

# 2018 CSA COMPARISON GUIDE

BUSINESS	PRODUCE	EGGS	MEAT	PREPARED FOOD/OTHER	SEASON	WEEKS	PRICE*	PICKUP DAYS	KNOX COUNTY PICKUP LOCATIONS	CREDIT OR SNAP?	PRODUCTION PRACTICES
<b>TRADITIONAL</b> A Place of the Heart Farm	x				May-Oct	24	\$700 large \$400 small	F, Sa	MSFM (Downtown), on farm	Accepts Credit or SNAP	CNG
Abbey Fields Urban Farm	x	Add on			May-Nov	30	\$800 large \$500 small	W, Sa	On farm (East)	Credit, SNAP	
Care of the Earth Community Farm	x	Add on	Add on		Apr-Nov	32	\$850 weekly \$475 bi-weekly	W, Sa	Webb School (West), Island Home Park (South), (Fountain City), Bearden (West), Sequoyah Hills (West), TRM (Downtown North), on farm (Corryton)		Certified Organic
Crooked Road Farm	x	Add on	Add on		May-Jul	14	\$420 large \$280 small	M, Th	On farm (South), TRM (Downtown North)	Credit	Certified Organic
David Lay Farms	x				May-Sept	16	\$400	Tu, W	TBD based on members		GAP
Herb and Plow Farm	x				May-Feb	24	\$658.80 large \$442.80 small		Contact for more information.		CNG
Hines Valley Farm	x				May-Oct	24	\$625	Sa	MSFM (Downtown)	Credit	Certified Organic
Lacewing Farms	x	Add on		Add on	May-Nov	13 or 26	\$260 or \$500 (\$20/wk)	W, Sa, Su	TRM (Downtown North), MSFM (Downtown), on farm (Corryton)	Credit	
Mounts Family Farm		x	x					W, Sa	MSFM (Downtown), on farm (Dayton)		
Musick Mountain Farm	x				May-Sep	18	\$500 large \$285 small	Sa	MSFM (Downtown)		
VOL Supported Agriculture (UTK)	x				May-Oct	20	\$600	M, Th	UT Ag Campus (Downtown)	Credit	Certified Organic
Wilson Family Farm	x				May-Aug	12	\$300 large \$180 small	Th	On farm (Powell), Knoxville Christian Center (West)		
Zavels Family Farm	x				May-Sept	20	\$300	M-Sa	MSFM (Downtown), on farm (Luttrell)		
<b>NON-TRADITIONAL</b> Bob Due's Terraced Gardens Farm	x				Year-round	52	Pay in advance to pick out at market	Th, Sa	NHFM (East), MSFM (Downtown)		
CAC Beardsley Community Farm	x				Mar-Oct	Up to 24	Workshare	M-F	On farm (Mechanicsville)		
Clay Halo Farm & Kitchen	x			x	May-Jul	1 to 12	\$35 per week		Contact for more information.	Credit, SNAP	CNG
Garden Delivery CSA	x	x	x	x	Year-round	48	Weekly ordering	W	TRM (Downtown North), Uncle Lem's (West)	Credit	
Seven Springs Farm to Table, LLC	x	x	x	x	May-Oct		\$25 annual fee; \$480/24 weeks \$280/14 weeks		Contact for more information.	Credit, SNAP	
Sustainable Harvest Farm	x	Add on	Add on		May-Oct	20	\$540 large \$440 small	Sa	MSFM (Downtown)	Credit	Certified Organic, GAP
Wayward Mountain Farms		x	x		Year-round		\$40 membership fee Weekly ordering		Contact for more information.	Credit	

**ABBREVIATIONS**  
**DLFM** Dixie Lee Farmers Market  
**ERFM** Ebenezer Road Farmers Market  
**MSFM** Market Square Farmers' Market  
**NHFM** New Harvest Park Farmers Market

**TRM** Three Rivers Market  
**CNG** Certified Naturally Grown  
**GAP** Good Agricultural Practices  
**SNAP** Supplemental Nutrition Assistance Program

\*Pricing based on pay-in-full options.  
 Contact farms for other pricing structures or plans.  
 CSAs included deliver to Knox County.



## A PLACE OF THE HEART FARM

Pioneer, Tenn.  
[heartplace@peoplepc.com](mailto:heartplace@peoplepc.com)  
423-784-3401

We believe that a CSA is a collaboration between the farmer and the consumer; thus, you will be able to select the items that make up your basket. Each week, after harvest, we will send you an email with a list of available produce items. When you come to market to pick up your share, just bring us a list of what you wish to have, and we will fill your order. Some items will be available on a first-come, first-served basis, but the seasonally abundant vegetables will be available to everyone.

## ABBAY FIELDS URBAN FARM

Knoxville  
[abbey-fields.com](http://abbey-fields.com)  
[abbeyfieldsfarm@gmail.com](mailto:abbeyfieldsfarm@gmail.com)  
865-409-0442

We're an urban farm right in the heart of Knoxville. We focus on reclaiming blighted or vacant landscapes by means of thoughtful stewardship and natural food production. We do intensive, small scale farming on two sites while working to educate and empower our surrounding community to be more involved in their food system. We offer half- and full-size CSA shares, as well as an onsite farm stand, May-November.

