

2021 CSA GUIDE

From beets to beef to
baguettes, 12 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.

Spring Shares: May 23rd - July 11th - from \$225

Fall Shares: September 14th - November 9th - from \$225

Purchase Spring and Fall together for \$425

LOCATIONS

The Nashville Food Project
5904 California Ave, Nashville, TN
every Tuesday evening from 4 - 6 pm
and Saturday mornings from 9 - 11 am

We will coordinate with you the day that works best!

PURCHASE YOUR SHARE

Website: thenashvillefoodproject.org/growing-together

E-mail: info@thenashvillefoodproject.org

Instagram: @growingtogethernashville

Phone: (615) 460-0172





TN GRASS FED

Our cattle are not closely confined and always have fresh grass or hay available. Fresh water is available in each paddock and is always in close proximity. Our cattle have been specifically bred for our climatic conditions and are well adjusted to our humid summer weather.

To paraphrase an ancient Indian proverb, “The land is not a gift from our parents but a loan from our children.” By that wise measure, the current borrowers of Tn Grass Fed Farm are Phil and Kathy Baggett. Phil grew up on the farm and graduated from The University of Tennessee majoring in Agricultural Economics.

Kathy and Phil’s goal is for the farm to support a healthful and enjoyable lifestyle while producing foods that are naturally delicious and nutritionally superior products for themselves, their children, and others.

At TN Grass Fed Farm, the cattle are grass fed and grass finished. This produces beef that is lower in saturated fats, higher in the omega-3’s, leaner and taste better. It’s better for the animals, better for the land and better for you.

Tn Grass Fed Farm sells beef, pork, chicken, wild-caught seafood, and other local products. They have a variety of options and have Farm to Kitchen Delivery.



LOCATIONS

Nashville Farmers’ Market
Murfreesboro Farmers Market
Clarksville Farmers Market

PURCHASE YOUR SHARE

Website: tennesseegrassfed.com
E-mail: info@tennesseegrassfed.com
Instagram: @tngrassfed
Phone: (615) 347-5454



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

SUMMER VEGGIE CSA:

Our organic veggie share is delivered every other week with fresh, nutrient-dense produce. We give you a great variety of seasonal produce for diverse and delicious meals.

Season: May - November, bi-weekly delivery

Price: \$420 / 14 boxes

SUMMER MEAT CSA:

Our monthly meat CSA will stock your freezer with the highest quality grass-fed beef, lamb, and pasture raised pork. We create each individual share based on the preferences you set and the inventory we have available. You can also swap items and add on additional cuts before each delivery.

Season: May - November, monthly delivery

Sizes/Prices:

Small: \$50/mo, 5 lbs of meat

Medium: \$100/mo, 10 lbs of meat

Large: \$150/mo, 15 lbs of meat

PICK UP LOCATIONS

Nashville: East Nashville Farmers Market
Tuesdays 3:30-6:30pm, or home delivery available

Carthage: Smith County Farmers Market
Wednesdays 10-11am

Lebanon: Demeter's Common
Fridays 12-3pm

CONNECT

Website: caneyforkfarms.com

Email: info@caneyforkfarms.com

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

Phone: (615) 212-5234



SOUTHERN RIDGE FARM

We are your multigenerational family farm, located in the beautiful rolling hills just south of Nashville, TN. Our animals roam over 230 acres of lush green pastures and dense woodlots. We work hard to provide you with the healthiest, tastiest, best meat share program Tennessee has to offer.

Meat Share Highlights:

- Your food, your choice — choose from over 130 different options of premium beef, pork, and chicken.
- Sustainably harvested, wild caught seafood from fishermen we know personally — Alaskan salmon, Appalachian trout, and Gulf shrimp.
- Added value — cooked and cured meats, such as charcuterie, hot dogs, and deli meat.
- No up-front fees — simply place your order! Membership benefits kick in when you order \$109 monthly: discounted prices, points rewarded, and farm invitations (coming soon).
- Local or home delivery — pickup at local farmers markets or enjoy FREE home delivery for orders over \$200 and \$9.50 delivery for orders between \$100 and \$200.

