



# THE BOULDER COUNTY *Farm trail*

Explore Boulder County's farms, from field to fork



## Back to Our Roots

Early on, Boulder's residents made clear a deep love for their land. In 1967, Boulder became the first city in the United States to tax itself for funds to be used specifically for the acquisition and management of open space. Around the same time, countywide residents approved the use of public lands for agriculture, seeing value in the care and use of public land by farmers. Today, about 25,000 acres of the county's public lands are leased to farmers.

An even broader agricultural industry feeds Boulder's obsession with fresh foods and its

outdoor-loving ethos. There are over 850 farms in Boulder County! This brochure is devoted to a number of those farms that welcome visitors on a regular basis.

It's our hope you'll get out and meet our extraordinary farming community, feel the cool Colorado sunshine on your skin, swing on a tire swing, let a handful of juicy raspberries drip down your chin — and see for yourself why Boulderites are so passionate about our land and the foods that come from it.



**BoulderColoradoUSA.com**

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BOULDER CONVENTION AND VISITORS BUREAU

Cover photos: Denise Chambers, Cure Organic Farm, Paul Bousquet, Eric Gray, Growing Gardens

Above: Paul Bousquet. Back cover photo: Stephen Collector



# Five things to try...

## On the Farm

Experience Boulder's acclaimed food scene at its source, get a little dirt on your hands and meet some furry friends.

1. **U-pick it.** Pick your own raspberries at the oh-so-charming Hoot n' Howl Farm (say "hi" to their backyard chickens as you let yourself through the gate) or dig your own irises in May and June at Long's Gardens (close to downtown Boulder). Check the listings on the other side for more ideas.
2. **Get farm smarts.** On-the-farm classes let you get up-close-and-personal to the land and its farmers. Take a course on wild herb picking and natural medicine at Three Leaf Farm, an officially designated botanical sanctuary; sign up for a farm fiber workshop from the talented folks at Mountain Flower Goat Dairy; or choose a beekeeping class at Growing Gardens. Check the listings on the opposite side for more ideas.
3. **Dine fresh.** Feel free to kick up your boots, chat and laugh under a string of shimmering lights on Eden-like Lone Hawk Farm. Check our listings for more farms offering dinners, and plan ahead, as they frequently sell out.
4. **Shop the farms.** Pick up some famous peaches-and-cream sweet corn from Munson Farms (and grab a great photo op); pick up skeins of super-soft wool from Cure Organic Farm; or stop at Ollin Farms, where an on-site helper can point you to the best picks. Also keep an eye out for neighborhood "farm" stands right in town. In Boulder, it's legal for hobby gardeners to sell their extra garden bounties.
5. **Picnic in style.** Spread out a quilt in the sun, unpack some goodies and lunch it up while you watch life on the farm. Lone Hawk Farm allows picnics on their barn balcony or check the listings on the other side for more picnic options.



Photo credits: 1, 5. Gwen Gray, 2. Three Leaf Farm, 3. Boulder CVB, 4. Paul Bousquet

## At the Market

Established nearly 30 years ago by a handful of local farmers, the Boulder Farmers Market will fill your belly and soul with happiness. With nearly 150 vendors, it's a top visitor attraction and a weekly tradition for residents.

Saturdays, 8am-2pm (First Saturday in April through the Saturday before Thanksgiving)

Wednesdays, 4-8pm (First Wednesday in May through the first Wednesday in October)

1. **Meet the farmers.** Only vendors who grow what they sell are permitted. They tend to be a friendly lot, so feel free to ask questions and admire their crops.
2. **Redefine "food court" food.** Handmade tamales, steamed dumplings, stone-fired pizza and fresh-pressed juices await in the market's prepared foods area. Grab a plate and take a seat at the tables or in a shady spot next to Boulder Creek.
3. **Sample the goods.** Locally crafted, artisan cheeses, breads, jams, pastas, salsas, granolas and more are offered throughout the market for you to taste.
4. **Stop and smell the roses.** Farm-grown flower stands bring a riot of color to the market. Pause for a sniff or a photo, and maybe pick up a bunch for your hotel room.
5. **Jam out.** Local bands are often heard striking up some tunes in the food court area. Sit back and watch, or simply listen as the melody floats through the festival-like atmosphere of the market.



