

Choosing a



CSA



Community Supported Agriculture or CSA is a partnership between consumers and farmers in which members buy shares of the farm's harvest and enjoy regular allotments of food throughout the growing season. For farmers, this provides much needed cash flow for the beginning of the season, as well as a ready market and community of supporters. Shareholders join in the risks of the growing season but reap the benefits of the harvest. Each CSA farm has its own pricing structure, disbursement schedule, and some have work requirements. Signups for CSA shares often begin in February by directly contacting the farm.

Is a CSA right for you?

- Do you like to eat lots of fresh vegetables?
- Are you interested in trying new things?
- Do you cook at home at least 4 times a week?

Questions to ask the farmers:

- How much produce is in a share?
- What vegetables (and fruits) are to be expected?
- How many weeks is the share for?
- When and where are shares picked up or delivered?
- Are the shares pre-packed, or do members pack their own?
- What type of payment schedule is expected?
- What happens if a pick-up is missed?
- Does the CSA offer extra add-ons (eggs, dairy, meat, seafood, flowers)?
- Is there a volunteer work requirement?
- How long has the CSA been running?

Why Join a CSA?

- support a local farm
- get know the people who grow your food
- eat fresh, nutritious food
- eat seasonally
- get introduced to new foods
- learn more about your food and how it is grown
- invest in local agriculture and responsible farming practices
- reduce fossil fuel consumption used in food transport
- feel good about your food choices

A list of CSA farms in the area is available from Seacoast Harvest, an online guide to local food www.seacoastharvest.org



Seacoast Eat Local connects people with sources of locally grown foods and advocates eating locally for the health of our environment, community, culture and economy. Through advocacy, organizing and education, we work toward a sustainable local food system that meets the needs of both producers and consumers. We organize winter farmers' markets, co-produce Seacoast Harvest, sponsor workshops and events, and provide information through our email newsletter, blog and website.

www.seacoateatlocal.org