

2019 CSA COMPARISON GUIDE

KNOXCOUNTY.ORG/HEALTH/
NOURISHKNOXVILLE.ORG
SLOWFOODTNVALLEY.COM

TRADITIONAL

NON-TRADITIONAL

BUSINESS	PRODUCE	EGGS	MEAT	PREPARED FOOD/ OTHER	SEASON	WEEKS	PRICE*	PICKUP DAYS	KNOX COUNTY PICKUP LOCATIONS	CREDIT, SNAP OR ONLINE PAYMENT?	PRODUCTION PRACTICES	WORK-SHARES
A Place of the Heart Farm	x				May-Oct	24	\$700 large \$400 small	F, Sa	MSFM (Downtown) On farm	Credit, SNAP	CNG	
Care of the Earth Community Farm	x	Add on	Add on		Apr-Nov	32	\$850 weekly \$475 bi-weekly \$250 winter	W, Sa	Webb School (West) Island Home Park (South) Fountain City (North) Bearden (West) Sequoyah Hills (West) TRM (Downtown North) On farm (Corryton)	Venmo	Certified Organic	Yes
Crooked Road Farm	x	Add on	Add on		May-Nov	22	Summer: \$280 or \$420 Fall: \$160 or \$240 (Eggs: \$5/week Pork: \$40/month)	M, Th	On farm (South) TRM (Downtown North)	Credit, Venmo	Certified Organic	
Herb and Plow Farm	x				June-Oct	20	\$22.50 or \$32.50/week	T, W, Th	Contact for more information.	Credit	CNG	
Hines Valley Farm	x				May-Oct	24	\$625	T, Sa	MSFM (Downtown) Plaid Apron (West)		Certified Organic	
Musick Mountain Farm	x				May-Sep	18	\$500 large \$285 small	Sa	MSFM (Downtown)			
Seven Springs Farm to Table, LLC	x		x	x	May-Sep	20	\$500 (\$25/week)	W, F, Sa	MSFM (Downtown) On farm (Maynardville)	Credit, SNAP		
VOL Supported Agriculture (UTK)	x				May-Oct	20	\$600	M, Th	UT Gardens (Downtown)	Credit	Certified Organic	
Bob Due's Terraced Gardens Farm	x				Year-round	52	Pay in advance to pick out	W, Th, Sa	NHFM (East) MSFM & Winter Market (Downtown)			
CAC Beardsley Community Farm	x				Mar-Nov	Up to 24	Workshare (4 hrs/week)	M-F	On farm (Mechanicsville)			Yes
Garden Delivery CSA	x	x	x	x	Year-round	48	Weekly ordering, \$25 membership fee	W	TRM (Downtown North) Uncle Lem's (West)	Credit PayPal		Yes
Sustainable Harvest Farm	x		Add on	Add on	May-Oct	22	\$22, \$27, or \$34/week (customizable)	T, Sa	MSFM (Downtown) Whole Foods (West) Uncle Lem's (West) Cook to be Well (Downtown North)	Credit	Certified Organic GAP	

ABBREVIATIONS

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.



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A PLACE OF THE HEART FARM

Pioneer, Tenn.

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-serve basis, but the seasonally abundant vegetables will be available to everyone.

BOB DUE'S TERRACED GARDENS FARM

New Tazewell, Tenn.

rototiller2@yahoo.com

865-789-5285

High quality vegetables grown on soil with balanced fertility to give you exceptional flavor and quality. No herbicides, pesticides or GMOs used. Hay mulch and ground cover fabric for weed control. Hillside terraced to conserve soil...no erosion. Crops include but not limited to potatoes (red, blue, yellow), sweet potatoes (orange, white and purple), cabbage, Chinese cabbage (NAPA), broccoli, Asian greens, Japanese and Korean daikon radishes, elephant and hardneck garlics, winter squash, tomatoes, beans, kohlrabi, radishes and green onions.

CAC BEARDSLEY COMMUNITY FARM

Knoxville

beardsleyfarm.org

beardsleyfarm@gmail.com

865-546-8446

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

CARE OF THE EARTH COMMUNITY FARM

Corryton, Tenn.

careoftheearthcommunityfarm.com

careoftheearthcommunityfarm@gmail.com 865-978-0561

We are a community-supported, family-owned and operated certified organic vegetable and seed farm in northeast Knox County. We offer weekly and bi-weekly shares from mid-April until Thanksgiving. We also offer a winter share. We do not have any share openings for the 2019 season. You are welcome to contact us and join our 2020 waiting list.

CROOKED ROAD FARM

Knoxville

crookedroadfarm.com

crookedroadfarm@gmail.com

865-577-2938

CRF is a certified organic produce farm in Knoxville. We also offer pasture-raised eggs and heritage pork.

GARDEN DELIVERY CSA

New Market, Tenn.

gardendeliverycsa.com

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. No shares to buy. No food wasted. If you want to know exactly where your food is coming from, this is the program for you. For 12 years, quality fresh food from Garden Delivery CSA has come directly from our vendors to your table. Our produce is 100 percent naturally grown without dangerous chemicals or pesticides. Our meat products come from animals not treated with hormones, antibiotics or steroids. Our packaged products are made using the freshest ingredients without 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

herbandplow@gmail.com

423-223-4854

We grow more than 50 varieties of fruits and veggies. We supply our customers with chemical-free, non-GMO produce.

HINES VALLEY FARM

Lenoir City, Tenn.

hinesvalleyfarm.com

john@hinesvalleyfarm.com

865-202-2921

Twenty-four-week CSA, running May-October. Produce grown organically under USDA certification in Loudon County. Good taste is the most important vegetable quality. Best flavor results from variety selection and harvest at proper ripeness.

MUSICK MOUNTAIN FARM

Williamsburg, Ky.

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 GMO's. 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

emily@sevenspringsfarmtn.com

865-803-8333

We're a small, family-owned and operated farm, growing produce, raising beef cattle and running a small commercial kitchen. We use no chemical pesticides or chemical fertilizers. Our farm is run on green energy and we use fresh spring water for irrigation and harvesting practices. We're offering a traditional CSA with a box of our freshest fruits and vegetables throughout the spring and summer seasons. Both meat and bread add-ons are available with our CSA. Our goal is to make fresh, healthy food available to you and to feed our community well!

SUSTAINABLE HARVEST FARM

London, Ky.

ford.waterstrat@gmail.com

859-227-5101

We work to build the connection between you and your food through weekly, customizable deliveries of our Certified Organic produce. We encourage all our members to come to the farm for our CSA harvest events, included with the purchase of your CSA share. Members can add grass-fed beef, pork, and Wildcat Mountain Cheese to their shares. 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. Farm shares for 22 weeks, starting with strawberries, lettuce, sweet potatoes and canned goods and ending with your favorite fall vegetables. Our CSA members have become the lifeblood of our business, and your membership helps ensure this small farm continues to thrive. Also offering Workplace Wellness Partnerships for employers wishing to develop on site Farm Shares for their employees.

UNIVERSITY OF TENNESSEE VOL SUPPORTED AGRICULTURE

Knoxville

vsa@utk.edu

tiny.utk.edu/vsa

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 by students just a few miles from campus on UT's own organic farm.

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