



# MEET YOUR FARMER



## SEEDS FARM: BECCA CARLSON



### ABOUT

Seeds Farm aims to produce high-quality, delicious and nutrient dense food. They believe that nutritious and wholesome foods equal healthy, happier lives. Seeds Farm commits to preserving lands for future generations with sustainable practices, and creating stronger communities through good food.

### WHAT IS YOUR FAVORITE VEGETABLE?

I love cabbage because there are so many different ways to enjoy it!

### DO YOU HAVE ANY PETS?

I have a dog named Sprout!

### WHAT DO YOU GROW?



- Cabbage
- Beets
- Tomatoes
- Broccoli
- Peppers
- Lettuce
- Chard
- Kale
- Zucchini
- Cucumbers
- Spaghetti Squash
- Delicata Squash
- Watermelon
- Cantaloupe



### WHERE IS YOUR FARM?

In Northfield, MN, which is 42 miles away from St. Paul.



**THE GOOD ACRE**  
FOOD + COMMUNITY

We connect and strengthen farmers, food makers, and communities through good food.

LEARN MORE AT [THEGOODACRE.ORG](http://THEGOODACRE.ORG)