



# 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 more than 1,000 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 that you'll get out and meet our extraordinary farming community, feel the warm 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.



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## 5 Things to Do on the Farm



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

- U-pick experiences.** There's nothing like harvesting your own goodies. Pick crisp apples at Ya Ya Farm and Orchard (advance registration required), sunflowers at the Bee Hugger Farm or pumpkins at 7th Generation Farm.
- 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; or choose a beekeeping class at Growing Gardens. Check the listings on the opposite side for more ideas.
- 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.
- Shop the farms.** Pick up some famous peaches-and-cream sweet corn from Munson Farms, pork bratwurst from Cure Organic Farm, or fragrant bunches of fresh lavender from Balto Farms. Or stop at Ollin Farms, where an on-site helper can point you to the best picks.
- Picnic in style.** Spread out a quilt in the sun, unpack some goodies and lunch it up while you watch life on the farm. Check the listings on the other side for picnic options.



## 5 Ways to Sample the Market



Established more than 30 years ago by a handful of local farmers, the Boulder Farmers Market will fill your belly and soul with happiness. With more than 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)



- 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.
- 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.
- Sample the goods.** Locally crafted artisan cheeses, breads, jams, pastas, salsas, granolas and more are offered throughout the market for you to taste.
- Stop and smell the roses.** Farmgrown 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.
- 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.

## 5 Things to Try 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.



- 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, Leaf, Salt, Lucile's...we could go on and on.
- 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.
- Cuisine with a conscience.** Chef Bradford Heap of Salt Bistro 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.
- Dine on the farm.** With a little planning, you can enjoy a scenic farm dinner, often between rows of crops and under a string of lights at a long farm table. Check the listings on the other side and make sure to reserve ahead of time.
- Sip fresh.** Try a cocktail made with regional ingredients at Oak on Fourteenth, Salt or Bitter Bar. Sample Colorado wines at four wineries. Go behind the scenes at one of three local distilleries. Or savor our booming craft brewing industry at 18 breweries around town.

