

local CSA farms

Community Supported Agriculture (CSA) Farms provide weekly distributions of sustainably grown produce, meats, dairy products, and flowers, and much more to households who join for the season. You'll experience a bounty of fresh seasonal vegetables and fruits without planting a seed, all the while directly supporting sustainable agriculture and your local food system.

- **Lynwood Farm CSA***
Stoddard, WI
contact: Lynn Tschumper
lynwood@mwt.net
608.483.2718
- **Keewaydin Farms***
Viola, WI
contact: Rufus Hauke
608.627.1701
www.keewaydinfarms.com
- **Harmony Valley Farm CSA**
Viroqua, WI
contact: Richard de Wilde
608.483.2143
www.harmonyvalleyfarm.com
- **Driftless Farm CSA***
Stoddard, WI
contact: Amelia Baxter
608.452.2315
ameliaswan@riseup.net
- **Small Family Farm CSA***
La Farge, WI
contact: Jillian Jacquinet
608.637.6895
www.smallfamilycsa.com
- **Ridgeland Harvest CSA**
Viroqua, WI
contacts: Cate or Matt Eddy
608.675.3855
www.ridgelandharvest.com
- **Sylvan Meadows Farm CSA**
Viroqua, WI
contact: Virginia Goeke
608.637.2544
naturewool@mwt.net
- **Old Oak Family Farm CSA***
Bangor, WI
contact: Kyle Zenze
608-486-4205
www.oldoakfamilyfarm.com

*This CSA also sells produce and other goods at the Cameron Park Farmers Market every Friday after 4 p.m. (May–October).

cameron park farmers market



Cameron Park Farmers Market, right across the street from the Co-op, showcases a unique and diverse group of vendors. Every Friday after 4 p.m. shop for delicious produce, baked goods, meats, honey, crafts, freshly-cut flowers, plants, and much more. Cameron Park Farmers Market is open May through October. For more information, check out the market website at www.cameronparkmarket.org or email cameronparkmarket@hotmail.com.

Some of Cameron Park Farmers Market vendors are Driftless Farm CSA • Lynwood Farm CSA • Old Oak Family Farm CSA • Hoch Orchard • Buffalo Hills Bison • Honey Pot Candles • De Soto Orchard • Bear Creek Farm • Tapestry Gardens • High Spring Farm • Magick Gardens

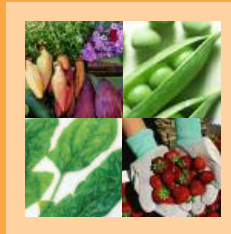
local & regional food guidelines

local

Food grown or produced within a 150-mile radius from the Co-op is considered 'local.'

regional

Food grown or produced in Wisconsin (past the 150-mile radius) or within the four states adjacent to Wisconsin (Minnesota, Iowa, Illinois, and Michigan) is considered 'regional.'



local foods Guide



People's Food Co-op

315 Fifth Avenue South
downtown La Crosse, WI

608.784.5798 • www.pfc.coop



local foods Guide

A guide to finding local and regional foods at your Co-op



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local & regional foods at the Co-op

Local and Regional Produce

- Driftless Organics Root Veggies & Summer Greens - Star Valley, WI
- Organic Valley Produce - based in La Farge, WI
- Old Webster Farm Greens & Tomatoes - Blair, WI
- Harmony Valley Farm Greens & Root Veggies - Viroqua, WI
- Avalanche Organics Greens & Veggies - Kickapoo Valley, WI
- Keewaydin Farm Veggies - Viola, WI
- Mary Heath Strawberries - Ferryville, WI
- Mike Hall Grapes - La Crosse, WI
- Wendel Klien Corn & Squash - Trempealeau, WI
- River Valley Sprouts - Houston, MN - Co-op vendor since 1979
- Gary Stelzig Squash - La Crosse, WI
- The Berry Patch Strawberries & Raspberries - Trempealeau, WI
- Hoch Orchard Berries, Apples, & Apple Cider - La Crescent, MN
- Small Family Farm Veggies - La Farge, WI
- Hillview Greenhouse Greens - La Crosse, WI
- Melrose Tomatoes - Melrose, WI
- Robin Reider Watercress - Chaseburg, WI
- Woolley Farm Mushrooms - La Crosse, WI

