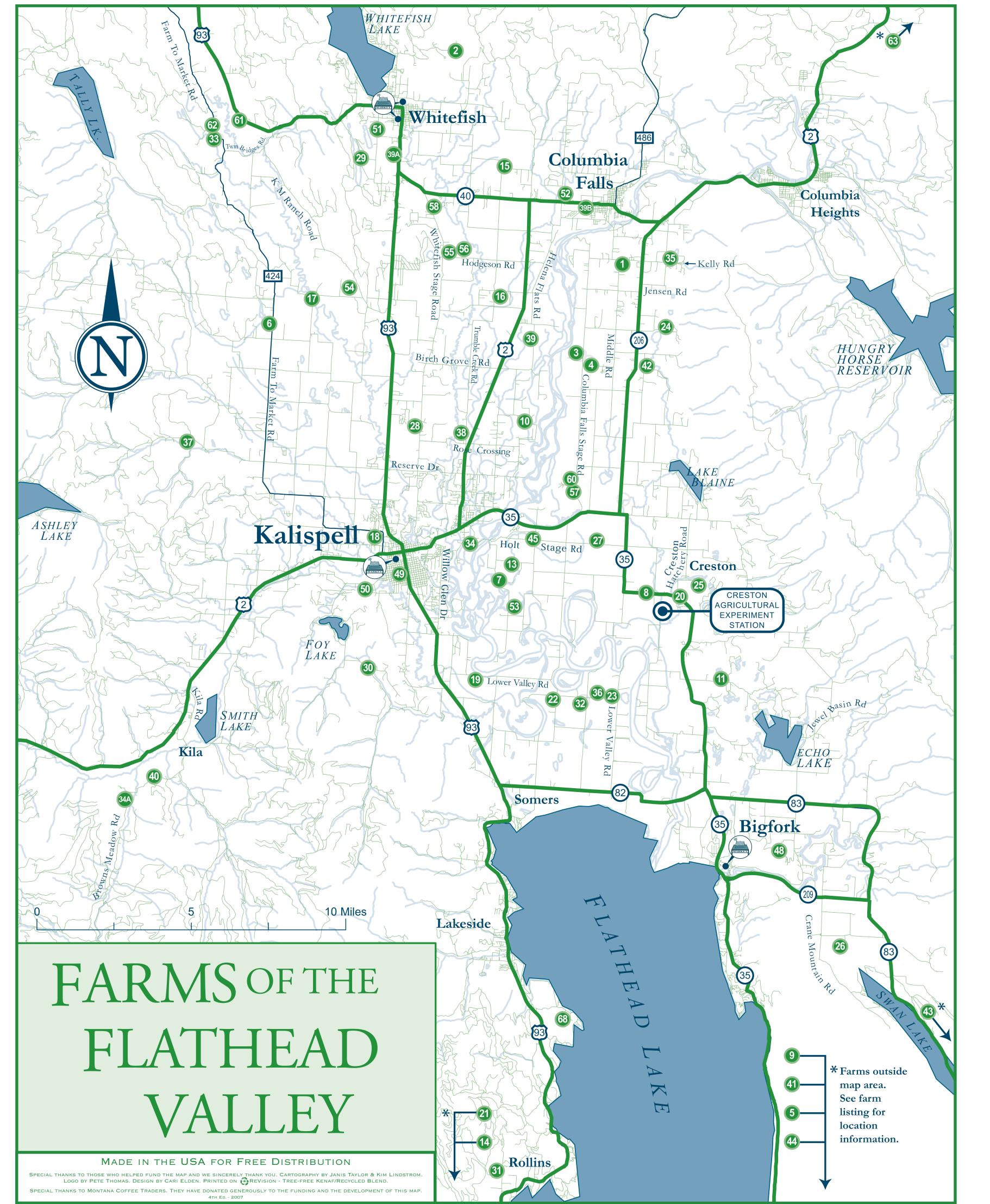


BEFORE THERE WERE SUPERMARKETS, THERE WERE FARMS.

