

KY PROUD CSA WEEK

March 4-8, 2024

PARTNER FARM GUIDE



Sav's Garden
Alex and Ivanna Media

KY PROUD CSA WEEK

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Welcome to the fifth annual KY Proud CSA Week! Thank you for joining us to learn more about Community Supported Agriculture (CSA). Use this guide to explore our partner farms, search for different CSA share types, and find a CSA across Kentucky.

WHAT IS CSA?

Community Supported Agriculture (CSA) is a local farm subscription you sign up for in advance. Members pay for a portion upfront, and this helps the farm purchase seeds, labor, and equipment needed earlier in the growing season. In return, CSA shareholders get access to local Kentucky products (aka delicious fresh food) on a regular basis at a pickup close to work or home.

WHAT ARE THE BENEFITS OF CSA?

CSA is a local food purchasing model that makes it easy to access nutrient-dense foods, try new recipes, and support Kentucky farms. When members take part in CSA they report eating healthier, learning more about how their food is produced, and feeling more connected to their local food system.



Mustard Seed Farm



Wild Roots Farm

WANT TO LEARN MORE?

JOIN THE
CSA IN KENTUCKY
FACEBOOK
GROUP! →



Visit kyproud.com/campaigns/community-supported-agriculture to find a CSA farm near you!

PARTNER FARMS

KY PROUD CSA WEEK

CLICK A FARM
NAME FOR
MORE INFO 



5W Farms



Agape
Fields



Barr
Farms



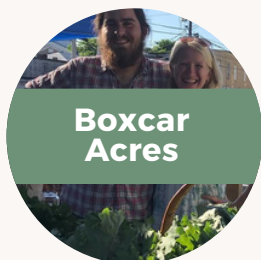
Black Paw
Farms



Blevins Family
Produce



Blossom and
Harvest



Boxcar
Acres



Broken Oaks
Farm



Buds N
Berries



Cherry
Farms



Chickapoo
Farm



Cleav's Family
Market



Clover
Hilltop Farm



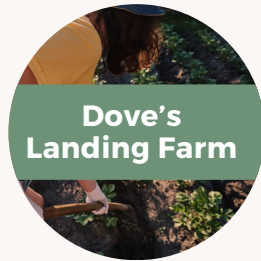
Coulter's Good
Earth Farm



Dark Wood
Farm



Deutsch
Farm



Dove's
Landing Farm



Eggleston
Farms



Elliott Brothers
Farm



Elmwood
Stock Farm



First Love
Farms



Flourishing
Herbs



Flowers at
Duncastle



Glad Moon
Farms



Grandview
Farm

CONNECT WITH YOUR FARMER

Are you curious about a specific farm OR CSA? Learn more by visiting their farm website (**click on their farm name in this section**), sending them an email, or reaching out on social media. Partner farms can help you determine the best share size, assist with signup, and answer any questions about the season.

PARTNER FARMS

KY PROUD CSA WEEK

CLICK A FARM
NAME FOR
MORE INFO 



Gray Arbor Farm



GreeneLanding KY



Hall Farmstead



Happy Hens Homestead



Hatmaker Homestead



Hazelfield Farm



Hickory Grove Farm



High Five Farm



Hill and Hollow Farm



Hillcrest Baskets & Greenhouse LLC



Hither Blooms



HomeGrown Direct LLC



Juniper Brooks Farm



Knob Hill Farm



La Très Jolie



Lakewatcher Farms



Lazy Eight Stock Farm



Lopez Land Farm



Lost Acres Farm



Makers Mushroom Company LLC



Mare Creek Farms



Mustard Seed Farm



Need More Acres



Newton's Chaos Farms



Old Homeplace Farm



Pond River Farm Market



Pure Pollen Flowers



R & T Farms



Rains and Sun Hilltop Farm



Roaring Shoals Farm

PARTNER FARMS

KY PROUD CSA WEEK

CLICK A FARM NAME FOR MORE INFO 



CHAT WITH ORGANIZERS

2024 KY Proud CSA Week is organized by Kentucky Proud, Kentucky Department of Agriculture, Center for Crop Diversification at University of Kentucky, Kentucky Horticulture Council, Organic Association of Kentucky, and The Food Connection at the University of Kentucky. Find more resources and connect with organizers by joining the [CSA in Kentucky Facebook Group](#).



CSA FAQs

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Can I get different sizes of CSA shares?

Generally, CSA farms will offer multiple CSA share sizes (i.e., small, regular, XL) or different frequencies (i.e., weekly, bi-weekly, monthly) so members can customize the amount of farm product they receive throughout the CSA season.