Local and Regional Cheeses

- Mt. Sterling Creamery Goat Cheese - Mt. Sterling, WI
- Hidden Springs Creamery Sheep Cheese - Westby, WI
- Swiss Valley Cheeses - Davenport, IA
- Carr Valley Cheese Co. Cheeses - La Valle, WI
- Cady Creek Farms Cheeses - Green Bay, WI
- Great Midwest Cheeses - distributed by DCI, Richfield, WI
- Westby Co-op Creamery Cheeses - Westby, WI
- Baker Cheese, Inc. Cheeses - St. Cloud, WI
- Churney Co. Cheeses - Weyauwega, WI
- Uplands Cheese, Inc. Cheeses - Dodgeville, WI
- Pasture Pride, LLC Cheeses - Cashton, WI
- Burnett Dairy Co-op Cheeses - Grantsburg, WI
- Organic Valley Cheeses - based in La Farge, WI
- Next Generation Organic Dairy Cheeses - Mondovi, WI

Local and Regional Grocery Items

- Lakeside Horseradish - St. Francis, WI
- Silver Spring Horseradish & Mustard - Eau Claire, WI
- Mose's Fish Shop Tartar Sauce - Winona, MN
- Mississippi Heat B-B-Q Sauces - La Crosse, WI
- Frontier Herbs & Spices - Norway, IA
- Anderson's Maple Syrup - Cumberland, IA
- Maple Valley Organic Maple Syrup - Cashton, WI
- Gentle Breeze Honey - Mt. Horeb, WI
- Rolling Meadows Sorghum - Elkhart Lake, WI
- Great River Organic Milling Flours & Grains - Fountain City, WI
- Country Choice Organic Cereals & Cookies - Eden Prairie, MN
- Beeson's Jams & Jellies - La Crescent, MN
- Harmony Ridge Candy - Chaseburg, WI
- Rolling Hills Candy Shoppe Goat Fudge - Cashton, WI
- Macrotreats Cookies & Bars - Viola, WI
- Ambrosch Honey Farm Creamed Honey - Galesville, WI

Local and Regional Foods at Hackberry's

- Buffalo Hills Bison - Caledonia, MN
- Beeler's Pork Tenderloin & Sausage - Le Mars, IA
- Tapestry Gardens Seasonal Produce - La Crescent, MN

local & regional foods at the Co-op

Local and Regional Beer, Wine & Soda

- City Brewery Beers - La Crosse, WI
- Pioneer Brews - Black River Falls, WI
- Sand Creek Brewery Beers - Black River Falls, WI
- Gray's Brewing Co. Beers - Janesville, WI
- Capital Brewery Beers - Middleton, WI
- Tyranena Brewing Co. - Lake Mills, WI
- Leinenkugels Brewery Beers - Chippewa Falls, WI
- Ale Asylum Brews - Madison, WI
- Stevens Point Brewery Beers - Stevens Point, WI
- Bell's Brewery Beers - Comstock, Michigan
- Lakefront Brewery Beers - Milwaukee, WI
- Sprecher Brewery Beers - Glendale, WI
- New Glarus Brewery Beers - New Glarus, WI
- Summit Brewing Co. Beers - St. Paul, MN
- August Schell Brewery Beers - New Ulm, MN
- Vernon Vineyards Wines - Viroqua, WI
- Wollersheim Winery Wines - Prairie du Sac, WI
- VonStiehl Winery - Algoma, WI
- White Winter Winery - Iron River, WI
- Spring Grove Soda Pop - Spring Grove, MN

Local and Regional Dairy & Refrigerated Foods

- Castle Rock Organic Cream Line Milk - Osseo, WI
- Organic Valley Organic Milk, Cream, Half & Half, and Soymilk - based in La Farge, WI
- Swiss Valley Milk, Cream, Half & Half - Davenport, IA
- Pastureland Butter - Dodge Center, MN
- Organic Valley Butter, Cottage Cheese, Sour Cream, Eggs - based in La Farge, WI
- Excellence Free-Range White Eggs - De Soto, WI
- Green Pastures Poultry Farm Organic Brown Eggs - Cashton, WI
- Westby Co-op Creamery Yogurt, Cottage Cheese, Sour Cream, Butter - Westby, WI
- Countryside Lefse - Blair, WI
- Forever Bagels - Madison, WI
- Natural Ovens Bakery Bagels - Manitowoc, WI
- Holy Land Deli Whole Wheat Pita, Spinach Pie, Vegetable Pie, Falafel Balls, Hummus Tahini, Baba Ganoug, Baklava - Minneapolis, MN
- Angelica's Garden Fresh Pizzas - Elmwood, WI
- Angelica's Garden Pickled Beets and Sauerkraut - Elmwood, WI
- Land O'Lakes Butter and Margarine - based in Arden Hills, MN
- Egg People Eggs - Cambria, WI
- Schultz Organic Eggs - Owatonna, MN