America's family farms have long produced an abundance of food, while supporting people who appreciate and care for the land. Here in the fertile Flathead Valley, dozens of family farms still produce a cornucopia of fresh vegetables, fruits, flowers, grains, meat, eggs, and dairy products. Many practice organic and sustainable agriculture that protect the land while producing food of exceptional flavor and nutritional value.

the families who work hard every day to produce it. When you buy local you:

- Help preserve the Flathead landscape
- Contribute significantly to our local economy
- Preserve habitat
- Provide room to roam for livestock
- Build community
- We invite you to share this delicious harvest, in the process meeting and supporting Support farmers' markets



FARM DESCRIPTIONS

ANDERBERG'S GARDENS (1) Bud & Noreeta Anderberg 3461 Middle Road, Columbia Falls • 892-4658

Vegetables, strawberries, raspberries, corn stalk bundles. "Fresh from Our Garden to Your Table." U-Pick/We Pick garden. Open 7 days/week 8 AM-8 PM. Established 1973.

ANGIE'S GREENHOUSE 39 39 A& B (瓣) 🐙

Angie Olson 2828 Helena Flats Rd, Kalispell • 752-2888 Sales Stands: Taco John's parking lot, 6368 Hwy. 93 S. • Across from Mike's Conoco, 1722 9th St. W. • Bedding and vegetable plants, dried flowers. Kalispell Farmers' Market, or call. Established 1994.

AUTUMN SONG ELK RANCH (\mathbb{S}) Kim & Jeff Cuthbertson

2320 Lower Valley Road, Kalispell • 257-4234 autumnsong@centurytel.net • Elk for meat, breeding stock. Velvet antler, velvet antler pills, and hard antler products, hides and ivories. Meat sold by the whole animal. On farm sale by appointment anytime, just call. Established 1998.

BARTON MORSE NURSERY 38 Barton Morse

140 Twin Pines, Kalispell • 752-4968 bartonmorse@montanasky.net • Annuals & perennials. Specializing in lavender, basil, rosemary, red flowers. Call for appointment. Free delivery. Custom grown. Kalispell & Whitefish Farmers' Markets. Established 1990.

BEACH FARM (A Randy & Rayne Beach

4985 Whitefish Stage Rd., Whitefish • 862-9920 Hay available-2 cuttings per year. Call to place an order. Established 1998.

BEAR DANCE HAUS 🚮 🔘 Don & Rose Schwennesen

22074 East Shore Rt., Mile 22, Bigfork • 982-3401 beardancehaus@yahoo.com • Seedless and other grapes, sweet and pie cherries, pears, plums. No sprays or chemical fertilizers. Cherries and raspberries late July. Pears and plums early Sept. Call or e-mail. Limited production. Established 1981.

BLANCHET FARM 3 Grace Blanchet

PO Box 2353, Kalispell • 755-8144 Grain, wheat, barley. Grain sold at Cenex or to cattle feeders. Established 1928.

BLANCHET FARM (4) Richard Blanchet

2105 Columbia Falls Stage, Columbia Falls • 892-3912 Hay, grain, wheat, barley, sometimes oats, cattle, beef shorthorns and crossbreeds. Grain, hay sold at farm. Call. Born and raised on farm. 1890 homestead family. Established 1925.

BOWMAN ORCHARD **5** Gerald Bowman

21480 East Shore, Bigfork • 982-3246 Sweet cherries, pie cherries, canned cherries and other cherry products. Cherries usually available July 1 - end

FARM-TO-MARKET PORK, INC. continued... 4290 Farm to Market Rd., Kalispell • 755-5326 www.farmtomarketpork.com • Pork products, including

fresh chops, ribs, roasts, ham, bacon, sausages. Beef by 1/4 or 1/2, store at farm-weekdays 9 am-5:30 pm. Winter-Sat. 10 am-3 pm. Summer-Sat. at Kalispell Farmers' Market. 27 years selling hogs. Established 1987.

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WHO'S YOUR FARMER?

FAT ROBIN ORCHARD & FARM (14)

Albert & Lise Rousseau Silva 34126 S. Finley Point Rd., Polson • 887-2869 Certified organic cherries, apples, pears, frozen cherries, garlic varietals. Organic consulting available. U pick, phone orders, sale at natural foods markets. Visitors welcome. Orchard originally planted in 1930s. Organic since 1999.

FISHER'S FARM 42 Karen & Fonda Fisher

1225 Mooring Rd., Columbia Falls • 892-4475 fish@cyberport.net • Custom combining, nursery, bedding plants, trees and grains. Kalispell & Whitefish Farmers' Markets. In-season farm sales, 9 AM-6 PM. Off season, call. Established 1969.