Photo credits: 1, 2, 3, 4. Denise Chambers/Boulder CVB, 5. Amy Aletheia Cahill

## On Your Plate

Boulder was named America's Foodiest Town by *Bon Appétit*, and Pearl Street ranked one of the 10 Best Streets for Foodies in *Food & Wine*. Why? We think it has a lot to do with an abundance of creative chefs who insist on ingredients plucked straight from local fields.

1. **Chefs turned farmers.** Boulder chefs are taking out the middleman and starting their own farms to ensure only freshly harvested foods make it to your plate. This is true of Black Cat, Blackbelly Market, Leaf, Salt, Lucile's...we could go on and on.
2. **Go green.** The Kitchen has been called the "greenest restaurant in the West" and is a leader in sustainable, farm-to-fork dining — not to mention deliciousness.
3. **Cuisine with a conscious.** Chef Bradford Heap of Salt and Wild Standard has taken a stand against genetically modified organisms (GMOs), and will only buy from suppliers who can guarantee their products are GMO free. It makes for a menu that's worry-free yet incredibly sumptuous.
4. **Homegrown collaboration.** Seeds Library Cafe in the Boulder Public Library — an organic, locally sourced eatery on a bridge overlooking Boulder Creek — is the result of a partnership between the library and Boulder County Farmers Markets.
5. **Sip fresh.** Try a cocktail made with regional ingredients at Oak on Fourteenth, Salt or Bitter Bar. Sample Colorado wines at Boulder Wine Studios' three wineries. Go behind the scenes at one of five local distilleries. Or savor our booming craft brewing industry at 20+ breweries around town.



Photo credits: 1. Blackbelly Market, 2, 3, 5. Denise Chambers/Boulder CVB, 4. Seeds Library Cafe

## With the Kids

Homegrown fun and simple country pleasures (think strawberry-stained chins and hay stuck in your hair) will have every member of your family grinning from ear-to-ear.

