



# 2022 CSA GUIDE

From beets to beef to  
baguettes, 6 of our  
favorite CSA programs

*edible*  
NASHVILLE

## GROWING TOGETHER

### Become a Part of the Growing Together Community! Join Our CSA!

The Nashville Food Project's market garden program, Growing Together, engages farmers who are interested in growing produce to sell, generating personal income and building community food security along the way. Growing Together is designed to give opportunity to people from agrarian backgrounds through access to land, resources, training and technical assistance, and marketing. Growing Together currently supports farmers who arrived in the U.S. as refugees from Burma and Bhutan. When you purchase a share, you'll be paired with one of the Growing Together CSA farmers who will grow your share for the season.

All of the Growing Together produce is grown in South Nashville, at a small farm off of Haywood Lane. We use no chemical fertilizers or pesticides on the farm. Any inputs we use are certified for organic growing practices.

You can expect to see many familiar vegetables, like lettuces, carrots, and green beans, and you can also expect to taste crops from farmers' home countries of Burma and Bhutan, such as bitter melon, roselle, heirloom mustard greens, and shishito peppers. Vegetables will vary based on the season of your CSA and will change every week!

With your purchase of a CSA share, you will be investing in the success of a farmer who may otherwise experience barriers to resources, and supporting the work of The Nashville Food Project in providing food access to underserved communities.

**Website:** [thenashvillefoodproject.org/growing-together](http://thenashvillefoodproject.org/growing-together)

**E-mail:** [tally@thenashvillefoodproject.org](mailto:tally@thenashvillefoodproject.org)

**Instagram:** @growingtogethernashville

**Phone:** (615) 460-0172



# CANEY FORK FARMS

## ORGANIC FARMING IN TENNESSEE

We are a farm in middle Tennessee that uses carbon farming practices to provide healthy, affordable food that prioritizes people and planet. Our mission is to inspire others with living proof that regenerative, organic farming in Tennessee benefits farmers, the community, and the environment.

## GRASSFED MEAT SHARE or ORGANIC VEGGIE SHARE

CSA Seasons- sign up anytime!  
Spring/Summer Season: May - November  
Fall/Winter Season: December - April

**Website:** [caneyforkfarms.com](http://caneyforkfarms.com)

**Email:** [info@caneyforkfarms.com](mailto:info@caneyforkfarms.com)

**Instagram:** [@caneyforkfarms](https://www.instagram.com/caneyforkfarms)

**Phone:** (615) 212-5234





## DELVIN FARMS

### JOIN OUR CSA FOR 2022

Weekly pickups from May through October of farm fresh vegetables, pre-packed and hand selected from our fields.

All of the food produced on our farm is certified organic, starting from seed grown in our greenhouses, transplanted to our fields and then harvested especially for your family's dining pleasure.

We are committed to growing the freshest, most vibrant, nutritionally dense food possible for our customers. By growing our food with certified organic methods, you know that your food is being produced in the most environmentally friendly conditions.

During the course of a season we raise over 50 varieties of vegetables that will go into our CSA box. Each box will have 6 to 12 varieties of farm fresh, "picked at peak of harvest" vegetables. Our season will start out with kales, collards, broccoli, cabbage, onions, lettuces, and other cool season greens. Summer brings us into tomatoes, peppers, corn, melons, cantaloupe, blackberries, potatoes, squashes, cucumbers, beans, and eggplants. Fall will wrap up the season with favorites like sweet potatoes, butternut and acorn squash, pumpkins, arugula, tatsoi, kales, and other greens.



### LOCATIONS

- Brentwood United Methodist Church
- Richland Park Farmer's Market
- Franklin Farmers Market
- East Nashville Farmers Market
- Delvin Farm Store
- Vanderbilt University Medical Center

### CONNECT

- Website:** [delvinfarms.com](http://delvinfarms.com)
- Email:** [hank@delvinfarms.com](mailto:hank@delvinfarms.com)
- Instagram:** [@delvinfarms](https://www.instagram.com/delvinfarms)
- Phone:** (617) 719-6025





*need  
recipes!*



# *edible*

NASHVILLE

Go to [ediblenashville.com](http://ediblenashville.com)  
for recipes using  
up-to-the-minute in season  
produce and meats

## GREENDOOR GOURMET

Being part of a CSA program isn't just about the vegetables, it changes the way you eat!

