

[Home](#) > [Market INSIGHTS](#) Shhhh.... Your Neighbor May Have A Healthy New Secret

## Shhhh.... Your Neighbor May Have A Healthy New Secret

By [Collaborative INSIGHTS](#) | Published 11 November 2008 | [Market INSIGHTS](#) | Rating: ★★★★★

### The Secret Is Now Out In Ketchikan and Throughout Alaska

**Full Circle Farm**, based in **Carnation Washington** distributes fresh produce direct to the consumer throughout Alaska. Using an easily navigable website, individuals can become a member and place their order for organic produce and have it delivered direct to their community on a weekly basis. Yes, really. In Alaska and selected locations throughout the Seattle Area, as well. Produce pick up sites are conveniently located and the orders are well identified and packaged in a reinforced produce box that can be returned and reused.

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Yes, even in Ketchikan, Alaska with a population of somewhat over 14,000 and located off the road/rail and shipping lanes and hundreds of miles from major shopping centers, they now have access to delivered fresh - consistent and organic produce. We learned about this from those raving about Full Circle in Cordova and found that the service is not isolated to one community or region of Alaska. In fact, it is growing rapidly to some of the communities who have been most isolated and in need of nutritional food options.

Later, we met **Bob McCarny**, **Alaska Territory Manager** for **Full Circle Farms** who has nearly 30 years of produce purchasing, marketing and distribution experience, both in and outside of Alaska. Bob appreciates the value of healthy alternatives for those throughout Alaska and is actively seeking alliances with health oriented organizations and programs that are especially mindful of the contribution fresh produce can make to ones health and quality of life.

This is clearly a brilliant use of a modified supply chain to more directly reach customers who are often at the end of a many thousand mile supply chain for their food supplies.

Ketchikan has 6 Pick up Locations Wednesdays 3-7

[Ketchikan Pick Up Locations Link](#)

**Check out their full host of Alaska pick up locations here** Except for those who have already signed on with Full Circle - we think you'll be surprised.

**What are you joining when you sign up?** You're joining a CSA, which is quickly becoming mainstream as an alternative for sourcing directly. CSA stands for Community Supported Agriculture and consists of a group of individuals (members) who pledge support to a farm operation so that the farmland becomes the members farm. Normally, members or "share-holders" of the farm pledge in advance to cover the farm operation costs. In the case of Full Circle that comes in the form of joining and making a commitment for ordering. In return, they receive the farm's bounty, as well as satisfaction gained from reconnecting to the land and participating directly in food production. By direct sales to community members who have provided the farmer with working capital in advance, growers receive better prices for their crops, gain some financial security, and are relieved of much of the burden of marketing.

The website allows customers to see what is fresh from the farm and customize their order on line.



### Sample Box Contents (Nov 2008) include

Freshly Dug Red Potatoes \* Farmer's  
Choice Of Lettuce  
Celery \* French Breakfast Radishes \*  
Cucumbers \* Dapple Dandy Pluots  
Green Beans \* Gingergold Apples \*  
Italian Parsley \* Red Pears \*Baby Bok  
Choy \* Grapes \* Sweet Onions

Current members in good standing can view their current box contents, make substitutions through their member login.

Want to watch a short video on Full Circle Farms? Check this out.

[A Sustainable Full Circle Featuring Andrew Stout, Owner](#)

Become a CSA Pick Up Site: It's easy to host a pick up site. Full Circle's team handles all the logistics. Host sites are not responsible for taking payments or dealing with farm-related questions. Deliveries are made at the same time each week.



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**Bob McCarny** (*email Bob here*)

Full Circle Farm  
Alaska Territory Manager, Anchorage  
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### Spread The Word

“ **Chris** Rating: ★★★★★

said this on 13 Nov 2008 11:36:39 AM CST

The City of Unalaska/Dutch Harbor is receiving the Full Circle Farm out here in the Aleutians and it is growing every week. Even with the weather we receive the orders on time or within a day or two. It is nice to have great fruits and vegetables every week. It was started by a family that moved out here a few months ago and it is a hit here.

[\(Reply to this comment\)](#)

“ **Jennifer** Rating: ★★★★★

said this on 14 Nov 2008 6:10:13 AM CST

I am a member of the community supported program that Full Circle Farm offers. I

Farm is providing Alaskans a healthy organic food option that is unbelievably fresh, reasonably priced and healthy for you! I can think of no better way other than to support a small farm, contribute to the sustainability of the land and feel good in doing so...Full Circle Farm is by far the best option there is here in receiving a bounty of fresh organic fruits and vegetables in Alaska!

(Reply to this comment)

