

Local Diet and Agriculture Solutions!

Local Farms:

Listed below are an array of local farms that offer a variety of animal products, grown in harmony with the local environment and with a high standard of care for each individual animal:

<p style="text-align: center;">Beef</p> <p style="text-align: center;">Cure Organic Farm Buckner Family Farm 7th Generation Farm Serendipity Farm</p>	<p style="text-align: center;">Dairy</p> <p style="text-align: center;">Mountain Flower Goat Dairy Light Root Community Farm Longmont Dairy Goat Dairy Lucky Weather Ranch</p>	<p style="text-align: center;">Chicken/Poultry</p> <p style="text-align: center;">63rd St. Farm Black Cat Organic Farm Serendipity Farm</p>
<p style="text-align: center;">Eggs</p> <p style="text-align: center;">Ollin Farms Cure Organic Farm 7th Generation Farm Serendipity Farm</p>	<p style="text-align: center;">Pork</p> <p style="text-align: center;">63rd St. Farm Cure Organic Farm Black Cat Organic Farm Buckner Family Farm 7th Generation Farm Serendipity Farm</p>	<p style="text-align: center;">Sheep</p> <p style="text-align: center;">Black Cat Organic Farm Buckner Family Farm 7th Generation Farm</p>

Grocery Store Goods:

There are many grocery chains and independent grocery stores in Boulder that seek to offer more sustainable, ethical and alternative products to conscious consumers. Cooking at home can be a wonderful way to reconnect with the source of your food, and build community and conversation around each meal. Learn more about some local companies that are tackling climate change, food and packaging waste, and more by clicking the links below!

<p style="text-align: center;">Local Grocery Stores</p> <ul style="list-style-type: none"> • Lucky's Market <ul style="list-style-type: none"> ○ Find produce from Kilt Farm sold here! • Natural Grocers • Alfalfa's 	<p style="text-align: center;">National Chains</p> <ul style="list-style-type: none"> • King Sooper's • Sprouts • Trader Joe's • Safeway • Whole Foods
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Palm Oil Alternatives:

If you would like to avoid palm oil altogether (woohoo!), a good tip to remember is that if the saturated fat content of a product is more than 50%, it likely has palm oil in it. Here are some products and brands sold at local Boulder grocery markets that don't use palm oil:

Dave's Killer Bread



Divine chocolate



Hippeas



Miyoko's European Style Cultured Vegan Butter



Ben & Jerry's Ice Cream (all flavors)



Community Supported Agriculture (CSA):

CSA programs allow consumers to buy directly from local farms by subscribing to a farm or group of farms that regularly harvests in-season produce and other farm goods for each consumer. By subscribing, the consumers support the farm's business and help integrate the farm into the community. This model of agriculture and food distribution bonds the farm and consumer together by sharing the risks of food production. In doing so, consumers gain a better understanding of where food comes from, farmers have more connection with where their food goes, and a supportive network of individuals is formed. Some local CSA programs with pick-up in Boulder are listed below:

- [63rd Street Farm](#)
- [Aspen Moon Farm](#)
- [Black Cat Farm](#)
- [BonaVida Growers](#)
- [Boulder Family Farms](#)
- [Cultiva at Growing Gardens](#)
- [Cure Organic Farm](#)
- [Dharma's Garden](#)
- [Eagle Canyon Farm](#)
- [Ela Family Farms](#)
- [Friar Farms](#)
- [Jacob Springs Farm](#)
- [Jodar Farms](#)
- [Kilt Farm](#)
- [Lucky Weather Ranch](#)
- [Miller Farms](#)
- [Monroe Organic Farm](#)
- [North Wind Ranch](#)
- [Pachamama Farm and Wellness](#)
- [Pastures Of Plenty](#)
- [Red Wagon Farm](#)
- [Settembre Cellars](#)
- [Sun Prairie](#)
- [Sunbeam Farm](#)
- [Sunray Natural](#)
- [The Diaz Farm](#)
- [The Valmont Farm](#)