How do I know what to expect in my share?

What comes in your CSA share depends on the type and size you choose. For a produce CSA, products will vary by season and normally be harvested 1-2 days before the CSA pickup and packed in a box or bag. For Meat CSAs, items are typically packed in a cooler bag to ensure they stay frozen and can be thawed to prepare or stored in the freezer.

Do I get to pick the items?

The amount of choice varies by farm. Some farms offer a “traditional” CSA where the farmers select the products. Other farms offer a “customizable” share where members get to choose.

What payment options are most common?

CSA farms typically offer options to pay in full or pay in installments so members can choose what will work best for them. When possible, paying more upfront helps the farm with critical operating capital earlier in the season when there is not a lot of other farm income.

CSA SHARE TYPES

These symbols display CSA share types offered by partner farms. View the [CSA by Region](#) section on the following pages to see what CSA share types are offered around Kentucky.



PRODUCE



EGGS



FLOWERS



HERBS



MEAT



MUSHROOM



VALUE-ADDED



DAIRY

CSA BY REGION

KY PROUD CSA WEEK

CLICK A FARM NAME FOR MORE INFO 

CSAs in Lexington Area:

- [Agape Fields](#) 
- [Blossom and Harvest](#) 
- [Cleav's Family Market](#) 
- [Clover Hilltop Farm](#)    
- [Dove's Landing Farm](#)   
- [Elmwood Stock Farm](#)     
- [Flowers at Duncastle](#) 
- [Gray Arbor Farm](#) 
- [GreeneLanding KY](#)  
- [Hatmaker Homestead](#)    
- [Hickory Grove Farm](#)   
- [High Five Farm](#) 
- [HomeGrown Direct LLC](#)  
- [Lakewatcher Farms](#) 
- [Lazy Eight Stock Farm](#)   
- [Mare Creek Farms](#)     
- [Rootbound Farm](#)    
- [S & V Farms](#)   
- [Sav's Garden](#) 
- [Slak Market Farm](#)  
- [Slaughter Family Farm](#) 
- [Summit Meats](#) 
- [Sustainable Harvest Farm](#)     
- [Three Daughters Farm](#)   
































CSAs in Lexington Area:

- [Three Pines Herb Farm](#)  
- [Triple J Farm](#)    
- [UK Organic Farming Unit](#)  
- [Wild Roots](#) 

CSAs in Elizabethtown Area:

- [Barr Farms](#)   
- [Cleav's Family Market](#) 
- [Grandview Farm](#) 
- [R & T Farms](#) 

CSAs in Frankfort Area:
















































- [Blossom and Harvest](#) 
- [Dove's Landing Farm LLC](#)   
- [Elmwood Stock Farm](#)     
- [Hazelfield Farm](#)  
- [Hither Blooms](#) 
- [High Five Farm](#) 
- [Lopez Land Farm](#) 
- [Lost Acres Farm](#)  
- [Mare Creek Farms](#)     
- [Robertson Farm](#) 
- [Rootbound Farm](#)    
- [S & V Farms](#)   
- [Sweet Maple Farms](#)  

CSA BY REGION

KY PROUD CSA WEEK

CLICK A FARM NAME FOR MORE INFO 

CSAs in Louisville Area:

- [Barr Farms](#)   
- [Black Paw Farms](#)   
- [Boxcar Acres](#)   
- [Chickapoo Farm](#) 
- [Cleav's Family Market](#) 
- [Coulter's Good Earth Farm](#) 
- [Deutsch Farm](#) 
- [Elliott Brothers Farm](#)  
- [Elmwood Stock Farm](#)     
- [Hickory Grove Farm](#)   
- [Juniper Brooks Farm](#)   
- [Knob Hill Farm](#)  
- [La Très Jolie](#) 
- [Pure Pollen Flowers](#) 
- [Rootbound Farm](#)    
- [Skinner Farms LLC](#) 
- [Slaughter Family Farm](#) 
- [Sustainable Harvest Farm](#)    
- [Sweet Maple Farms](#)  
- [Triple J Farm](#)    
- [UrbanEco Farms](#) 













CSAs in Bowling Green Area:

- [Cherry Farms](#) 
- [Flourishing Herbs](#)   
- [Need More Acres](#)   
- [Summit Meats](#) 

CSAs in Northern KY:

- [Blossom and Harvest](#) 
- [Broken Oaks Farm](#) 
- [Dark Wood Farm](#) 
- [Eggleston Farms](#)  
- [Elmwood Stock Farm](#)     
- [Hazelfield Farm](#)  
- [Mustard Seed Farm](#) 
- [Rains and Sun Hilltop Farm](#)  
- [Rutz Flowers](#) 
- [Three Daughters Farm](#)   

