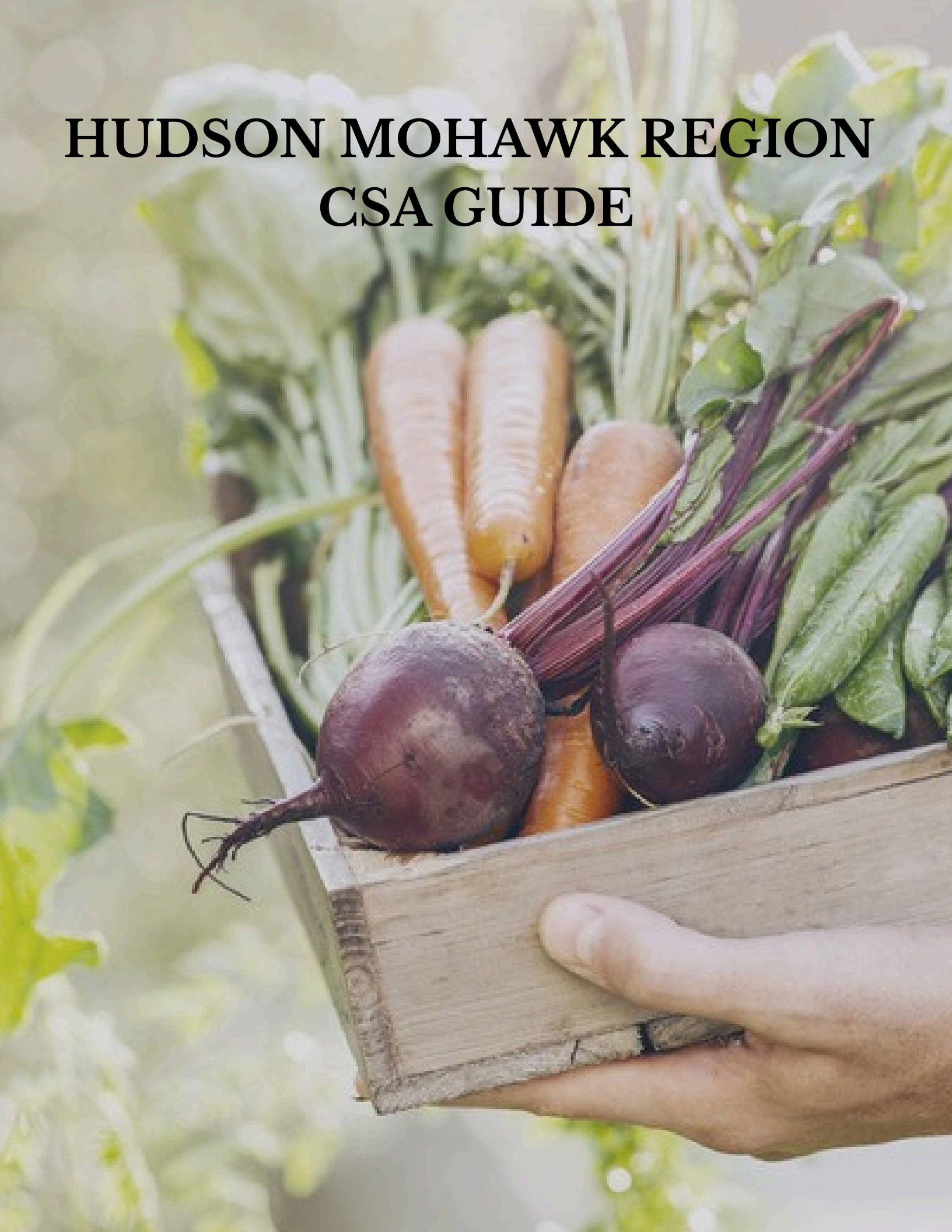


HUDSON MOHAWK REGION CSA GUIDE



HUDSON MOHAWK REGION AGRICULTURE

Agriculture in the Hudson Mohawk region of New York State is shaped by a rich landscape of fertile river valleys, rolling hills, and generations of family-owned farms. This diverse agricultural region produces a wide variety of goods, including fresh vegetables and fruits, dairy products, pasture-raised meats, maple syrup, and handcrafted value-added items. Farming here is not only an economic driver, but also a way of life that preserves open space, supports rural communities, and connects people to the land.

At the heart of this connection is Community Supported Agriculture (CSA), a model that strengthens the relationship between farmers and the communities they serve. By joining a CSA, individuals and families purchase a share of a farm's harvest at the beginning of the season. In return, members receive a regular distribution of fresh, locally grown products throughout the growing season. This shared commitment provides farmers with upfront financial support when they need it most—during planting and early production—while offering members a dependable source of seasonal, high-quality food.