Healing the body...

Our farm-nurtured meats have all the taste and:

- No pesticides, herbicides, GMO feed, or animal by-products
- No antibiotics or added hormones

Healing the land...

Our negative carbon footprint farm adheres to high standards and practices in all our farming and we think of Southern Ridge Farm as beyond organic. We use permaculture principles, ecological design, and a humane livestock raising philosophy.

We want you to think of Southern Ridge Farm as your farm, as we think of our members as our farm family. Because you go the extra step to buy locally grown and support your family farm, we go the extra step to exceed your expectations.

It's your farm. Share.

Keith, Caleb, Jonathan, Machen, and Jerlene

LOCATIONS

Delivery to:

Nashville
Franklin
Murfreesboro
Spring Hill
Columbia

On farm pick-up: Monday - Saturday by appt
1793 Theta Pike, Columbia, TN

CONNECT

Website: southernridgefarm.com

Email: hello@southernridgefarm.com

Instagram: @southernridgefarm

Phone: (615) 636-7137

SOUTHERN RIDGE
Farm





DELVIN FARMS

JOIN OUR CSA FOR 2021

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





DOE RUN FARMS

Registration for 2021 CSA is open!

If you are looking for a CSA to join for the upcoming season, we offer:

- 3 share sizes: large, medium, and small
- 3 ways to pay: credit card, check, or payment plan
- 3 weeks vacation suspension with credit (to use in the online country store or toward make-up shares)

Doe Run Farms is located midway between Huntsville and Nashville, and run by John and Judy McGary. We deliver weekly farm boxes through our CSA program to both cities as well as other locations that are listed on the pick up locations page of our website. You may pick up at one of our many pick up locations, take advantage of our home delivery service or we can deliver to your workplace for the convenience of employees.

LOCATIONS

Current pick-up details for 2021, but provide details of your needs when you register.

Hermitage: Private Residence in Hermitage Hills, (near Old Hickory Blvd/Lebanon Rd) on Friday afternoons. (Address provided to those registered by email closer to the CSA start date.)

Brentwood: Maryland Farms Office Complex, 105 Westpark Blvd, Thursday 3:15pm - 5:00 pm. Pick up your box inside the building named HARPETH 3. Take the elevator to suite 415. The CSA shares will be placed outside of suite 415, and they will be available for pick up until 5:00 pm. Once pick up time is over, unclaimed boxes are donated.

CONNECT

Website: doerunfarms.com

Email: judith3ann@gmail.com

Instagram @doe_run_farms

Phone: (931) 659-6204





need
recipes

edible

NASHVILLE

Go to ediblenashville.com
for recipes using
up-to-the-minute in season
produce and meats

FARMHOUSE NASHVILLE

This is our 11th year to deliver nutrient dense, fresh-picked, local produce to hundreds of families in Middle Tennessee. We believe healthy food comes from healthy soil! We raise an abundance of fruits and veggies that meets or exceeds current organic standards. Our desire is to bring the best of our farm to your family each week! You can customize your share based on your specific preferences! Our Spring 2021 season begins in May and runs for 16 weeks. We're looking forward to a season full of strawberries, lettuces, greens, sweet peas, tomatoes, field peas, okra, peppers, onions, and herbs in the spring and summer and broccoli, cauliflower, squash, and greens in the fall.

Summer Share: May 9-July 31

Fall Share: September 26-October 23

Full Share: \$28 per delivery

Half Share: \$18 per delivery

Weekly and bi-weekly delivery available!