## 5 Farm Activities With the Kids

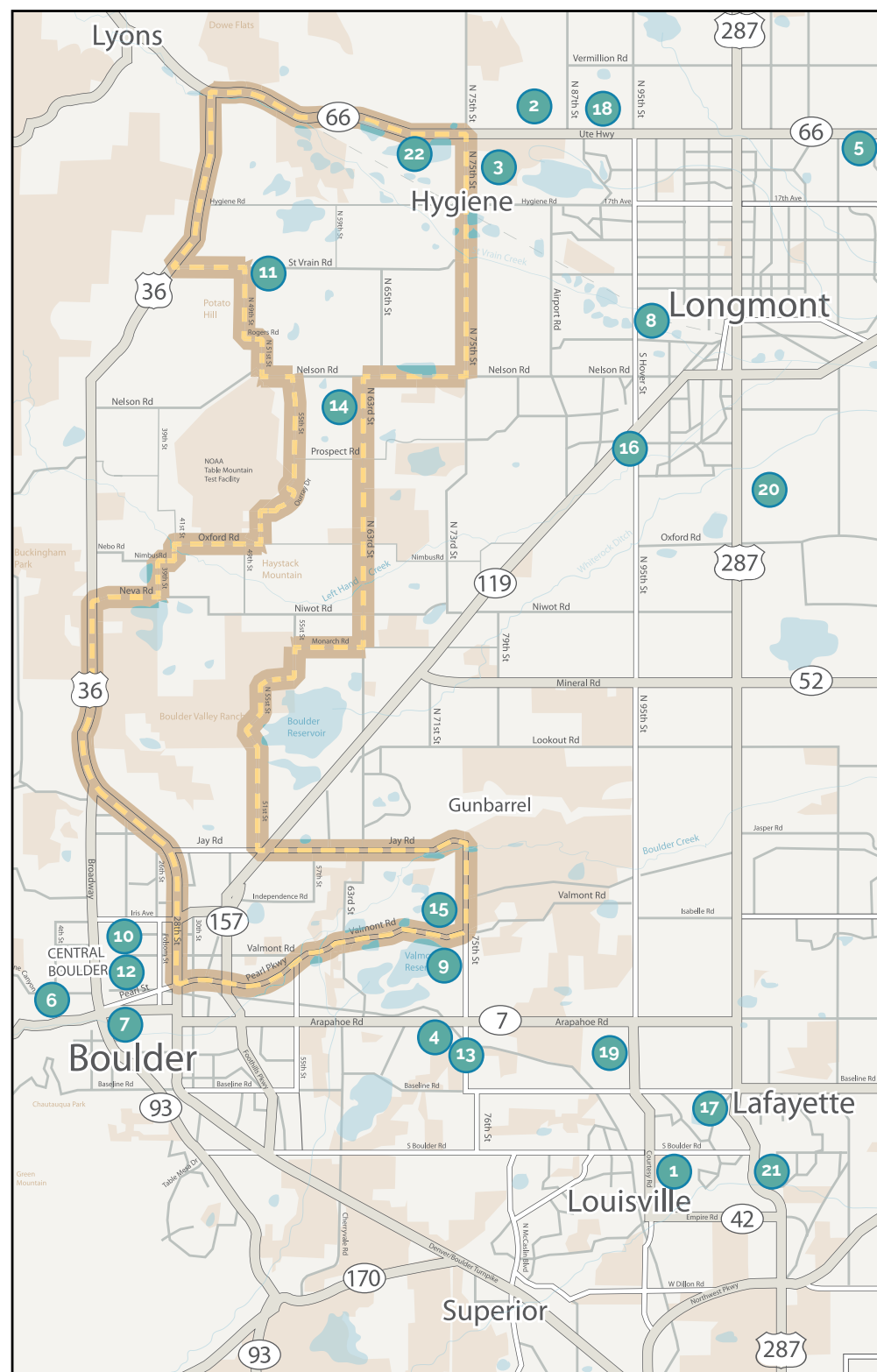


Homegrown fun and simple country pleasures (think strawberry-stained chins and hay stuck in your hair) will have every member of your family grinning from ear to ear.



- 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.
- Pumpkins for lil' punkins.** Visit a pumpkin patch in October for fall family festivities. Rocky Mountain Pumpkin Patch has a weekend kiddie carnival, 7th Generation Farm has a corn maze and animals to meet, and Bee Hugger Farm delights with a haunted sunflower field and pony rides.
- 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.
- Mehhhhh!** Meet baby goats and learn how the farmers milk the does at Growing Gardens on a tour.
- The family that farms together.** Volunteer to lend a hand at Sunflower Farm for some quality bonding time. You'll soak up lots of knowledge, meet friendly animals and see inspiring views.

# THE BOULDER COUNTY Farm Trail



- T** Tours (regularly or by reservation)
- F** Farm Stand/On-Farm Sales
- V** Volunteer Opportunities
- W** Workshops/Classes
- D** Farm Dinners
- P** Picnicking
- P** Pumpkin Patch
- C** Corn Maze
- H** Hay Rides
- Y** You-Pick
- A** Animal Interaction
- X** Christmas Trees



## Scenic Drive

Looking for a pretty drive that rolls past a number of farms with vistas of the Rockies? Follow the suggested highlighted route on this map. Without stops, it will probably take you about 60 minutes; with stops, maybe 2 1/2 hours. Food is available along the route in Hygiene and Lyons. Surprises can be found at the honor-system farm stands, so bring some cash.

And remember, many area restaurants source their food from these farms. When you eat out, you might get a local farm-to-table treat!