## BOB DUE'S TERRACED GARDENS FARM

New Tazewell, Tenn.  
[terraced-gardens-farm.com](http://terraced-gardens-farm.com)  
[rototiller2@yahoo.com](mailto:rototiller2@yahoo.com)  
865-789-5285

My shares are variable and interactive. You choose from an availability list each week – what and how much you want. A printout of your account comes with each pickup showing your discount and balance. Pickups fit your schedule, skip the weeks that you are on vacation, out of town or do not need anything on the list. Shares begin as low as \$200. Ask for more details.

## CAC BEARDSLEY COMMUNITY FARM

Knoxville  
[beardsleyfarm.org](http://beardsleyfarm.org)  
[beardsleyfarm@gmail.com](mailto:beardsleyfarm@gmail.com)  
865-546-8446

We offer a workshare CSA for local, low-income individuals that runs from May until late November/early December. During our normal volunteer hours (Monday-Friday, 9 a.m.-3 p.m.), they come by to work with farm staff. After four hours of volunteering, they earn a large basket of food. We accept applications on a rolling basis at [www.beardsleyfarm.org/workshare-csa](http://www.beardsleyfarm.org/workshare-csa)

## CARE OF THE EARTH COMMUNITY FARM

Corryton, Tenn.  
[careoftheearthcommunityfarm.com](http://careoftheearthcommunityfarm.com)  
[careoftheearthcommunityfarm@gmail.com](mailto:careoftheearthcommunityfarm@gmail.com)  
865-978-0561

We offer two share sizes: a full share and a bi-weekly share. Our regular season is 32-33 weeks, followed by a smaller winter share. Cost is \$850/\$475 respectively, plus a one-time, refundable \$75 bin deposit. Certified organic.

## CLAY HALO FARM & KITCHEN

Knoxville  
[clayhalofarm@gmail.com](mailto:clayhalofarm@gmail.com)  
704-287-2857

We offer a limited number of summer (May-July) and fall (August-October) CSAA: Community Supported Agricultural Apprenticeship shares. Your purchase of a share provides paid apprenticeships for community college students. We also sell monthly at the Lonsdale International Market.

## CROOKED ROAD FARM

Knoxville  
[crookedroadfarm.com](http://crookedroadfarm.com)  
[crookedroadfarm@gmail.com](mailto:crookedroadfarm@gmail.com)  
865-577-2938

We offer a weekly USDA certified organic produce CSA share throughout the growing season. Pasture-raised eggs and pork also available. Email [crookedroadfarm@gmail.com](mailto:crookedroadfarm@gmail.com) for details.

## DAVID LAY FARMS

Rogersville, Tenn.  
[dandllay@gmail.com](mailto:dandllay@gmail.com)  
423-272-6581

You will get a one-half bushel box of goodies each week for 16 weeks, beginning in mid-May. Each week you will receive a portion of what we are currently picking. This is like growing your own garden. Everything is seasonal, so you will not get sweet corn in May. As a CSA member you are eligible to get beans, canning tomatoes, cucumbers and corn by the box at a discounted price.

## GARDEN DELIVERY CSA

Jefferson City, Tenn.  
[gardendeliverycsa.com](http://gardendeliverycsa.com)  
[gardendelivery@gmail.com](mailto:gardendelivery@gmail.com)  
865-441-5743

A modern twist on Community Supported Agriculture. Founded in 2007, Garden Delivery CSA is not your traditional CSA model. Order what you want, when you want, year-round. No shares to buy. No food wasted. Our cooperative CSA is made up of local farmers, ranchers and producers, and offers products ranging from produce to meat, eggs and honey. Our produce is 100 percent naturally grown without the use of dangerous chemicals or pesticides. Our non-GMO meat products come from animals not treated with hormones, antibiotics or steroids. Our packaged products are made using the freshest ingredients available without any additives or fillers. Everything we sell is grown, raised or produced right here in East Tennessee. Our mission is to provide locally sourced "real" food at reasonable prices.

## HERB AND PLOW FARM

Grimsley, Tenn.  
[herbandplow.com](http://herbandplow.com)  
[herbandplow@gmail.com](mailto:herbandplow@gmail.com)  
423-223-4854

We raise more than 50 varieties of certified naturally grown fruits and vegetables. We offer very flexible payment plans that make it easy for young families to enjoy a CSA. Our deliveries have expanded to four drop-off points in Knoxville, one in Oak Ridge, five in Nashville, one in Crossville, and one at the farm. Herb and Plow networks with an Amish and a Mennonite farmer who farm with the same high standards that we do. They provide about 25 percent of the produce, allowing us to provide the common garden goods everyone loves and the unusual foods which make our shares full and diversified for 24 weeks. Certified naturally grown.

## HINES VALLEY FARM

Lenoir City, Tenn.  
[hinesvalleyfarm.com](http://hinesvalleyfarm.com)  
[john@hinesvalleyfarm.com](mailto:john@hinesvalleyfarm.com)  
865-202-2921

Twenty-four week term CSA, May-October. \$625 cost in two payments: \$325 due at first May delivery, \$300 the first week of August. This equals a bit over \$26 per week for produce grown organically under USDA certification in Loudon County. Certified organic.