Local and Regional Bulk Foods

- Bean Juice Coffee Roasters Coffee - La Crosse, WI
- Kickapoo Coffee - Viroqua, WI
- Frontier Bulk Herbs & Spices - Norway, IA
- Organic Valley Dried Milk Powder - based in La Farge, WI
- Black Walnuts & Hickory Nuts - Various Local Vendors
- Honey - Chaseburg, WI (Robin Reider)
- Hackberry's Bistro Granola - Chef Richard's Creation

local & regional foods at the Co-op

Local and Regional Frozen Foods

- Snopac Foods Veggies & Fruits - Caledonia, MN
- Trempealeau Hotel Walnut Burgers - Trempealeau, WI
- Stella's Pasty Shop - Peawaukee, WI
- Berry Patch Raspberries - Trempealeau, WI
- Cedar Crest Ice Cream & Sherbet - Cedarburg, WI
- Zürheide Frozen Yogurt - Sheboygan, WI
- Sibby's Organic Ice Cream - Westby, WI
- Door County Frozen Fruit Crisps - Eagle River, WI
- One Sun Farm Pizza - La Farge, WI

Local and Regional Breads

- Renaissance Bread & Pastries - Galesville, WI
- Fayze's Baked Goods - La Crosse, WI
- Natural Ovens Bakery Breads & Muffins - Manitowoc, WI
- A to Z Produce & Bakery Breads - Stockholm, WI
- Brick Oven Bakery - La Crosse, WI
- People's Food Co-op's Breads

Local and Regional Meats

- Bakalar's Smoked & Packaged Meats - La Crosse, WI
- Nueske's Smoked Meats - Wittnberg, WI
- Rushing Waters Fresh & Smoked Trout - Palmyra, WI
- Organic Prairie Meats - La Farge, WI
- Wholesome Harvest Organic Meats - Colo, IA
- Thousand Hills Cattle 100% Grassfed Beef - Cannon Falls, MN
- Hill & Vale Farms Beef & Lamb - Wykoff, MN
- Blackberry Ridge Organic Meats - Viroqua, WI
- Au Bon Canard Duck - Caledonia, MN
- Buffalo Hills Bison Buffalo Meat - Caledonia, MN
- Red Stag Acres Red Deer - Holmen, WI
- Roesler's Organics Organic Chicken - Coon Valley, WI
- Earth Be Glad Farms Organic Chicken - Lewiston, MN
- Welsh Organic Farm Organic Poultry - Lansing, IA
- Beeler's All-Natural Pork - Le Mars, IA
- Green Pastures Amish-Raised Meats - Cashton, WI
- Valley View Emu Emu Meat - Fennimore, WI
- Kolkmeier Farms All-Natural Beef - Hillsboro, WI

Local and Regional Wellness

- Nice Suds Co. Soaps - Decorah, IA
- Gentle Breeze Beeswax Candles - Mt. Horeb, WI
- Ambrosch Farm Beeswax Lip Balm - Galesville, WI
- Wyndmere Naturals, Inc. Essential Oils - Minneapolis, MN
- Trillium Herbal Co. Body Polish & Shea Butter Products - Sturgeon Bay, WI
- Enzymatic Therapy Vitamins, Supplements, & Herbal Products - Green Bay, WI
- Frontier Co-op Bulk Herbs & Spices - Norway, IA
- Y.S. Organic Bee Farms Bee Pollen, Propolis & Royal Jelly - Sheridan, IL

Local and Regional Floral

- Bad Axe Gardens Perennials - Newton Valley, WI
- Bluffview Greenhouse Annuals, Perennials, Herbs, Baskets, Fall Mums - De Soto, WI
- Step Seib Bouquets - Cashton, WI
- Oneota Slopes Christmas Trees - Decorah, IA
- Bronx Gardens Christmas Wreaths, Pumpkins - Minnesota City, MN
- The Berry Patch Pumpkins - Trempealeau, WI