FLATHEAD FUTURE FARMERS OF AMERICA

Clark Krantz, Justin Henpel, & Brian Bay (49) Flathead High School Agriculture Dept. 644 4th Ave. W., Kalispell • 751-3950 Cattle, hogs, sheep, hay, wheat, barley, bedding plants. Private sales. Hay available in the summers. 65+ years.

GLACIER NURSERY 🚯 🕍 Brad Brown 4343 MT 35, Kalispell • 755-2248

Wholesale supplier of landscape size ornamental plants. Not open to the public. 20 years in the valley. Established 1983.

GRANDMA BEAKY'S 🚯 🏾 Kathy Grant

P.O.B. 5126, Swan Lake • 886-2209 Pickled green beans and quail eggs. Quail hatching eggs and chicks. Call.

GRAY'S HOMEGROWN 15 (T)

John Gray 453 Braig Rd., Columbia Falls • 892-4563 or 261-0684 Hay/Alfalfa, vegetables, berries, trees, flowers. Both Tues. & Thurs. Whitefish Farmers' Markets. On farm sales Mon.-Sat. 10am- 4pm. Call for availability. Established 2003.

HEDSTROM DAIRY 🛐 🕅 Bill & Marilyn Hedstrom

400 Lost Creek Dr., Kalispell • 756-7262 Holstein bull calves, aged cow manure. Call for availability of calves. Manure available in the spring & fall, please call for an appointment. Established 1987.

HONTHAAS PONY FARM & HERBS Veronica Honthaas

825 Kelly Rd., Columbia Falls • 892-0280 honthaas@bigsky.net • Eggs, herbs, veggies, organic garden and herbal consultations and herbal walks. Natural balance horseshoeing. On farm sales, call first. Established 1991.

KALISPELL COMMUNITY GARDEN 🔞 🍞 Flathead Food Bank Liberty/Hawthorne, Kalispell • 752-3663

WHO'S YOUR FARMER?

MANNING FARM 45 👚 Doug Manning

291 Fairmont Rd., Kalispell • 756-7421 hogboymanning@hotmail.com • Small grains (wheat, barley and oats). Market hogs: Hamp, York, Duroc. Mobile Pork BBQ- "Barn to Party." Call to make arrangements. 4th generation farmer.

MILL CREEK FARM 20 (***) Ken Marvin

1183 Creston Hatchery Rd., Kalispell • 755-4302 kenleann@aboutmontana.com • Hay and cattle. Cattle-livestock auction. Hay-by appointment. Since 1951.

MISSION MOUNTAIN OSTRICH COMPANY & POTTERY 48 🥨 🜔 🗢 Jeff Wilson

1155 Swan Hill, Bigfork • 837-5186 Ostrich meat, eggs, feathers, hides, compost and Wilson Pottery Studio-on site sales. Call for appointment or by chance. 6th generation Montana ranching family. Established 1993.

NORTHWOODS NURSERY 👩 👾 Scott Clark

1105 Northwoods Dr., Whitefish • 862-1635 Bedding plants, trees, shrubs, some vegetables. Kalispell & Whitefish Farmers' Markets. On farm sales. Call first. Established 2001.

O'CONNELL HAY SERVICE 23 👚 🕥

Sandy & Randy O'Connell 2687 Lower Valley Rd., Kalispell • 752-3188 sandyo@centurytel.net • Alfalfa hay, oats and wheat. Order by phone, Mon-Sat 8 am-6 pm. Delivery available. Visitors welcome. 5th generation farmers on original homestead.

O'CONNELL FARM 😰 👚

Larry O'Connell 1296 North Somers Rd., Kalispell • 257-6201 Hay and grain. Hay-contract. Grain-commodity market. 4th generation farmer (conservation easement in 2002).

THE ORCHARD AT FLATHEAD LAKE, LLP

Gary & Heidi Johnson 23126 Yellow Bay Ln., Bigfork • 982-3058 9 () www.flatheadorchard.com • Fresh cherries, peaches, pears, apples and vegetables. Jams, sauces, dried cherries. Organic operation. Kalispell, Bigfork, Whitefish & Polson Farmers' Markets. Call to order. Farming Since 1975.

