Central Oregon CSA's

Rainshadow Organics
www.rainshadoworganics.com
(541) 279-0841
Small/large share is $450/$650
Delivery to Bend, Sisters, Redmond, Sunriver and Madras and a U-Pick Farm Stand opening in late June.

The Last Stand Farm
www.localharvest.org/thelaststandfarm
(541) 771-1923
Season is June 15 – October
Small share: $25/week ($525/season)
Large share: $30/week ($630/season)
Delivery to Bend. Bi-monthly shares offered through Central Oregon Locavore.

Fields Farm
www.fieldsfarm.org
(541) 382-8059
61915 Pettigrew Road, Bend
Large share is $620
Pick up at farm in Bend; also sells at the Bend Farmers Market.

Agricultural Connections – Bend CSA
www.bendcsa.com
(541) 228-5330
To order, go to the web site.
The CSA works a bit differently than the other CSA. Place your order; they fill it using farms within a 100-mile radius.

Red Tail Farm
(541) 350-3667
Email: co.redtailfarm@gmail.com
64894 Old Bend Redmond Highway, Bend
Call for pricing.
Pick up at the farm or delivery in Bend is available. Garden plots available from $100 - $200.

Central Oregon Locavore
www.centraloregonlocavore.com
(541)633-0674
900 SW Wilson Avenue, Bend (East Bend Plaza, Unit C-3)
Not a CSA but an online store where you can purchase locally grown products directly from the source. $10 annual membership.

LOCAVORE'S CORNER:

SUPPORT YOUR LOCAL FARMER



CSAs provide Central Oregonians with farm-fresh produce and a way to explore new flavors.

by Chef Bette Fraser / for The Bulletin Special Projects

With the coming of spring, our thoughts turn to gardening and turning our brown landscape green.

The farmers in Central Oregon have been thinking about this for months now, planning and tending their fields and carefully germinating seeds in anticipation of the mild days ahead.

Many of these local farmers offer Community Supported Agriculture, or CSA.

CSA has been popular for many years now. It is a way for anyone to buy fresh, local produce direct from the farm. The farmer offers you a share of their harvest for delivery or pick-up each week. While most farmers offer vegetables, many also offer other farm products such as eggs, flowers, herbs and meat.

Now is the time to really consider a CSA. As we all search to make a positive impact on our environment, eat healthier, reduce our carbon footprints, help our neighbors and "make local habit," this is a good place to start. Here's how it works:

You sign up with a CSA and purchase a "share." Some farms have large or small shares, depending upon the size of your family and your needs.

Once a week, you will either pick up or have delivered fresh-from-the-farm vegetables. Many will be new and interesting to you. You will get to know your farmer, and you can even visit "your" farm.

It is a great way to introduce your family to new and different vegetables. Many famers even include recipes and cooking ideas with your share.

Rainshadow Organics, run by Sarahlee Lawrence in Terrebonne, offers a harvest basket full of organic summer produce each week, from early greens and tomatoes to radishes, pumpkins and more. Lawrence strives to have at least a dozen different varieties of vegetables each week. She also provides fresh herbs and flowers, plus a weekly newsletter.

Rainshadow will have three open farm events during the summer, and the farm is open to members every day if they wish to visit. They also have a U-Pick Farm Stand starting at the end of June, open during daylight hours.

In Prineville, The Last Stand Farm run by Kim Kambak is using a farming approach called biodynamic. Biodynamic is the integration of science, spirit and the forces of nature first taught by Rudolf Steiner.

Planting in harmony with the seasons, soil and constellations improve plant growth and development and enrich the harvest. It looks at the farm as a single, multi-dimensional eco-system; it enhances the quality of the farm and the quality of the products it produces.

The Last Stand Farm offers two share sizes that both include eggs as well as a bi-monthly share through Central Oregon Locavore.

And what do the customers think? Ginger and Jaime Aguirre were first-time members of CSA last year. Jaime said that the best part of the CSA is becoming a partner in the farm and developing a relationship with the farmer.

"Every week, it was a surprise to see what vegetables and fruits were in our basket", Ginger said.

Their basket included a variety of organic vegetables that they were familiar with and they made fabulous salads, just adding a splash of olive oil with some fresh cracked pepper and a sprinkle of salt. They were also introduced to new vegetables, like lemon cucumbers, one of Ginger's favorites.

Ginger and Jaime both said that the farmer made it a point to educate them about what was in their basket. Not everyone knows what to do with the vegetables that they get every week.

When checking out a CSA to see if it is right for you, ask if the farmer provides recipes, a newsletter or helpful hints on what to do with your share.

Also, be prepared for the fact that this produce is fresh from the farm. It has been rinsed or brushed off, but it hasn't been overly scrubbed, washed and processed like the produce that you get in the grocery store.

Why?

This is farm-fresh. The farmer doesn't have the staff of the grocery store and the dirt provides natural barriers to pest and insects that may harm the vegetables. So be prepared to handle and clean your CSA basket when you get home. A little dirt means that it is fresh!

Chef Bette Fraser is the proprietor of The Well Traveled Fork, hosting cooking classes, culinary tours and providing catering services. She can be reached at WellTraveledFork.com or 541-312-0097.