

News	Sports	Opinion	Obituaries	Living	Entertainment	Classifieds	Statewide Legals	Local Legals
----------------------	------------------------	-------------------------	----------------------------	------------------------	-------------------------------	-----------------------------	----------------------------------	------------------------------

Home » [Living/Lifestyles](#)

0 [8+1](#) 0

9:45 am - March 24, 2015

Allenbrooke Farms exclusively offering CSA program

By **Carol Martinez**

At Allenbrooke Farms in Spring Hill, the green houses are packed with seedlings, and farmer Daniel Allen is carefully caring for his crop. The big move happens in two weeks when he will start putting the plants into the fields on the 120-acre farm, And in May the farm will start sharing its crop with around 300 local families.



Daniel Allen stands in front of his fields. This year, Allenbrooke Farms is exclusively offering a CSA program. Photo by Carol Martinez

Allenbrooke Farm now exclusively offers a Community Shared Agriculture (CSA) program to people who buy a share of the fresh, locally grown product. Each week for six months, the customers get to select their very own custom basket of produce at the farm, located just five miles from Main Street in Spring Hill. Daniel and his wife, Stephanie, operate the farm and reside in the farmhouse with their 18-month-old son, Keaton.

"We have so many customers here in Spring Hill who want farm fresh produce that we have decided to focus our efforts on our CSA program," said Daniel. The Allens will no longer participate in the Franklin Farmer's Market. "We need to focus most of our energy on food production," he said. "It's better to do one thing really well."

1 2 3 4

What crops will they have in abundance this year? It's impossible to know, explains the Allens. The good news is that the Allens grow many different varieties of vegetables, herbs and even some flowers.

Kale is the belle of the ball, according to the Allens. They offer four different varieties of the leafy green vegetable: Red Russian, Siberian, Toscano and Curly Green Kale. Among the other harvested items are: potatoes, zucchini, peppers, cilantro, basil, dill and all sorts of tomatoes. One of the items that most customers are not familiar with is a vegetable called kohlrabi. "It's a crazy looking plant that is a combination between an apple and cabbage," said Stephanie. "It tastes somewhat like jicama and is not in the grocery stores." Try it once, and you will come back for more, she declares.

"Customers have a real connection with the food from the farm and like that it is harvested the same day it is distributed," said Daniel Allen. He enjoys watching children discover that not all carrots are shaped the same. Allenbrooke Farms customers are part of the "Family"; that's their

Vanderbilt Children's After-Hours Clinic

Providing walk-in care for children of all ages.



Monroe Carell Jr. Children's Hospital
Vanderbilt

[Previous](#) [Click to see local deals](#) [Next](#)

Flash out-of-date

O'Donnell: 'We Always Err on Side of safety'
O'Donnell: 'We always err on side of

FLASH

special word for the people who enjoy their farm fresh produce.

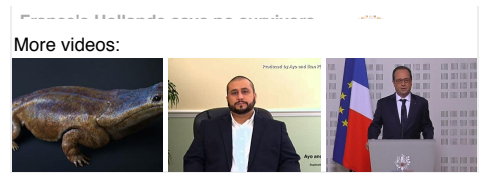
"We do it very old school," declared Daniel. "We make 90 percent of our fertilizer from compost, and the flavor of the food has not been depleted by chemicals."

Daniel's grandparents raised hogs, goats and cattle on the farm, but they had to work regular jobs, explained Daniel. "I feel very lucky to be able to just work on the farm. You take care of the land, and it takes care of you. That's how it should be," he said.

Daniel is a third-generation farmer, but at one time he was a model for the Ford Modeling agency in New York. When he worked for Calvin Klein and other leading designers, he grew tomatoes on the fire escape at his city apartment.

Stephanie Allen never grew a tomato before she and her spouse founded the Allenbrooke Farms; she studied at the Art Institute of Atlanta. She did grow flowers and tended to window boxes, but today she's dedicated to sustainable farming and also takes care of the marketing and business aspects of Allenbrooke Farms.

Last year, 250 families joined the CSA and purchased a basket of edibles for the six month season. Now is the time to sign up to be a customer for the 2015 harvest. Primarily customers are from Spring Hill, but others are from Columbia, Franklin and even Hermitage. Customers may pick up their weekly produce on Mondays or Wednesdays from 4 to 6 p.m., or on Saturdays from 9 a.m. to 12 noon. Learn more at www.allenbrookefarms.com.



- Living/Lifestyles
 - Most Viewed
 - Popular
 - Topics
- SHHS Theatre Department presents 'Steel Magnolias'**
- Egg-stra! Egg-stra!**
- The \$36 tip heard 'round the world**
- Local man finalist in Belk department store competition**
- Mr. and Mrs. Harley Hazzard**
- Painting 'Empty Bowls' for a good cause**

You can delete blood cancer for someone.

Register as a bone marrow donor.

DELETE BLOOD CANCER DKMS
deletebloodcancer.org

AROUND THE WEB

WHAT'S THIS?

Stellar Gains

How to Make \$1,000's Per Day With Penny Stocks?

Lifestyle Journal

An Extremely Brilliant Way to Pay Off Mortgage

Neuroflexyn

Secret Brain Pill Billionaires Are Using

GQ

Behind the Scenes of Emily Ratajkowski's GQ Photo Shoot

0 Comments

The Advertiser News

Login

Recommend

Share

Sort by Best



Start the discussion...

Be the first to comment.

Subscribe

Add Disqus to your site

Privacy