Anna Charlene Orem

601 Michels Slough Dr., Columbia Falls • 892-5804 charleneorem@centurytel.net • Hay, grain, cattle, potato seed, lumber, Limousin cattle. Hay-ranch. Cattle-auction. Grain-elevators. Potato-contracts. 2nd and 3rd generation farm in partnership. Farmed here since 1955.

OTTEY'S GARDEN 25 Mark & Connie Ottey

270 Kauffman Lane, Kalispell • 755-2980 Bedding plants, vegetables and pick your own raspberries. No pesticides. On farm sales by appointment only. Kalispell, Whitefish & Bigfork Farmers' Markets. Established 1972.

PEA POD FARM 50 (ES) Scott & Patti Mason

WHO'S YOUR FARMER?

ROCKING HEART RANCH continued... Chinchillas for pets. Direct sales. Established 1996.

ROLLING "C" RANCH 👔 (🏹 Dr. G. W. Ingham

805 Spring Prairie Rd., Whitefish • 755-4861 Hay, hullless oats, quarter horses and Morgans, land management and beef cattle. Call. Established 1976.

ROXLIN'S GREENHOUSE 52

Roxy McMaster 255 North Hilltop Rd., Columbia Falls • 892-4730 Bedding and vegetable plants, perennials, annuals, herbs, hanging baskets, flowers for drying, wreaths and bouquets. Kalispell & Whitefish Farmers' Markets. Established 1998.

SHELDON FARMS/CRESTON SEED 👩

John Sheldon 2485 Holt Stage, Kalispell • 756-6480 (77) pilotpeak@centurytel.net . Lentils, peas, canola and Indian ricegrass. Products sold through Amazing Grains Farmers Co-Op. Visitors welcome with prior appointment. Great grandfather started farm in 1883. Grandfather built John's home in 1885 for his bride.

SIDERIUS FARM 🚯 👚

Tom Siderius 1007 Steel Bridge Rd., Kalispell • 756-6312

springbrookranch.com • Buffalo & Tibetan yak; drug free meat and breeding stock. Yak roving for hand spinners. Local direct meat sales or call. Established 2000.

SPRING PRAIRIE GARDEN 👧 🎪 **>**

Bev Klapperich 245 Spring Prairie Rd., Whitefish • 752-5750 bklapspg@cyberport.net • Bedding plants, perennials, herbs, hanging baskets. Kalispell & Whitefish Farmers' Markets. Weekend "greenhouse rummage" sales, last weekend in May, 1st 3 weekends in June. Otherwise, call to come. Special prices for landscapers. Selling at market since 1982.

Val & Cheryl Schweigert 16 🛜 🍉 🌮 Mailing address: P.O. Box 5644, Kalispell • 756-1978

Physical address: 101 Dee Drive, Columbia Falls Compost, produce and herbs. Tractor services available. Call to place an order or visit. Whitefish Farmers' Market. Since 1997.

SWALLOW CREST FARM 11 Julian Cunningham 389 La Brandt Rd., Kalispell • 756-0462 Vegetables, eggs, future: beef, raspberries, asparagus, rhubarb and cut flowers. CSA shares available. CSA is 90% of business. Bigfork Farmer's Market. No farm visits, please. Established 1998.

SWEET PICKIN'S Terry & Deborah DeVries

512 Columbia Falls Stage, Kalispell • 752-2359 Pumpkins, sunflowers and raspberries. Come join us for

LOCAL BUSINESS BUYING LOCAL GOODS

Bigfork

Showthyme 548 Electric Ave. 837-0707

Columbia Falls

Finn Biscuit 619 Nucleus Ave. 892-1108 MT Coffee Traders Hwy 2 & Nucleus Ave. 892-7696 North Fork Grille Meadowlake Resort 892-8700

Kalispell

Capers	121 Main St.	755-7687
CHS Cenex	151 1st Ave. W.N.	755-7400
Gresko's Fine Food	647 E. Idaho	755-0336
Knead Café	25 2nd Ave. W.	755-7510
MT Coffee Traders	328 W. Center	756-2326
Painted Horse Grille		257-7035
Red's Wines & Blues	30 2nd St. E.	755-1111
Wellness Edu. Center	103 Ponderosa Ln.	755-8423
Withey's Health Food	1231 S. Main	755-5260

West Glacier

Belton Chalet	1275 Hwy 2 E.	888-5000
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Whitefish

