

CRABTREE FARMS
1000 E. 30th Street
PO Box 2250
Chattanooga, TN 37409
Media contact: Sarah Malone
(423) 493-9155 x.16

FOR IMMEDIATE RELEASE- March 5, 2008

Going Green by Eating Green: **\$444,300 to go to Area Farms for Local Food**

This year Chattanooga's will spend \$444,300 on local farm-fresh produce grown in and around our community. Nine area farmers will be offering farm-fresh food programs for more than 620 families.

What does that mean for local families? They will be eating food that is a thousand miles fresher than the typical produce found in the grocery store. This is not only healthier for the environment, but healthier for the consumer too. By buying local foods, you save energy and fossil fuels. By eating fresher produce, you get more nutritious food on the table.

"If every US Citizen ate just one meal a week (any meal) composed of locally and organically raised meats and produce, we would reduce our country's oil consumption by over 1.1 million barrels of oil every week. That's not gallons, but barrels. Small changes in buying habits can make big differences. Becoming a less energy-dependent nation may just need to start with a good breakfast." -Barbara Kingsolver/*Animal, Vegetable, Miracle*

What does that mean for local growers? Many are saving the family farm. Others are reviving the family farm tradition and preserving quickly vanishing farm land. That preservation is important since American farm land is disappearing at an alarming rate of 2 acres per minute, every day!

What is a "CSA"?

CSA stands for Community Supported Agriculture. A CSA is a way for the community to create a relationship with a farm and receive a weekly box of produce. It enables the community to make a long-term commitment to a farm. A typical CSA season runs from late spring through early fall. The number of CSAs in the United States was estimated at 50 in 1990, and has since grown to over 1000.

Community Supported Agriculture is quickly becoming a growing tradition. They offer convenient ways to get access to farm fresh produce. Many people are choosing this alternative to shopping for produce at the super market. Whether it is to avoid getting older or unripe produce or access produce not typically offered at the grocery store, such as heirloom tomatoes and squashes. There are many different CSAs in our area that deliver directly from the farm into Chattanooga weekly during the growing season.

AREA FARM LISTINGS

Circle S Farms (located only 30 minutes south of downtown Chattanooga in Rising Fawn, GA)
Circle S Farms is offering 40 full shares and 4 CSA options, including large or small, full or half shares. They also offer additional egg, beef and flower options through their CSA.
Delivery to Lookout Mountain is free and there will be a downtown drop-off, destination to be announced.

Cost: \$795 for 24 weeks OR \$420 for 12 weeks of full bushel boxes, May through October

Contact: Letty Smith
Phone: (706) 398-7049
Email: plainandsimple@tvn.net
Web: www.circlesfarm.net

Sassafras Fairy CSA (located only 1 hour north of Chattanooga in Dunlap, TN)
Sassafras Fairy is offering 50 shares of ½ bushel boxes of naturally grown produce
Delivery to Chattanooga on Tuesdays and McMinnville on Thursdays and on-site in Dunlap
Cost: \$600 for 20 weeks, from June to October
Contact: Raine Barjkana
Phone: 423-949-3307
Email: growers@sassafrasfairy.com
Web: www.sassafrasfairyca.com

Rise N' Shine Farms (located only 1 hour minutes south of Chattanooga in Chickamauga, GA)
Rise N Shine is offering 2 CSA options. They are offering 100 full shares.
Delivery to Chattanooga on Mondays and Rome, GA on Thursdays and on-site in Chickamauga
Tuesdays or Fridays.
Cost: \$750 for 30 weeks of full bushel boxes OR \$425 for 15 weeks of ½ bushel boxes, April
through November
Contact: Mitch and Elisabeth Gilbert-Lawson
Phone: (706)676-0825
Email: risenshinefarms@yahoo.com
Web: www.localharvest.org

Sequatchie Cove Farms (located only 45 minutes northwest of Chattanooga in Sequatchie)
Sequatchie Cove is offering 90 full shares. They offer produce, beef, and pork.
Delivery to Chattanooga on Saturdays and Wednesdays, and on-site in Sequatchie Cove Saturdays.
Cost: \$800 for 30 weeks of full bushel boxes, May through November
Contact: Padgett Arnold
Phone: (423)619-5867
Email: Padgett_arnold@yahoo.com
Web: www.sequatchiecovefarm.com

Signal Mountain Farm (located only 25 minutes from Chattanooga on Signal Mountain)
Signal Mountain is offering 50 full shares. They will offer a wide variety of produce.
Delivery to Chattanooga on Saturdays and Wednesdays at Bachman Elementary School.
Cost: \$800 for 30 weeks of full bushel boxes, May through November
Contact: Thomas O'Neal
Phone: (423)645-0510
Email: dhammafarm@yahoo.com

Crabtree Farms (located only 5 minutes from downtown Chattanooga)
Crabtree is offering 60 full shares of USDA certified organic produce.
Delivery to North Chattanooga on Wednesdays, and on-site Saturdays.
Cost: \$800 for 29 weeks of full bushel boxes, May through November
Contact: Melanie Babb
Phone: (423)493-9155 x-13
Email: info@crabtreefarms.org
Web: www.crabtreefarms.org

Jay's Garden Variety (located about 45 minutes southwest of Chattanooga)

Jay's Garden Variety is offering 15 full shares. Only 5 shares left.

Delivery to North Chattanooga on Wednesdays, and on-site Saturdays.

Cost: \$700 for 30 weeks of full bushel boxes OR \$350 for 30 ½ bushel, April through October

Contact: Jay or Les Rivett

Phone: (256)657-7247

Email: rivet@farmerstel.com

Williams Island Farm (located about 5 minutes from Chattanooga)

Williams Island Farm is offering 15 full shares. Only 5 shares left.

Cost: \$700 for 24 weeks of full bushel boxes May through October

Contact: Kelsey Keener

Phone: N/A

Email: williamsislandfarm@gmail.com

Riverview Farms (located about 1 hour southeast of Chattanooga in Ranger, GA)

Riverview is offering 200 full shares of certified organic produce, grass fed beef and pork.

Delivery to Dunwoody, GA on Wednesdays, and in Atlanta on Saturdays.

Cost: \$685 for 9 months of full bushel boxes, May through December

Contact: Wes or Charlotte Swancy

Phone: (706)334-2926

Web: www.grassfedcow.com

Crabtree Farms is a research and educational project promoting sustainable agriculture. The Project includes an on-site Community Garden and a working demonstration farm. Programs include a Farm Training series, Farm Tours and an on-site Farm Stand. Crabtree Farms is located near downtown Chattanooga. For additional information, please visit: www.crabtreefarms.org.