1. **7th Generation Farm**  
T F V P C H Y A  
 1536 Courtesy Rd., Louisville  
 720-499-8199  
 7thgenerationfarm.com  
 7th Generation Farm is a historic local farm in the heart of Louisville offering fresh eggs, meat, produce and honey. Visitors enjoy walking around the property to meet the various animals, as well as browsing the farm store. Every October, there are fall festivities including a corn maze, pumpkin patch, hay bale playground, pony rides and other fun activities.
2. **Agricultural Heritage Center at the Lohr/McIntosh Farm**  
T V W P A  
 8348 Ute Hwy., Longmont  
 303-776-8688  
 bouldercountyopenspace.org/hc  
 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, 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.
3. **Aspen Moon Farm**  
F D P  
 7927 Hygiene Rd., Longmont  
 info@aspenmoonfarm.com  
 aspenmoonfarm.com  
 Aspen Moon Farm has a seasonal, open-air roadside farm stand. Fresh, certified-organic and biodynamic in practice, all of the produce and flowers they sell are 100-percent grown on the farm. Open April-December (weather permitting) 10am-6pm. See website for seasonal hours. Tours by reservation only.
4. **Balto Farms**  
T F V A  
 7957 Arapahoe and 7394 Arapahoe Rd., Boulder  
 512-944-5216  
 7957farm.com  
 Balto is a small, family-run farm featuring over an acre of lavender and hand-crafted lavender products. They also have a small herd of alpaca and sheep fiber products such as yarn, mittens, hats and socks from their beloved herd. This is a farm that loves animals, and there are horses, mini-horses, chickens and dogs on site, as well as a couple of bee hives producing delicious honey. Seasonal tours are available for a fee and by appointment.
5. **The Bee Hugger Farm**  
T F V P P H Y A X  
 12590 Ute Hwy., Longmont  
 303-330-8277  
 facebook.com/HoneyHarvestsHappiness  
 The Bee Hugger Farm is a happy place that the owners love to share with visitors. This unique and charming historical farm has local raw honey, a u-pick sunflower field, fall festivities, Christmas trees, animals to feed, tractors to climb, pony rides, bee learning and much more. There is no entrance fee, the farm operates on an honor system, and it is a self-guided experience that's open year-round.
6. **Boulder Bike Tours: Bike to Organic Farm Tours**  
T D  
 303-747-6191  
 boulderbiketours.com  
 Experience all that Boulder has to offer at the forefront of organic farming via beautiful, easy bike routes. Private groups only; 10 people or more. Tours include seasoned, local guides; scenic rides on bike paths and country roads; a harvest-fresh meal at the farm; education about organic growers; and beautiful views of the Rocky Mountains and plains. Bike rentals (including electric bikes) available; reservations required.

7. **Boulder County Farmers Market – Boulder**  
 13th 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. 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.
8. **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.
9. **Cure Organic Farm**  
T F V D  
 7416 Valmont Rd., Boulder  
 info@cureorganicfarm.com  
 cureorganicfarm.com  
 Cure Organic Farm is a family farm that grows 100 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. Open daily, noon-5pm. They also offer volunteer opportunities and tours by reservation.
10. **Growing Gardens**  
T F V W D P  
 1630 Hawthorn Ave., Boulder  
 303-443-9952  
 growinggardens.org  
 Growing Gardens has enriched thousands of lives through sustainable urban agriculture, education, community gardens and food donations. Their Children's Peace Garden (ages 5-11) includes summer camps and an after-school garden club, while the Cultiva Youth Project offers a teen leadership program. Seasonal community classes include gardening, farm-to-table cooking, beekeeping and more. Join them at the farm for drop-in events and classes, goat dairy tours, a weekly farm stand, or to volunteer in the greenhouse or out in the field. Stop by the blooming Children's Peace Garden for photos with your little ones with the iconic Flatirons backdrop.
11. **Lone Hawk Farm**  
F  
 10790 N. 49th St., Longmont  
 303-956-3866  
 lonehawkfarms.com  
 Lone Hawk Farm, 10 miles north of Boulder, encompasses 120 rolling acres of gardens, pastures, orchards and wildlife habitat. The farm offers opportunities for gardeners, birders, hikers, photographers, and those interested in conservation and restoration ecology. The event barn is available for weddings, farm dinners and special events.
12. **Long's Gardens**  
T F Y  
 3240 Broadway, Boulder  
 303-442-2353  
 longsgardens.com  
 This third-generation, family-owned and -operated iris farm is located right in the middle of Boulder. It was founded in 1905 by J.D. Long, and today, the farm specializes in bearded iris, sold to visitors as "dig them yourself." In May and June, you can choose plants from labeled fields or the "anonymous" field for a bit of mystery.
13. **Masa Seed Foundation**  
T F V D  
 1367 N. 75th St., Boulder  
 303-444-9642  
 masaseedfoundation.org  
 The Masa Seed Foundation farm is proud to create a vibrant, local food system for the Front Range with a bio-regional seed bank supported through small-scale production of seeds, plants and produce. When you visit the farm, you'll learn how they are working to strengthen regional, organic agriculture and build a future for generations to come.
14. **McCauley Family Farm**  
T V W D P  
 9421 N. 63rd St., Longmont  
 303-485-7688  
 fromourfarm.org  
 Nestled into the foothills and irrigated by Rocky Mountain snowmelt, McCauley Family Farm is a certified-organic, whole-farm ecosystem that nourishes people and the planet with delicious food. In holistically managed pastures, they raise truly pastured chicken for meat and eggs, as well as pork and lamb. Other offerings include seasonal ferments, pickled vegetables, pepper flakes and hot sauces. McCauley welcomes visitors to come learn, connect, volunteer and grow.
15. **Munson Farms**  
F P C H X  
 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 and has been voted the "Best of Boulder" farm stand for the last 12 years – is open daily July through October. The produce is harvested daily, ensuring high quality and freshness.