Alpine Market	721 Wisconsin Ave.	862-5025
The Bean Hive	10 Baker Ave.	862-6383
Buffalo Café	516 E. 3rd. St.	862-2833
Café Kandahar	3824 Big Mtn. Rd.	862-6427
Corner House Grille	147 Central Ave.	863-2323
Garden Wall Inn	504 Spokane Ave.	862-3440
Loula's Café	300 E. 2nd. St.	862-5614
Marcus Foods	9 Baker Ave.	862-7258
McGarry's Roadhouse	e 510 Wisconsin Ave.	862-6223
MT Coffee Traders	110 Central Ave.	862-7667
Pescado Blanco	235 E. 1st. St.	862-3290
Third Street Market	3rd & Spokane Ave.	862-5054
Tupelo Grille	17 Central Ave.	862-6136
Wasabi Grille	419 E. 2nd. St.	863-9283

FOOD FROM THE FARM · MONTANA ·

A FREE GUIDE TO FLATHEAD FARMS & FRESH FOOD.

"Humankind – despite its artistic pretensions, its sophistication, & its many accomplishmentsowes its existence to a six inch





Aug at warehouse (10 minutes S. of Bigfork). 3rd generation raising cherries.

BRENNEMAN DAIRY Joseph & Clifford Brenneman 800 Steel Bridge Rd., Kalispell • 257-1189 or 314-0075 Dairy farm, eggs, Holsteins, compost, grain, hay, eggs. Milk sold to Meadow Gold, no farm sales. Compost by appointment. Call. 4th generation Flathead farmer. 2nd generation at this location.

BROWNS MEADOW FARM Pete & Colleen Wade 848 Browns Meadow Rd., Kila • 756-7536 () (\mathbf{O}) www.brownsmeadowfarm.com • Grassfed beef, calves

(Hereford/Angus/Black Baldy), free-range eggs (heritage breeds), seasonal fruits, veggies. Call to make purchases. Raising cattle in the Flathead for over 30 years.

BUNTING FARMS 10 Carol & Jeff Bunting 225 Gooderich Road, Kalispell • 257-8812 Perennials, herbs, clematis and bedding plants. On farm sales. Call first. Kalispell & Whitefish Farmers' Markets. Established 1991.

COUNTRY FRESH FARM 60

Susan & Bill Clanton 530 Columbia Falls Stage Rd., Kalispell • 752-0262 Clanton59901@yahoo.com • A full range of vegetables, also blackberries. No pesticides or sprays. Kalispell & Whitefish Farmers' Markets. Call to pick your own

produce. Wholesale buttercup squash to supermarkets. Family run, local children employed during the summergreat work experience, fun and safe! Established 1997.

de yong farm 🔞 🕱 Ronald deYong

473 Kinshella Rd., Kalispell rondeyong@hotmail.com • Alfalfa hay and hard red spring wheat. Commodities market. 3rd generation farmer.

FARM-TO-MARKET PORK, INC. 6 🦃 🕸 Duane & Janette Braaten

Vegetables. 1/2 garden grows veggies for food bank. Remaining space is community garden.

KETTLE CARE 62 🕥 🍥 Lynn Wallingford

6590 Farm to Market Rd., Whitefish • 862-9851 kettlecare.com • Pure herbal body care, using organic herbs from our garden. Catalog can be sent on request, website orders, on site sales with tour available. Best to call first. Open all days. Most products available at Third Street Market in Whitefish & selected Art Fairs. Established 1989.

LOON LAKE GARDENS & POTTERY 🙍 🍞 Gayle Prunhuber & Dan Doak

 \bigcirc Loon Lake Road, Bigfork • 837-4734 Salad & cooking greens, garlic, raspberries, apples, leeks, winter squash, Toggenburg goats, cut flowers. Farm is open 9 am-5 pm daily. Please call for an appointment. Bigfork deliveries 4 days/wk. Sustainable farming practices. Established 1985.

LORANG FAMILY ORCHARD

Vicki Lorang 18722 E Lakeshore, Bigfork • 982-9989 Cherries, raspberries, apricots, apples, jam. Call to place order. Established 1971.