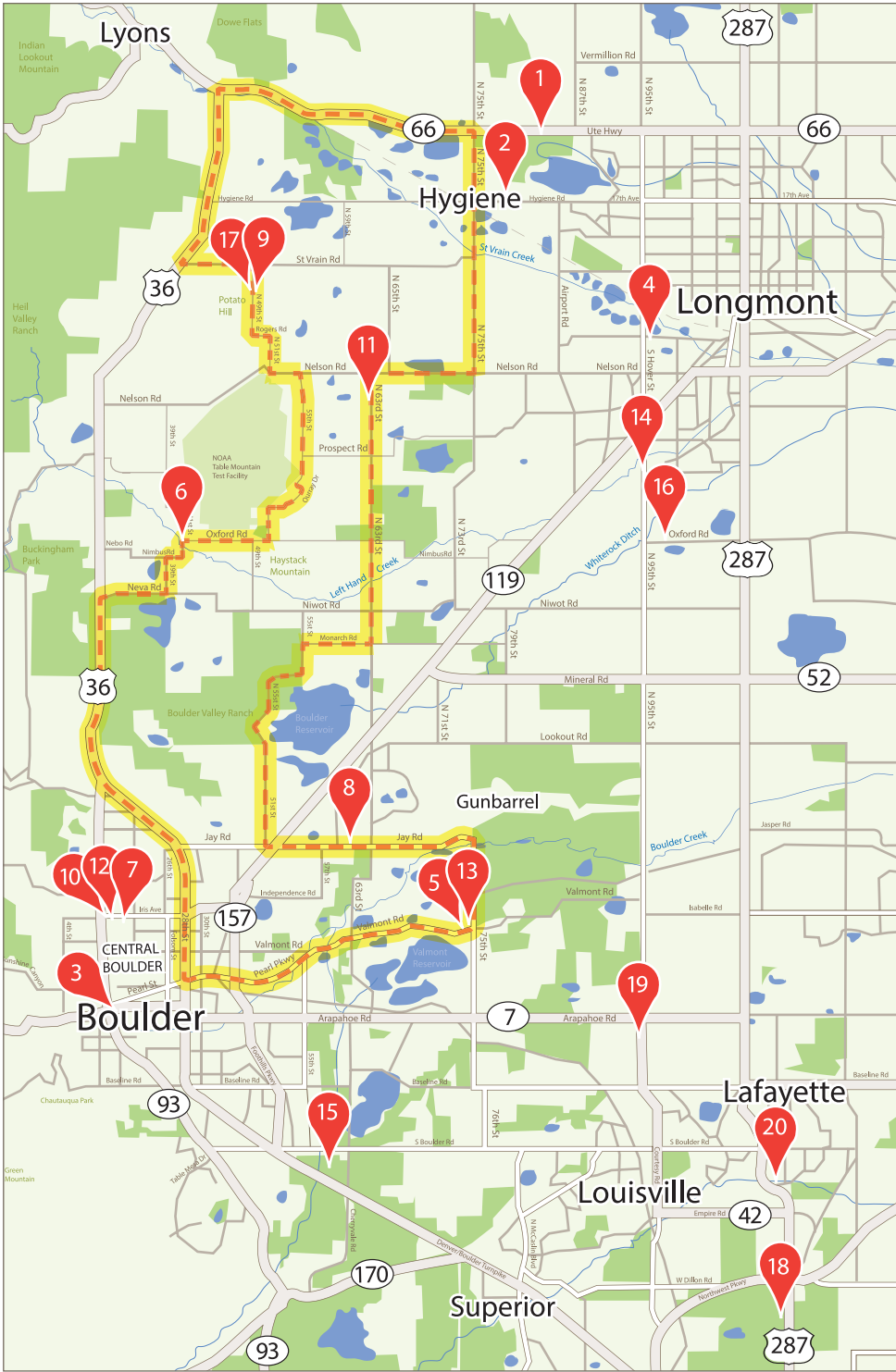
1. **Big. Red. Barn.** At Longmont's Agricultural Heritage Center, tour a historical farm, pretend to be a draft horse to see how much weight you can pull, and watch as little ones push buttons inside a tractor cab and play at the fruit stand.
2. **Pumpkins for lil' punkins.** During harvest time, Rock Creek Farm goes all out, with acres of pumpkin patches, jumpy castles, slides, farm animals, a hay bale maze and a corn maze — all with a sweeping vista of the Rocky Mountains.
3. **Seeds of peace.** The Children's Peace Garden is a great place to wander, snap some photos under the charming rainbow entryway with the gorgeous Flatirons as backdrop, and teach little minds about some of Boulder's most cherished ethos: locally grown health foods, kindness, community and peace.
4. **Bahhhh.** Meet baby goats and learn how the farmers milk the mama goats at Mountain Flower Goat Dairy. They even host a baby goat "shower," a celebration with crafts, face painting and baby goat cuddlin' (oh the cuteness!), each spring.
5. **The family that farms together.** Volunteer in the vegetable fields at Pachamama Farm or Oxford Gardens for some quality bonding time. You'll also soak up lots of knowledge and inspiring views.



Photo credits: 1. Gwen Gray, 2. Eric Gray, 3. Growing Gardens, 4, 5. Mountain Flower Goat Dairy



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1. Agricultural Heritage Center at the Lohr/McIntosh Farm

8348 Ute Hwy., Longmont  
303-776-8688  
bouldercountyopenspace.org/ahc

Get a glimpse into the history of agriculture in Boulder County and enjoy the rural surroundings. Interactive exhibits include a farmhouse furnished with items from the 1910s; animals on site April through October including chickens, pigs, draft horses and sheep; two barns; and an heirloom garden. It's free to visit. Hours: April 1–October 31, every Friday, Saturday and Sunday 10am–5pm; November 1–March 31, the first Saturday of each month 10am–5pm. Check their website for special events, Barnyard Critter Day, and Crafts and Trades of Olden Days.



Photo credits: Paul Bousquet, Cure Organic Farm, Boulder CVB, Rich Grant, Pachamama Farm, Denise Chambers, Three Leaf Farm

2. Aspen Moon Farm

7927 Hygiene Rd., Longmont  
303-684-6848  
aspenmoonfarm.com

Aspen Moon Farm has a seasonal, open-air farm stand that is operated on the self-serve honor system. Fresh, certified organic and biodynamic, everything they sell is 100 percent grown on the farm. Open April–December (weather permitting) seven days a week, 10am–6pm.

