city](http://icpl.org/eco-iowa-city)

ECO Iowa City is collaboration between the Iowa City Public Library and the Iowa City Public Works Department funded through a \$57,000 grant from the International City/County Management Association. The Iowa City Public Library and the Iowa City Public Works Department have partnered to enhance the quality of life for residents by improving the environmental sustainability of our community. The library has expanded its role as a community information center to educate and engage citizenry on the benefits of urban storm water management, urban composting, local food, energy conservation, and smart waste disposal. Utilizing books, online databases, and other library resources, including the Web

site and cable television channel, the library and public works department are offering workshops and other hands-on programs in conjunction with many community partners to encourage Iowa Citizens to create rain gardens, weatherproof their homes and businesses, and take other actions aimed at increasing the sustainability of our GREEN earth.

City of Iowa City

Robert A. Lee Community Recreation Center

1101 2nd St.

Coralville, IA 52241

(319) 358.5513

Hours: 7:00 a.m. to 10:00 p.m.