### 2022 Season Local Farm Box Subscription

A terrific option for today's farm enthusiasts, Green Door Gourmet's Local Farm Box tackles some of the most common consumer CSA issues.

We feature an easy pick-up schedule, personalized attention from your farmer, and numerous produce selections. Back by popular demand, we are offering a Fun Sized AND Family Sized Box!

### LOCATION

Green Door Gourmet  
7007 River Rd Pike, Nashville, TN 37209  
Weekends May 8th - October 9th, 10 AM - 3 PM

### CONNECT

**Website:** [greendoorgourmet.com](http://greendoorgourmet.com)

**Email:** [info@greendoorgourmet.com](mailto:info@greendoorgourmet.com)

**Instagram** @greendoorgourmetfarm

**Phone:** (615) 942-7169

[Read about owner and farmer Sylvia Ganier at ediblenashville.com](http://ediblenashville.com)



## ECO-GARDENS

### ECO-GARDENS CSA

2022 will be our 17th year delivering to Nashville!

During our 28 week season, our CSA members receive a weekly or every-other-week delivery of a wide variety of vegetables, berries, herbs, and melons, lovingly nurtured on our family farm using 100% organic growing practices. We really depend on the natural bug-eat-bug cycles of nature and go to great efforts to preserve the ladybugs and other beneficial insects. Our soils are fed massive, carbon-rich cover crops and composts, which creates a home for many happy families of earthworms and other soil life. Our goal is to keep the ladybugs and earthworms happy, which results in, you guessed it ... **HAPPY VEGETABLES!**

In the spring, we expect cool weather crops like lettuces, strawberries, spring mix, dark leafy greens, spring onions & more, followed closely by broccoli, cauliflower, tomatoes, cucumbers, and new potatoes. As the season warms, we see blueberries, heirloom tomatoes, yellow squash, sweet peppers, zucchini, eggplant, sweet onions, green beans, sweet corn, cantaloupe, watermelon, and a variety of herbs. Progressing through the summer, tomatoes, peppers, beans, sweet corn, and melons continue, while sweet potatoes and winter squashes make their appearance. As the season winds to a close, with sweet potatoes and winter squashes continuing, we see cool weather crops once again like lettuces, brassicas, sweet carrots, greens, & MORE!

Full Shares, Half Shares, and Personalized Shares available.

### PICK-UP LOCATIONS:

**NEW!** Church of the Assumption, 1227 Seventh Ave N. 37208

Christ the King Catholic Church, 3001 Belmont Blvd. 37212

Crievewood Baptist Church, 480 Hogan Rd. 37220

### CONNECT

**Website:** [eco-gardenscsa.com](http://eco-gardenscsa.com)

**E-mail:** [eco-gardenscsa@att.net](mailto:eco-gardenscsa@att.net)

**Instagram:** [@ecogardenscsa](https://www.instagram.com/ecogardenscsa)

**Phone:** (615) 331-0104





## HARBIN HOLLOW LOCAL MARKET

We are proud to offer the Eco-Garden CSA for pickup at our Portland, TN store.

At Harbin Hollow we specialize in honey and elderberry products that we produce ourselves. We also take pride in creating all-natural & handcrafted health and wellness supplements made right here in middle Tennessee as well as hosting a marketplace for local makers.

Visit our store in Portland, Tn for local meats, cheeses, vegetables, breads and much more.

Harbin Hollow Local Market  
809 N Broadway, Portland, TN

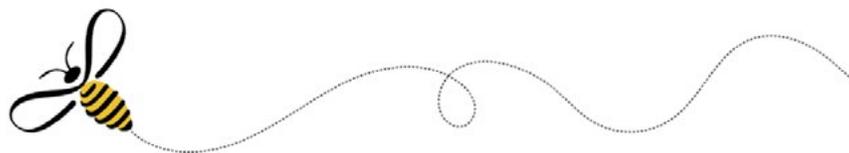
### CONNECT

**Website:** [harbinhollow.com](http://harbinhollow.com)

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