LOUDEN RIVERSIDE FARMS 19

Bruce & Janice Louden 820 Lower Valley Rd., Kalispell • 752-3283 bhlouden@digisys.net • Hay, barley, wheat, 4-H & butcher pigs, breeding pigs from AI, market garden, custom combining, swathing, fieldwork, handwoven antler baskets. Call. Kalispell Farmer's Market. Family has farmed in Flathead since early 1900's. 3rd generation farmer.

LOUDEN RIVERSIDE FARMS Ken Louden

2437 Lower Valley Rd., Kalispell • 752-3160 Hay, barley, wheat, 4-H & butcher pigs, breeding pigs from AI, market garden, custom combining, swathing, fieldwork, handwoven antler baskets. Call. Pork available at Lower Valley Processing. Kalispell Farmer's Market. Family has farmed in Flathead since early 1900's. 3rd generation farmer. 300 Learn Lane, Kalispell • 257-4204 earthsys@centurytel.net • Fine naturally-colored Shetland wool fleece, roving, top, yarn, quilt batts. 1st generation farmer.

PURPLE FROG GARDENS

Pam Gerwe & Mike Jopek 170 Blanchard Lake Dr., Whitefish • 862-0621 Ŵ pandora@cyberport.net • Bedding plants, garlic, basil, veggie eggs. Tours on Sunday. Work for trade available Wednesday mornings. Outdoor yoga classes offered. Whitefish Farmer's Market and Kalispell Farmer's Market, hosted by Montana Academy students. Please call. Established 1992.

RACING SAANENS GOAT DAIRY 61

Stephanie Hannigan 4955 Highway 93 West, Whitefish • 862-7716 Baby goats available in spring of each year, please call. Dairy opening in 2007. Herd goats since 1998.

RAINBOW GARDENS 28 (\mathbf{T}) Steve Street

2500 Whitefish Stage Rd., Kalispell • 756-6219 rainbowgardens.net • Strawberries, raspberries, tomatoes. Hours variable. Call. 4th generation farmers.

RAVEN RIDGE FARM **34 34** A () Kip Drobish

Anderson Lane (#34), Kalispell • 752-6837 2150 Browns Meadow Rd. (#34A), Kila • 752-6837 Vegetables and fruit. CSA (Community Supported Agriculture) shares available. Kalispell & Whitefish Farmers' Markets. Established 1998.

ROBERGE FARM 31 Kitty & Don Roberge

994 Big Lodge Ln., Rollins • 212-1404 Northern acclimated grape vines, various fruits in season, allnatural soaps, hand-crafted cutting boards. Call for information.

ROCKING HEART RANCH 51 Ken & Maureen Cordoza

150 Lost Coon Trail, Whitefish • 250-6038 plowpullingken@hotmail.com • Free range chickens, Texas Longhorn naturally lean beef. Grass fed. No shots or hormones.

FARM SYMBOLS



WHY LOCAL IS BETTER

Unlike corporate agriculture, family farms are run by people who live on the land and care deeply about it. They protect the soil, because it sustains them. Tomatoes are grown for flavor, not shelf-life. All the food is days - sometimes weeks - fresher than anything trucked in across state or national borders.

Family farms help preserve America's most cherished historical, cultural, and family values. Respect for hard work, the importance of neighbor helping neighbor, and a deep appreciation for the land are just a few of the values that grow strong in the fertile soil of the family farm.

FarmHands has chosen to include any farm that wants to be on the map. Our number one priority is farmland preservation. Farm land is lost to development in the Flathead Valley every day. While all of the farms on the map are valuable in the culture and open space of the Valley, not all practice organic methods of production. As a consumer, feel free to contact any farm/ranch to ask about their growing practices.

Each year thousands of acres of farmland in Flathead Valley are taken out of production. You, as a consumer, have a powerful voice in preserving Flathead Valley agriculture. When you grocery shop or eat at a restaurant, ask your server or cashier, what products are locally grown. Thank them for buying locally grown food and encourage them to purchase more.

Sometimes it is difficult to find local agriculture products. Don't be discouraged. It has taken more than a generation for us to distance ourselves from the source of our food. Many growers have disappeared. If you help create the demand, local farmers will

pumpkin trains, petting zoo, trike trails, family fun and more. Look for our fall activities listing in the paper. Raspberries available at Kalispell & Whitefish Farmers' Markets. Established 2001.

