

KY PROUD FALL CSA WEEK September 18-22, 2023

Welcome to the third annual KY Proud Fall CSA Week! Thank you for joining us to learn more about Community Supported Agriculture (CSA) across Kentucky. We hope this guide helps explain more about what CSA is, offers opportunities on how to subscribe in your region, and provides resources to prepare more locally-grown foods from September through December.

WHAT IS A CSA?

Community Supported Agriculture (CSA) is a method of pre-purchasing food directly from a local farm. Members sign up in advance and commit to a certain number of weeks in the growing season. This upfront signup allows the farmers to know who they're growing for and creates a more secure market for their products. Participants often called "shareholders" then receive a regular "share" or box of the farm's harvest.

What comes in your CSA share depends on the type and size you choose. Different options can include, but are not limited to, **produce, meat, eggs, herbs, flowers, value-added products** or a mix of each (typically called a "full diet CSA"). Many farms also offer different size shares to accommodate what works best for customers.







PARTICIPATING FARMS

GLICK A FARM
NAME FOR
MORE INFO

KY PROUD FALL CSA WEEK



















































CONNECT WITH ORGANIZERS

This promotion is coordinated by Kentucky Horticulture Council, Kentucky Proud, Organic Association of Kentucky, and The Food Connection. Get additional information and connect with organizers by joining the CSA in Kentucky Facebook Group.





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CSA SHARE TYPES

These symbols display CSA share types offered by participating farms. View the at-a-glance of Fall CSA by Region on the following pages to see what CSA share types are offered by area.









PRODUCE







MEAT



VALUE-ADDED

DAIRY

FALL CSA BY REGION



KY PROUD FALL CSA WEEK

CSAs in Louisville Area:

A Place on Earth CSA Farm



Barr Farms (USDA)



Boxcar Acres



Broken Buckle Beefalo



Common Table





Elmwood Stock Farm



Groce Family Farm 🤍



Jones Brother Farm



Knob Hill Farm USDA



Metro Mushrooms



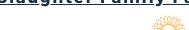
Nourish Farms



Rootbound Farm (USDA)



Slaughter Family Farm



Uproot Blooms



Urban Microgreens



CSAs in Northern KY:

Eggleston Farm Fresh Foods



Elmwood Stock Farm (USDA)

Jones Brother Farm



Three Daughters Farm



CSAs in Lexington Area:

Clover Hilltop Farm



DreamTime Market Gardens



Eggleston Farm Fresh Foods



Elmwood Stock Farm



Hickory Grove Farm Lakewatcher Farms



Mare Creek Farms <





S & V Farms



Slak Market Farm





UK Organic Farming Unit



CSAs in Bowling Green Area:

Cherry Farms



Lakewatcher Farms



Flourishing Herbs (USDA



Majestic Greens Farm



Montgomery's Poultry



Need More Acres Farm



FALL CSA BY REGION



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CSAs in Glasgow Area:

Cherry Farms



Flourishing Herbs USDA



Hill and Hollow Farm



Lakewatcher Farms



Majestic Greens Farm



CSAs in Elizabethtown Area:

Barr Farms (USDA







Broken Buckle Beefalo



Modern Heritage Farm



River Blossoms Flower Farm



CSAs in Shelbyville Area:

Hickory Grove Farm





Urban Microgreens



CSAs in Danville & Somerset Area:

S & V Farms



Tri-County Coturnix



CSAs in Frankfort Area:

Eggleston Farm Fresh Foods



Elmwood Stock Farm







Rootbound Farm







S & V Farms



<u>DreamTime Market Gard</u>ens



S & V Farms



CSAs in Eastern KY:

Roaring Shoals Farm



CSAs in Western KY:

Magney Legacy Ridge Farm



Statewide Shipping:

Broken Buckle Beefalo



Elmwood Stock Farm





Hickory Grove Farm







S & V Farms



Slaughter Family Farm



Three Daughters Farm





CSA RESOURCES

KY PROUD FALL CSA WEEK

Other Ways to Find a CSA

Visit the <u>CSA in Kentucky Facebook Group</u> and ask a question about what CSA share type you are looking for in what region or county.



Explore the <u>Kentucky Proud CSA Directory</u> and search for CSA farms near you. To do this, click the link, select "see all results" at the bottom, and then browse OR select "filter" to refine the search.



Go to the <u>Organic Association Find-A-Farm</u> <u>Directory</u> and select the "Find CSA" box to find OAK members that offer a CSA.



CSA Storage & Recipe Tips

Check out the <u>Plate It Up Kentucky</u> <u>Proud Recipes</u> for the Fall Season.



Learn what will be in season with the **Kentucky Proud Seasonal Produce Guide**.



Find other recipes and tips from <u>Kentucky</u>
Farm Share Coalition CSA member handouts.