16. **Ollin Farms**  
T F W D P Y  
 8627 N. 95th St., Longmont  
 303-717-0586  
 ollinfarms.com  
 Ollin Farms 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.
17. **Red Wagon Farm**  
F P P X  
 1640 W. Baseline Rd., Lafayette  
 info@redwagonorganicfarm.com  
 Red Wagon Farm is a 30-acre vegetable farm that produces over 100 vegetables and herbs. You can visit their farm store, a charming, all-wood building on Thomas Farm Open Space in Lafayette, to get your locally grown produce from noon-6pm on Fridays (subject to change) and 10am-6pm on Saturdays and Sundays; open seasonally.
18. **Rocky Mountain Pumpkin Ranch**  
F P P C A  
 9059 Ute Hwy., Longmont  
 303-684-0087  
 rockymntpumpkinranch.com  
 Rocky Mountain Pumpkin Ranch is a family-owned and -operated, certified-organic producer and hosts an annual Pumpkin Patch Festival every October. Visit their farmstand to shop for local Colorado goods and to pick up your certified-organic pumpkins and winter squash. Be sure to bring the kids on a weekend to enjoy the festivities of the carnival. Free admission and free parking.
19. **Shannon Red Barn Farm**  
T D  
 1341 95th St., Lafayette  
 720-378-0304  
 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.
20. **Sunflower Farm**  
T V P P H A  
 11150 Prospect Rd., Longmont  
 303-774-8001  
 sunflowerfarminfo.com  
 During public Farm Fest hours, come laugh, explore, dream and play as you and your family enjoy the serene combination of nature, animals and farm life. During your visit, you can pet the goats, sheep and llama; jump from hay bale to hay bale; play in the corn house, playhouse and sandboxes; explore the tree forts; brush the llama; spin on the new merry-go-round; speed down our multiple slides and peruse an old airplane. Sorry, pets are not allowed. \$17 per person, under 12 months free. Reservations are required. Come and explore their new Wednesday Evening Music Nights, with live local bands and 55 acres to explore; eat from some local food trucks and watch the sunset! \$26 per person.
21. **Three Leaf Farm**  
T F W D A  
 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.
22. **Ya Ya Farm & Orchard**  
F W P H Y A  
 6914 Ute Highway, Longmont  
 303-549-7447  
 yayafarmandorchard.com  
 This picturesque orchard and historic farm offers the chance to pick your own apples, pears, cherries and flowers. Due to high demand, a limited number of picking reservations are available online. However, you can visit anytime during business hours without a reservation to walk the orchard, bring a lunch to picnic in the orchard, visit with chickens, turkeys and donkeys or feed the horses. On site are apples, apple cider donuts, apple cider, apple butter, pickles and more for sale.



Photos left to right: Ya Ya Farm & Orchard, looking west to the mountains, Bee Hugger Farm, Lone Hawk Farm, Bee Hugger Farm, Boulder Farmers Market

**Dirt on your hands, smile on your face!**