CSAs in the Hudson Mohawk region come in many forms. Some farms offer traditional weekly vegetable shares, while others include options such as fruit, eggs, meat, dairy, maple products, flowers, or even artisan goods. Many CSAs provide flexible pickup locations at the farm, local farmers markets, or convenient community sites, making it easier than ever to participate.

Beyond the food itself, joining a CSA offers a meaningful way to engage with local agriculture. Members often have opportunities to visit the farm, attend events, or learn more about how their food is grown. This transparency fosters trust, encourages sustainable farming practices, and helps build a resilient local food system.

Choosing a CSA in the Hudson Mohawk region is more than just a way to access fresh food—it's an investment in local farms, environmental stewardship, and the long-term vitality of the region's agricultural community.

WHAT IS A CSA?

Community Supported Agriculture (CSA) is a partnership between local farms and community members who want fresh, seasonal food while directly supporting regional agriculture. In the Hudson Mohawk region of New York, CSAs are an important way for residents to connect with nearby farms and experience the rhythms of the growing season.

When you join a CSA, you purchase a “share” of a farm’s harvest at the beginning of the season. In return, you receive regular distributions—often weekly—of fresh, locally grown products such as vegetables, fruits, herbs, eggs, dairy, meats, or even maple products. Each share reflects what is being harvested at that time, giving members a true taste of the region’s agricultural diversity.

CSAs are built on shared commitment. Members support farmers upfront, helping cover the costs of seeds, equipment, and labor. In turn, farmers provide members with a portion of the harvest throughout the season. This model also means that members share in both the abundance and the challenges of farming, such as weather impacts or crop variations.

In the Hudson Mohawk region, CSAs often go beyond food. Many farms offer opportunities to visit, volunteer, or participate in farm events, helping build a deeper connection between people and the land. By joining a CSA, you’re not just buying food—you’re investing in local farms, strengthening the regional food system, and becoming part of a community rooted in sustainability and shared responsibility.



WHY JOIN A CSA?

Joining a Community Supported Agriculture (CSA) program in the Hudson Mohawk region is a meaningful way to connect with local farms, support the regional food system, and enjoy the freshest seasonal produce available. By becoming a CSA member, you invest directly in nearby farms at the start of the growing season, helping farmers cover early expenses like seeds, equipment, and labor. In return, you receive a share of the harvest throughout the season—often including vegetables, fruits, herbs, and sometimes additional products like eggs, dairy, or maple goods.

CSAs offer more than just fresh food—they create a relationship between farmers and community members. In the Hudson Mohawk region, this connection is especially valuable, as the area's diverse agricultural landscape provides a wide variety of crops and farm experiences. Members gain a deeper understanding of where their food comes from, how it's grown, and the seasonal rhythms that shape local agriculture.

Joining a CSA also supports the local economy and helps preserve farmland in the region. Your participation keeps small and mid-sized farms viable, strengthens rural communities, and reduces the environmental impact associated with long-distance food transportation. For many, a CSA is also a way to eat healthier and try new foods. Weekly shares encourage cooking at home, experimenting with fresh ingredients, and embracing a more seasonal diet.

Whether you're looking to support local farmers, eat fresher food, or feel more connected to your community, joining a CSA in the Hudson Mohawk region is a rewarding and impactful choice



HOW TO JOIN A CSA

Joining a Community Supported Agriculture (CSA) program in the Hudson Mohawk region is a rewarding way to access fresh, locally grown food while building a direct connection with the farmers who produce it. CSAs operate on a shared commitment between farmers and members, where you invest in the farm at the start of the season and, in return, receive a portion of the harvest throughout the growing months.

To get started, explore the variety of CSA farms in the Hudson Mohawk region. Each farm offers different options, so consider what works best for you—such as share size, pickup or delivery locations, types of products offered, and whether the farm uses organic or sustainable practices. Some CSAs focus on vegetables, while others may include fruits, herbs, eggs, dairy, meats, flowers, or value-added products.

Once you've selected a farm, you'll sign up—often in late winter or early spring—by purchasing a seasonal “share.” Many farms offer flexible payment options, including installment plans, to make joining more accessible. After signing up, you'll receive regular distributions (usually weekly or biweekly) during the harvest season. Depending on the farm, you may pick up your share at the farm, a local farmers market, or a convenient community location.

As a CSA member, you'll enjoy the freshest seasonal foods while learning more about how and when your food is grown. Many farms also provide newsletters, recipes, and updates, helping you make the most of each week's share. Some even offer opportunities to visit the farm, attend events, or volunteer.

By joining a CSA, you not only gain access to high-quality, local food—you also play an important role in sustaining agriculture in the Hudson Mohawk region, helping farms thrive and strengthening your local food system.



