



Growing Good Health

CSA Chooser Guide

Step 1: Review Farms



BELLS BEND FARMS

40 acres of rolling pastures, cropland and forest, located in the community of Scottsboro-Bells Bend.



THE MADISON farm

The Madison Farm is committed to organic, bio-intensive, and sustainable farming practices.



Delvin FARMS
"Our Business is Growing!"

Growing local produce since 1972, this 140 acre farm is home to two generations of farmers.

Step 2: Consider Portion

Full Share (Weekly)
\$750

Half Share (Biweekly)
\$400

May 16 - Nov. 18 (Full)
May 16 - Nov. 11 (Half)

Full Share (Weekly)
\$600

Half Share (Biweekly)
\$350

Full Share Pickup Starts: May 5/Sept 1*
Full Share Pickup Ends: July 21/Nov 17

Half Share Pickup Starts: May 12/Sept 1*
Half Share Pickup Ends: July 21/Nov 17

* CSA is broken into Spring-Summer and Fall Terms of 12 weeks each, with a break in August.

Full Share (Weekly)
\$725

Half Share (Biweekly)
\$400

May 16 - Oct. 14 (Full)
May 23 - Oct. 11 (Half)

Step 3: Determine Pickup

TUESDAY
Farm Pickup: 5194 Old Hickory Blvd. Nashville, TN
4pm-6pm

East Nashville Farmers Market
3:30pm-6:30pm

VUMC
3:30pm-5:30pm

SATURDAY
Farm Pickup: 5194 Old Hickory Blvd. Nashville, TN
9am-Noon

Richland Park Farmers Market
9am-Noon

Madison - The Madison Farm, 100 Academy Road:
Tue: 2pm-6pm, Friday Noon-6pm

Friday

Goodlettsville - Nourish Christian Marketplace : Noon-3pm

Hendersonville - Curious Capybara Bookshop: Noon-3pm

East Nashville - The Good Fill* 1106 Woodland St Suite 2:
1pm-6pm

The Nations - The Good Fill* 4840 Centennial Blvd Suite 103: 1pm-6pm

The Nations - Bare Bones Butcher Shop: 1pm-6pm

*The Good Fill is a non-prepackaged option, which requires CSA members to bring packaging when picking up produce.

VUMC Campus: Thursday
3:30pm - 5:30pm
2525 West End Ave, Nashville, TN

Tuesday
3:30pm - 6pm
East Nashville Farmer's Market

On-Farm Pickup
6361 Cox Rd.
Arrington, TN

Wednesday
1pm - 6pm
Saturday
9pm - 5pm

Thursday
4pm - 5:30pm
Brentwood United Methodist Church

Saturday
8am - Noon
Franklin Farmer's Market

Saturday
10am - Noon
Richland Farmer's Market

Step 4: Sign Up

1. Visit www.vumc.org/cbmes/growing-good-health
2. Fill out the Growing Good Health survey.
3. We will verify your eligibility.
4. We will send you a coupon code.
5. Select your farm and sign up at their website!