## LACEWING FARMS

Corryton, Tenn.  
[lacewingfarms.com](http://lacewingfarms.com)  
[brianader@lacewingfarms.com](mailto:brianader@lacewingfarms.com)  
865-621-0542

Our CSA is a two-term subscription. You can sign up for 13 weeks of produce or 26 weeks of produce. First term is May-August, second term is August-November. We offer vegetables from spring through fall, with a short break in mid-August. You will be able to sign up for both terms or just one. We offer seasonal vegetables, some fruit, herbs, cut flowers and eggs. We also offer a flexible CSA. You can put as much money as you want on a reloadable card and use it with us at the farmers market. Buy only what you need when you need it, no commitment.

## MOUNTS FAMILY FARM

Dayton, Tenn.  
[mounthfamilyfarm@gmail.com](mailto:mounthfamilyfarm@gmail.com)  
423-667-3199

This year we will be offering a 100 percent grass-fed beef, chicken and egg CSA. Please contact us for pricing and availability.

## MUSICK MOUNTAIN FARM

Williamsburg, Ky.  
[janmusick@yahoo.com](mailto:janmusick@yahoo.com)  
606-549-1627

I grow a wide variety of delicious naturally grown vegetables and herbs to sell at the farmers market. I am completely dedicated to organic practices and do not use chemicals, pesticides, herbicides or GMOs. I do weekly CSA deliveries to the Saturday Market Square Farmers Market, 18 weeks, May through September. I email a list of available vegetables from which you can choose.

## SEVEN SPRINGS FARM TO TABLE, LLC

Maynardville, Tenn.  
[sevenspringsfarmtn.com](http://sevenspringsfarmtn.com)  
[mail@SevenSpringsFarmTN.com](mailto:mail@SevenSpringsFarmTN.com)  
865-745-2902

Seven Springs Farm to Table CSA offers a flexible CSA allowing you to choose what goes into your box from a large array of fruits, vegetables, eggs, meats and local farm products. Members order online each week from the comfort of home. We have several pickup locations for your convenience. The season runs May through October.

## SUSTAINABLE HARVEST FARM

London, Ky.  
[sustainableharvestfarm.com](http://sustainableharvestfarm.com)  
[ford.waterstrat@gmail.com](mailto:ford.waterstrat@gmail.com)

Sustainable Harvest Farm was the first farm in the region to provide custom-packed USDA-certified organic fruits and vegetables shares. Members can add grass-fed beef and pork to their shares. Sustainable Harvest Farm continues to look for ways to innovate and expand their farm to provide quality, sustainable and delicious food to their family and community. Introducing weekly customized boxes of produce based on what you want. Select preferences at sign-up and then customize each week based on our harvest. This will help you actually use everything in the share, because you'll love everything you are getting.

## VOL SUPPORTED AGRICULTURE (UNIVERSITY OF TENNESSEE)

Knoxville  
[vsa@utk.edu](mailto:vsa@utk.edu)

The VOL Supported Agriculture program is a student-operated CSA and internship program at the University of Tennessee, Knoxville. We work to connect community members with their farmers by allowing individuals to purchase shares of our harvest. Member sign-up fees help us buy seeds and supplies, and provide stipends for the VSA student interns participating in our unique, experiential, organic production internship. In return, members receive a weekly one-half bushel box of organic produce for 20 weeks. Box contents vary from week-to-week and feature a variety of seasonal produce. Enjoy fresh vegetables from mid-May to October grown just a few miles from campus on UT's own organic farm.

## WAYWARD MOUNTAIN FARMS

Maynardville, Tenn.  
[waywardmountainfarms.com](http://waywardmountainfarms.com)  
[info@waywardmountainfarms.com](mailto:info@waywardmountainfarms.com)  
865-659-2029

We provide direct farm-to-table service by cutting out the use of a conventional grocery store. Wayward Mountain Farms uses custom exempt butchers who process meat with care in a sanitary environment, but do not add, alter or disguise your meats. This is in addition to our already beyond-organic farming practices. Your meat is simply, your meat. Get your membership share and get access to all our meats, eggs and products. No minimum order requirements. Simply purchase online any time, and pick up at any of our drop off locations.

## WILSON FAMILY FARM

Powell, Tenn.  
[Wilsonfamilyfarmtn@gmail.com](mailto:Wilsonfamilyfarmtn@gmail.com)  
865-947-1449

Beginning about May 17, Wilson Family Farm will provide weekly deliveries (Thursdays) of fresh, in-season vegetables for a 12-week period. Cost is \$300 for full shares. Small shares cost \$180.

## ZAVELS FAMILY FARM

Corryton, Tenn.  
[zavels5@att.net](mailto:zavels5@att.net)  
865-640-6209

You will receive a quarter-bushel box full of seasonal vegetables during the weeks of May through September. A full share for 20 weeks costs \$300.

CSAs included deliver to Knox County.