

Manzana Springs Farm



Chris Kaufmann & Adrea Lund

Moab, Utah 2014

The Farm



Manzana Springs Vegetable Farm is managed by Christopher Kaufmann and Adrea Lund. Both are 36 years of age, and have degrees in Biology from Earlham College, where they meet. Together they returned to Moab in 2001, and began farming a small portion of the 8 acre Kaufmann family's property. 2014 will be the 13th season for the farm, which produces heirloom tomatoes, an assortment of peppers, garlic, herbs, and leafy greens.

Manzana Springs Farm is not certified organic, but they do not use any synthetic pesticides or fertilizers. Chris and Adrea describe their farm as "beyond organic" because, in addition to being free of synthetic pesticides and herbicides, their food is always fresh, local, and hand crafted. Chris and Adrea have chosen to farm in the Moab Valley to create a sustainable lifestyle for themselves, and an

alternative food supply for their community. The farm makes a significant contribution to the local food supply, while committing to producing food using environmentally responsible methods.

Like all farmers, Chris and Adrea dedicate a large amount of time and energy to maintain their small scale farm. However, both are committed to providing the Moab community with high quality, fresh, local herbs and vegetables. Their main goals for the future include, building up the health of their soil, their local ecosystem, and the local community.

Chris and Adrea currently market their produce to local restaurants, Moonflower Community Co-op, and through a 20 member CSA program.

Manzana Springs practices succession planting and intensive spacing, for some crops, in order to produce as much as possible on the 1 acre space. There are currently 110 3'X50' beds. Ten of the beds are covered in plastic hoop houses, to extend their growing season. In addition to the succession planting they have recently started cover cropping additional acres to improve the soil for future use.

Manzana Springs favorite farm to table dish is pasta with fresh basil pesto and a side of miso braised eggplant. Look for their produce in the local produce case here at Moonflower or become a member of their CSA program.

Thank you for supporting our local farmers!