Berggren Farm: Fresh Produce and Passionate Farmers

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Stefanie Berggren, Lead Farmer, with her striped shirt and work boots, has dedicated her life to sustainable agriculture. As Lead Farmer, Angela, is an expert at sustainable agriculture techniques, which she has been practicing for 30 years. Her dedication and hard work can clearly be seen after just an hour-long visit to the farm. Her knowledge is undeniable and her passion clear and inspiring. Although she listens to what the consumers demand and grows produce like kale, she is confident and sure of her knowledge-and rightly so. She continues to grow chard, which she comically tells me is much more nutritious and delicious than kale, which is just a fad! I know we all love kale, but next time you head to the market or grocery store, take Angela's advice and try out some chard!

You can purchase their produce at Springfield’s Farmers Market, online at Eugene Local Foods or at the following restaurants: Marche Provisions, Party Downtown, Belly, Rye and Carmelita Spats. You can also become a CSA member and receive packages of fruits and vegetables throughout the years. More information can be found at http://berggrendemonstrationfarm.wordpress.com

*Click on photo to enlarge

![A strawberry in the early stage of its growth.](http://berggrendemonstrationfarm.wordpress.com)

Photo credit: Zoie Wesenberg
**Angela’s recommendation:** Bright lights chard.

**Bright lights chard.**

Photo credit: Zoie Wesenberg
Strawberry plants getting watered in the greenhouse.

Photo credit: Zoie Wesenberg

A strawberry plant's flower blossoms.

Photo credit: Zoie Wesenberg
Bright lights chard captures the sunshine gleaming through the greenhouse roof. The glowing plant has its name for a reason!

Zoie Wesenberg

Onions left over from the previous year.

Photo credit: Zoie Wesenberg

Sugar snap pea plant grows lusciously.

Photo credit: Zoie Wesenberg