LOCATIONS

Pick-up in:

East Nashville
12 South
Brentwood
Franklin
Forest Hills
Hendersonville
Lebanon
Mount Juliet
Hermitage
Donelson
Smyrna
Murfreesboro

or choose home delivery

CONNECT

Website: farmhousenashville.com

Email: farmhousenashville@gmail.com

Instagram @farmhousenashville

Phone: (615) 693-2519



GREENDOOR GOURMET

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

2021 Summer Local Farm Box Season 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! The official start date for the Summer season will be Saturday, May 8th, weather dependent on what Mother Nature has in store for us this spring. The Summer Local Farm Box season will last 22 weeks, ending the weekend of October 9th.

LOCATIONS

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

CONNECT

Website: greendoorgourmet.com

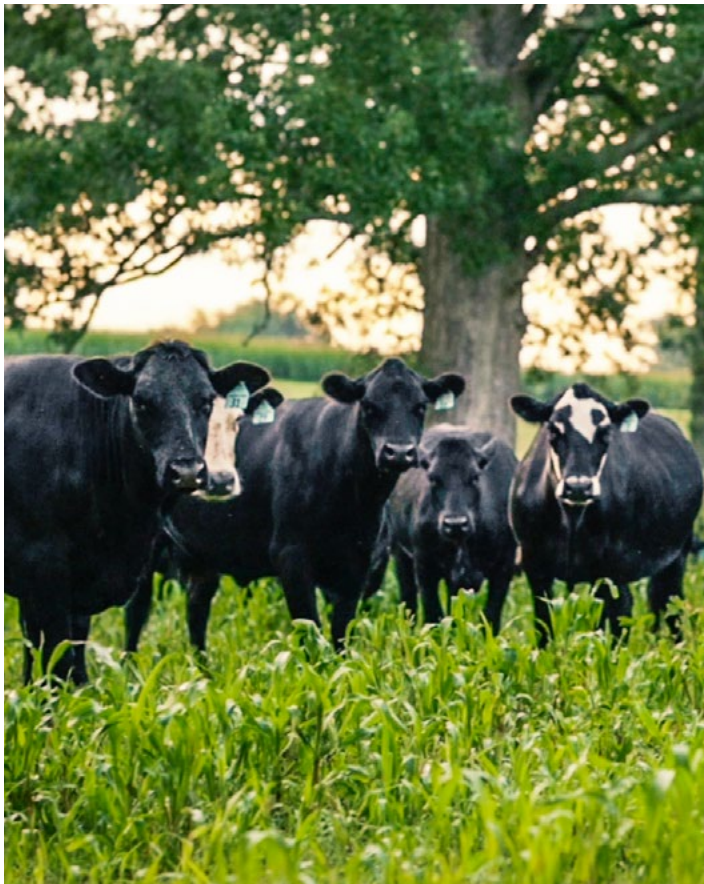
Email: info@greendoorgourmet.com

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

Phone: (615) 942-7169

Read about owner and farmer Sylvia Ganier at ediblenashville.com





SMOKIN' OAKS

On our small family farm in middle Tennessee, all of our animals are raised outside on our property, in a healthy environment with plenty of open space, and organically, with organic pasture and organic grains for feed. We treat our animals for problems organically and never with antibiotics, growth hormones, or steroids. We raise our animals keeping their health in mind, which provides the highest quality meat. We even have a veterinarian who is also an organic nutritionist, so we have a good team to address any arising issues.

Get 15 pounds of our organically-raised meat with our Smokin' Oaks Medium Meat Crate. Each month, you'll get a healthy portion of your choice of meat, then we'll fill out your crate with a specially-curated meat perfect for the season! You might even receive a special surprise to make each crate an experience to remember.

After placing your order for the Smokin' Oaks Meat Crate, a member of our staff will contact you to help you select the meat for your crate. You will be billed on the same date each month as your subscription continues.