3. Boulder County Farmers Market – Boulder

13t St., between Canyon and Arapahoe, Boulder  
303-910-2236  
bcfm.org

The Boulder Farmers Market opened in 1987 as a growers-only market and today is a major attraction for both residents and visitors. In fact, it was named Best Farmers Market in the nation by readers of *USA TODAY* and 10Best. You'll find beautiful produce, flowers, breads, honey, wine, cheese, prepared foods and more in a lively, festival atmosphere. The market's season runs from the first Saturday in April through the Saturday preceding Thanksgiving, 8am–2pm. The Wednesday evening market runs from the first Wednesday in May to the first Wednesday in October, 4–8pm.

4. Boulder County Farmers Market – Longmont

Boulder County Fairgrounds  
9595 Nelson Rd., Longmont  
303-910-2236  
bcfm.org

This Longmont market began in 1989 and the Boulder County Farmers Markets began managing it in 2003, helping it blossom into a destination market, with ample free parking and a pavilion that features family-friendly music events. The market runs from the first Saturday in April through the Saturday preceding Thanksgiving, 8am–1pm.



5. Cure Organic Farm

7450 Valmont Rd., Boulder  
303-666-6397  
cureorganicfarm.com

Cure Organic Farm is a family farm that grows 100 different varieties of certified organic vegetables, herbs and flowers on 12 acres. All crops are distributed within 50 miles of the farm through a CSA program, to local restaurants, via farmers' markets and at the farm's store (May–December). The farm is also home to several honeybee hives, a flock of hens and ducks, and heritage Berkshire and Mangalitsa pigs. Skeins of wool from Rambouillet sheep are available. Open Wed–Fri 11am–6pm and Sat–Sun 10am–4pm. They also offer classes, volunteer opportunities and tours by reservation.

6. The Fresh Herb Co.

4114 Oxford Rd., Longmont  
303-449-5994  
thefreshherbco.com

The Fresh Herb Co. offers organic, culinary herbs, freshly cut flowers and ornamental succulents. In the summertime, they partner with American Grown Flowers to host a Field to Vase Dinner, which involves a farm tour, a locally sourced multi-course meal featuring edible flowers and tables decorated in beautiful floral arrangements.

8. Hoot 'n' Howl Farm

6033 Jay Rd., Boulder  
303-530-9504  
hootnhowlfarm.com

Hoot 'n' Howl is Boulder County's largest berry farm, with red, gold and black raspberries, strawberries, blackberries, gooseberries, elderberries, currants, flowers, farm-fresh eggs and asparagus. A farm stand also sells peaches, cherries, plums, nectarines, pears and apples from Early Morning Orchard in Palisade, Colorado, as well as 100-percent grass-fed beef from Lasater Ranch in Matheson. Open June–October, 9am–7pm daily.



9. Lone Hawk Farm

10790 N. 49th St., Longmont  
303-776-8458  
lonehawkfarms.com

Lone Hawk Farm encompasses 120 rolling acres of gardens, pastures, orchards and wildlife habitat. The farm stand is open daily throughout the growing season. Stop by for fresh, organic veggies, fruit, eggs, flowers and herbs grown in the farm's Cooperative Community Gardens. The farm stand barn is located just down the road, south of the main farm entrance. They also offer picnicking (sit on the barn balcony!), farm dinners, special events, and opportunities for hikers, birders and photographers.

11. McCauley Family Farm

9421 N. 63rd St., Longmont  
303-485-7688  
fromourfarm.org

Nestled into the foothills and irrigated by Rocky Mountain snowmelt, McCauley Family Farms is a whole-farm ecosystem that nourishes people and the planet. They are a certified organic farm offering 80–100 varieties of organic produce for farmers' markets, restaurants and gourmet goods. In holistically managed pastures, they raise truly pastured chicken for meat and eggs, as well as lamb. Other offerings include culinary and medicinal herbs, seed saving, seasonal ferments and pickled goods. McCauley welcomes visitors to come learn, connect, volunteer and grow.

7. Growing Gardens

1630 Hawthorn Ave., Boulder  
303-443-9952  
growinggardens.org

Growing Gardens, established in 1998 in Boulder, offers a variety of education programs to enrich the lives of people of all ages through sustainable urban agriculture. Their programs include the Children's Peace Garden (ages 3–11), which offers fun, educational summer camps, days-off-school classes and more; the Cultiva Youth Project (ages 12–19), a leadership and life-skills program that employs teens to run Growing Gardens' CSA; seasonal community classes like bread making, food preservation, gardening and beekeeping; community gardens; and the Food Project donation program — all right in the heart of Boulder.