TERRAPIN FARM

Judy Owsowitz 6505 Farm to Market Road, Whitefish • 862-6362 • Certified organic vegetables, culinary & medicinal herbs, seeds, bedding plants, edible flowers, vegetable subscriptions, garden design and consultations, on-site produce stand/bedding plant sales, wholesale availability. CSA shares available. Call for hours. Kalispell & Whitefish Farmers' Markets. Farming since 1977.

TRIPLE B RANCH

Nick & Shelly Lombardi 1187 Hodgson Rd., Colun**56** F 756-1948 bbb@cyberport.net • Show horses. Call. Established 1991.

WESTERN TRAILS 55 Fran Roe-Kimmel

4311 Whitefish Stage Rd., Kalispell • 752-3411 fkimmel@in-tch.com • Eggs. Call to place an order. Established 2003.

WINDFLOWER NATIVE PLANT NURSERY 63

Terry Divoky 775 Belton Stage Rd., West Glacier • 387-5527 windflowernativeplants.com • ddivoky@centurytel.net Native plants that are grown from ethically collected seed from the local area. Sell retail and wholesale. Kalispell & Whitefish Farmers' Markets. Visitors welcome by appointment. Established 2001.

WOOLY CRITTERS RANCH Susan Max

84 Quartz Rd., Superior • 822-3602 fiber@woolycritters.com • Cashmere goats, Angora goats, Icelandic sheep, Romney & Romney x Merino sheep, alpacas, llamas. For pets, weed control & fine fleeces for spinning, weaving, other crafts. Call for livestock or for samples of rovings, fleeces, or yarns. Established 2002.

HOCKADAY ORCHARDS 68 🔘 Hugh Hockaday

20 Hockaday Ln., Lakeside • 844-3547 or 844-3863 U-pick Lambert, Royal Anne or Wine cherries. Buckets & ladders provided, bring boxes. 8 am-6 pm daily. Usually ripe late July. Call first. In operation since 1910.

FARMERS' MARKETS

KALISPELL FARMERS' MARKET Kalispell Center Mall parking lot, west side, Saturday 9 AM-12:30 PM

WHITEFISH FARMERS' MARKET **Park**, Central Avenue, Tuesday 5-7:30 PM nd Cue parking lot, Thursday 4-6:30 PM

BIGFORK FARMERS' MARKET Berrk High School, Grand Avenue,



FARMHANDS

We are a group of local farmers and consumers who want to strengthen the natural bond between the people who produce the food and the people who eat it. Because a healthy society is not possible without healthy family farms, we are working to protect the Flathead Valley's rich, working farmlands for future generations.

If you are interested in getting involved with Farm Hands or would like to invite a FarmHands member to your organization, classroom, or church, to talk about farmland preservation, food production, and the economics of buying local, please contact Barb Brant by email at thebrants@centurytel.net or by mail at 1658 E. 2nd St., Whitefish, MT 59937.

Select Harvest Calendar

	May	June	Jul	yAug	Sept	Oct	Nov
Apples							
Melons							
Cherries							
Peaches							
Raspberrieser							
Strawberries							
Beets							
Broccoli & Cabk	bage						
Carrots							
Cauliflower							
Corn							
Cucumbers							
Garlic							
Lettuce							
Onions							



eventually diversify their farms and attract the next generation of farming.

manufesday and Friday 4-6 PM

For more information on farming contact these organizations: - www.themeatrix.com - www.pesticide.org - AERO (Alternative Energy Resources Organization) • 406-443-7272 www.aeromt.org - Montana Farmer's Union • 406-234-4071 • www.montanafarmersunion.com - Flathead Land Trust • 406-752-8293 - The Montana Land Reliance • 406-837-2178 • www.mtlandreliance.org

Community Supported Agriculture (CSA)

Many producers in the Flathead participate in CSAs. Under CSA agreements, farmers sell directly to consumers, who typically prepay for a set

quantity of food every week of the season. The farmer spends less time marketing, and the consumer gets the freshest food possible. For infor-

mation on how to participate, contact any of the CSA farms (11, 31, 33, 34) listed on this map.

Meet the farmer, meet your friends, meet the freshest food on earth, at the Flathead Valley's farmers' markets. You'll find fruits and vegetables, herbs, bedding plants, cut flowers, potted plants, arts and crafts, a variety of tasty treats, and more. Held outdoors all summer long, rain or shine.