CSAs in Danville & Somerset Area:

- [5W Farm](#) 
- [Lazy Eight Stock Farm](#)   
- [Newton's Chaos Farms](#)   
- [S & V Farms](#)  
- [Summit Meats](#) 
- [Wild Roots](#) 
- [Wisteria Hill Farm](#) 

CSA BY REGION

KY PROUD CSA WEEK

CLICK A FARM NAME FOR MORE INFO 

CSAs in Glasgow Area:

Flourishing Herbs   

Hill and Hollow Farm  

Lakewatcher Farms 

R & T Farms 

CSAs in Bardstown Area:

Buds N Berries  

Coulter's Good Earth Farm 

Slaughter Family Farm 

CSAs in Shelbyville Area:

Black Paw Farms   

Chickapoo Farm 

Deutsch Farm 

Elmwood Stock Farm     

Hickory Grove Farm   

La Très Jolie 

Lopez Land Farm 

Skinner Farms 

Slaughter Family Farm 

Sweet Maple Farms  

CSAs in Eastern KY:

Blevins Family Produce  

Hatmaker Homestead    

Happy Hens Homestead  

Old Homeplace Farm  

Roaring Shoals Farm 

CSAs in Berea & Richmond Area:

Lazy Eight Stock Farm   

Sustainable Harvest Farm    

Sylvatica Forest Farm 

Wolf Gap Gardens   

CSA BY REGION

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CLICK A FARM NAME FOR MORE INFO 

CSAs in Western KY:

First Love Farms 

Glad Moon Farms 

Hillcrest Baskets & Greenhouse LLC   

Makers Mushroom Company 

Pond River Farm Market  

Statewide Shipping:

Elmwood Stock Farm   

Hall Farmstead 

Hatmaker Homestead  

Hickory Grove Farm  

Makers Mushroom Company 

Skinner Farms 

Summit Meats 

Sweet Maple Farms 

Sylvatica Forest Farm  

CSA RESOURCES

KY PROUD CSA WEEK

Other Ways to Find a CSA

Use these resources to keep exploring CSA offerings across Kentucky and find the right one for you.

Visit the [CSA in Kentucky Facebook Group](#) and ask a question about what CSA share type you are looking for in what region or county.

Explore the [Kentucky Proud CSA Directory](#) and search for CSA farms near you. To search, scroll to the bottom, select “see all results”, and then browse OR select “filter” to refine the search.

Go to the [Organic Association Find-A-Farm Directory](#) and select the “Find CSA” box to find OAK members that offer a CSA program.



CSA Storage & Recipe Tips

Check out these seasonal recipes, the produce guide, and other handouts to make the most of your share.

Check out the [Plate It Up Kentucky Proud Recipes](#) for the Spring Season.

Learn what will be in season with the [Kentucky Proud Seasonal Produce Guide](#).

Find other recipes and tips from [Kentucky Farm Share Coalition CSA member handouts](#).

| | SPRING | | | SUMMER | | | FALL | | | WINTER | | |
|---------------------|--------|-----|-----|--------|-----|-----|------|-----|-----|--------|-----|-----|
| | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec | Jan | Feb |
| Apples (all types) | | | | | | | | | | | | |
| Asparagus | | | | | | | | | | | | |
| Beans (all types) | | | | | | | | | | | | |
| Berries (all types) | | | | | | | | | | | | |
| Broccoli | | | | | | | | | | | | |
| Brussels Sprouts | | | | | | | | | | | | |
| Butter Beans | | | | | | | | | | | | |
| Carrots | | | | | | | | | | | | |
| Chickpeas | | | | | | | | | | | | |
| Corn | | | | | | | | | | | | |
| Cucumbers | | | | | | | | | | | | |
| Eggplant | | | | | | | | | | | | |
| Garlic | | | | | | | | | | | | |
| Onions | | | | | | | | | | | | |

BEETS

This earthy root vegetable is a good source of folate, fiber, and phytonutrients that help with blood flow and exercise performance.

Store it: Remove the greens from the roots to preserve their firmness. Store both in the crisper drawer of the fridge. Greens will last 2-4 days and roots will last up to 2 weeks.

Prep it: No need to peel beets if you are going to cook them. If eating raw you can take the skin off with a wide vegetable peeler.

Cook it: Beets can be eaten raw, steamed, sautéed, baked, roasted, grilled or pickled.

Use it up: Make a shredded beet slaw, roast and top with goat cheese and nuts, or add to brownies.

Choose local and certified organic for healthy food, farms and people.