LOCATIONS

Pick-up at:

Nashville Farmers' Market
Richland Park Farmer's Market
12 South Farmers Market
East Nashville Farmers Market
St. George's Farmers Market

or choose home delivery with free deliveay
on subscriptions boxes

CONNECT

Website: smokinoaksorganicfarms.com

Email: contact@smokinoaksorganicfarms.com

Instagram @smokinoaksorganicfarms

Phone: (615) 642-0694



ALLENBROOKE FARMS

Allenbrooke Farms is a 4th generation, 120-acre certified organic farm in Spring Hill, Tennessee.

We offer an 11-week CSA in the summer and 8-week CSA in the fall. We offer "choose what you want" options in your share at farm pick-ups, as well as home delivery options.

LOCATIONS

Pick-ups at the farm are on Saturdays and home deliveries are on Wednesdays.

Allenbrooke Farms is located at
2023 Doctor Robertson Rd., Spring Hill, TN 37174

CONNECT

Website: allenbrookefarms.com

Email: allenbrookefarmscsa@gmail.com

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

Phone: (615) 504-8832



ALLENBROOK
farms

HENDERSONVILLE PRODUCE

ECO GARDENS CSA

Eco-Gardens is a small family farm in Southern KY, about an hour north of Nashville, owned by Andrew and Reuben Habegger. We practice sustainable living and sustainable farming. But above and beyond sustainability, we employ organic growing practices, both tried and true and also the newest innovations in organic gardening. Our first fields were certified organic in 2006. We abide by organic standards and apply methods we learn that exceed organic standards. Of course, all your veggies will be grown free of synthetic fertilizers, pesticides, fungicides, etc.!

We're excited for our 2021 growing season, which will include strawberries, a heated tunnel for Extra-Early Tomatoes and, then, greens. We plan to grow basil, chard, and celery (and more) all summer and to offer a Salad Share with lots of lettuce, a Greens Share that would be heavy on greens, as well as a Low-Carb Share or a Nightshade-Free Share.

One more option we plan to offer is a fully-personalized Double Share. If you choose this share, we will send you a list of everything we grow, and you can fill in what and how much you want per week. Cross out veggies you'll never want.

We're happy to offer postponed payment options for those of you who need it.

LOCATIONS

You may choose to pick up every Tuesday afternoon from 2:30 PM - 7:00 PM or Saturdays. If you choose Saturdays, once the Hendersonville Farmers Market begins, you may pick up your CSA share during the Market.

CONNECT

Website: hendersonvilleproduce.com

Email: info@hendersonvilleproduce.com

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

Phone: (615) 826-0033



FARM & FIDDLE

A unique CSA that features fresh pasta, pestos, tomato sauce, and vinegars made from the farm. They specialize in Italian heirloom vegetables and you can also expect goods from their partner.

THE FARM & FIDDLE SPRING/SUMMER/FALL CSA

Full Basket Share: \$800 - 22 pickups with veggies, mushrooms, pasta & fruit of your choice. Plus added value items such as canned goods, cheeses and Prevail Bakehouse breads.

Punch Card CSA: \$350 - Busy schedule? Out of town during a few of our pickup times? Choose the Punch Card CSA and still get a bountiful CSA that works with your own schedule. Pick up at any of our market locations or at our farm. 10 pickups included.

Extra Love Bundles: (extra of the food you love during pickup) \$150 each, choose from:

Tomato Lovers: 10 extra bundles of Farm & Fiddle Heirloom Tomatoes

or

Pasta Lovers: 10 extra artisan bundles of our brass cut and/or stuffed pasta

LOCATIONS

Tuesday - Nashville, 12 South Farmers Market (4-7PM)

Friday - Farm Pickup day, Fly, TN (4-6PM)

Saturday - Columbia, TN, Farmers Market (8-11AM)

Note: A small 2 week break will be taken in July/August for Fall planting

CONNECT

Website: thefarmandfiddle.com

E-mail: thefarmandfiddle@gmail.com

Instagram: @thefarmandfiddle

Phone: (931) 374-1466