Stop by the blooming Children's Peace Garden with your little one for a picture-perfect photo under the rainbow sign and iconic Flatirons backdrop, and learn about peace, respect, environmental stewardship and friendship through the garden's programs.



13. Munson Farms

7355 Valmont Rd., Boulder  
720-971-8847  
munsonfarms.com

Munson Farms is a local family farm raising fresh fruit and vegetables for more than 30 years. They are famous for their sweet corn and fall pumpkin patch. The farm stand — which has great views — is open daily July through Thanksgiving.

15. OSMP Antique Farm Equipment Exhibit

66 S. Cherryvale Rd., Boulder  
bouldercolorado.gov/osmp/cultural-resources-antique-farm-equipment-exhibit

Every item in this outdoor display at the old Viele/Van Vleet Ranch was used by farmers and ranchers on land that is now owned by the City of Boulder. At one time, each of these implements was essential to the farmers and ranchers who relied on them. Get a look back into how Boulder's early farmers worked the land.



14. Ollin Farms

8627 N. 95th St., Longmont  
303-717-0586  
ollinfarms.com

Ollin Fams believes in the principle of sustainable agriculture, producing nutrient-rich foods with minimum impact on the surrounding environment. They offer youth classes, farm dinners and a farm stand that is open daily June–October. It's stocked with seasonal vegetables and fruit, and there's always a helpful attendant on hand.

16. Oxford Gardens

10145 Oxford Rd., Longmont  
303-817-9676  
oxfordgardensboulder.com

Oxford Gardens is a six-acre market farm that offers 25 types of vegetables (in more than 100 varieties) to local restaurants, food stores, food trucks and the Boulder Farmers Market. They also provide thousands of pounds of their famous carrots to the children of Boulder through the school district's food program. Join them on the farm for volunteering, group tours by reservation or for local chef-led farm dinners with mountain views.



17. Pachamama Farm & Wellness

10771 N. 49th St., Longmont  
716-860-3594  
pachamamafarm.com

Pachamama Farm & Wellness is a beautiful farm tucked into the foothills of Boulder County. They strive to enhance the well-being of the community by producing pure food and medicinal herbs using organic methods, offering agricultural educational programs and providing healing arts services in nature. Come tour, volunteer in the vegetable fields or herb garden, take a workshop, attend a festival, or meet pigs, chickens, cats and a dog.

19. Shannon Red Barn Farm

1341 95th St., Lafayette  
303-651-2180  
shannonredbarnfarm.com

Shannon Red Barn Farm is a historic dairy farm that is listed on the National and State Registers of Historic Places and is a Boulder County Historic Landmark. Buildings include an 1870s grout chicken and milk house, a Victorian farmhouse, a 1919 clay-tile dairy barn, a studs-out granary and a WPA privy. You'll also find a picturesque windmill, vintage farm and dairy equipment, and heirloom flowers. Farm history and garden tours, catered farm dinners, farm teas and farm photo opportunities are available by reservation.

18. Rock Creek Farm Pumpkin Patch & Corn Maze

2005 S. 112th St., Broomfield  
303-465-9565  
rockcreekfarm.com

Rock Creek Farm is a working farm offering a cornucopia of autumn fun. Venture into 100 acres of pumpkins waiting to be snipped from the vine; laugh as you explore six miles of fun and challenging corn mazes in three separate patterns; rub elbows with goats, free-ranging chickens, pigs and other farm animals; and take a hay ride to complete your experience. Little ones enjoy the hay-bale maze, a super-slide and more.

20. Three Leaf Farm

445 S. 112th St., Lafayette  
720-334-4724  
threeleafarm.com

Run by a husband-and-wife team of restaurateurs, Three Leaf Farm was created in 2010. Tucked along the banks of the Coal Creek with majestic views of the Continental Divide, the little urban farm is a pastoral oasis and home to goats, chickens, horses and honeybees. Almost all of their harvest goes directly to the owners' six restaurants and their extensive catering services. They also host a full schedule of community farm dinners during the growing months, with menus creatively prepared by restaurant chefs. Visitors can learn about farm skills, homesteading techniques, herbal medicine and beekeeping.