COMMUNITY SUPPORTED AGRICULTURE (CSA) FARMS

Black Horse Farms

10094 Rt. 9W
Athens, NY 12015
Blackhorsefarms3@gmail.com
blackhorsefarms.com

Deep Roots Farm

1639 Columbia Co. Rt.7a
Copake, NY 12516
deeprootsfarmny@gmail.com
deeprootsfarmnyorganic.com

Denison Farm

533 Buttermilk Falls Rd.
Schaghticoke, NY 12154
denisonfarm@gmail.com
denisonfarm.com

Dirty Dog Farm

168 Buckwheat Rd.
Germantown, NY 12526
farmer@dirtydogfarm.com
dirtydogfarm.com

Earthy Remedies

490 Lowe Rd.
Cobleskill, NY 12043
earthlyremediesbyerin@gmail.com

Edible Uprising Farm

40 Springwood Manor
Troy, NY 12180
info@edibleuprisingfarm.com
edibleuprisingfarm.com

Eight Mile Creek Farm

40 Johnny Cake Hill Rd.
Westerlo, NY 12193
eightmilecreekfarm@gmail.com
eightmilecreekfarm.com

Feather Hill Flower Farm

3806 Co. Rt. 9
East Chatham, NY 12060
featherhillflowers.com

Featherbed Lane Farm

35 Featherbed Lane
Ballston Spa, NY 12020
tim@featherbedlandfarm.com
featherbedlanefarm.com

Fox Creek Farm

182 Fox Creek Farm Rd.
Schoharie, NY 12157
farmer@foxcreekfarmcsa.com
foxcreekfarmcsa.com

Hearty Roots Farm

1830 US-9
Germantown, NY 12526
Csa@heartyroots.com
heartyroots.com

Kinderhook Farm

1958 Co. Rt. 21
Valatie, NY 12184
store@kinderhookfarm.store
kinderhookfarm.square.site

Laughing Earth

3842 NY Hwy2
Cropseyville, NY 12052
farmers@laughingearth.farm
laughingearth.farm

Letterbox Farm

4161 Rt. 9
Hudson, NY 12534
info@letterboxfarm.com
letterboxfarm.com

Liberty Farms

114 Ostrander Rd.
Hudson, NY 12534
sales@libertyfarmsny.com
libertyfarmsny.com

COMMUNITY SUPPORTED AGRICULTURE (CSA) FARMS

Little Seed Gardens

P.O. Box 195
White Mills Rd.
Chatham, NY 12037
littleseedgardens@yahoo.com
littleseedgardens.com

Lovin Mama's Farm

240 Cranes Hollow Rd.
Amsterdam, NY 12010
lovinmamafarm.com

MX Morningstar Farm

5956 NY-9H
Hudson, NY 12545
farmers@mxmorningstarfarm.com
mxmorningstarfarm.com

Philia Farm

134 Miller Ln.
Johnstown, NY 12095
jeanpaul@philiafarm.com
philiafarm.com

Pitney Meadows Community Farm

233 West Ave.
Saratoga Springs, NY 12866
contact@pitneymeadows.org
pitneymeadowscommunityfarm.org

Reclamation Herb Farm

381 Co. Rt. 10
Germantown, NY 12526
michelle@reclamationherbfarm.com

Rooted Acres

4838 NY-145
Cobleskill, NY 12043
rootedacresveg.com

Roxbury Farm CSA

2501 NY-9H
Kinderhook, NY 12106
info@roxburyfarm.com
roxburyfarm.com

St. Croix Farm

14 Ridge Rd.
Valley Falls, NY 12185
scfsouth@gmail.com
stcroixfarm.net

Stoneledge Farm

145 Garcia Lane
Leeds, NY 12451
info@stoneledge.farm
stoneledge.farm

The Berry Patch

15589 State Route 22
Stephentown, NY 12186
theberrypatchny@gmail.com
theberrypatch.net

The Farm at Kristy's Barn

2385 Brookview Rd.
Castleton, NY 12033
amanda@kristysbarn.com
kristysbarn.com

The Farm at Miller's Crossing

170 Rt. 217
Hudson, NY 12534
info@farmatmillerscrossing.com
farmatmillerscrossing.com

Tiny Hearts Farm

1649 CR 7A
Copake, NY 12516
tinyheartsfarm.com

Wyrms Farm

20 School Teacher Rd.
Hudson, NY 12534
parisma@wyrms.farm
wyrms.farm

HARVEST CONNECTION

Harvest Connection makes it easy to connect with local farms and farmers markets in your area. Through our online directory, you can discover nearby farms, seasonal products, CSA programs, and market locations—all in one place. Whether you're looking for fresh produce, locally made goods, or a community-focused shopping experience, Harvest Connection helps you find and support the farmers who grow your food. To learn more, visit harvestconnection-ny.com.



THANK YOU FOR SUPPORTING FARMS IN THE
HUDSON MOHAWK REGION