

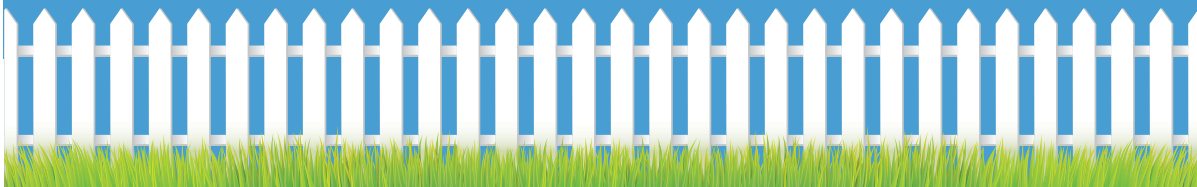


Join a CSA

Community Supported Agriculture (CSA) is a popular way for consumers to buy local, seasonal food directly from a farmer. Farmers offer “shares” of their produce – vegetables, dairy or meats – to the public. Joining a CSA is a great way for neighbors to share the bounty of locally produced foods.

5 Steps to Get Going

- ① Find a local CSA that delivers in your area.
- ② Depending on the size of your neighborhood group, figure out how many CSA shares you want to subscribe to.
- ③ Decide how the food will be picked up and distributed each week.
- ④ Meet regularly to talk about what’s working, what’s not and to share ideas for cooking the seasonal selections.
- ⑤ Enjoy your fresh box of locally grown food, knowing that you are doing something good for your local farmer and yourself!



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Try this!

Yikes! What’s this?

You may find that you have an abundance of food items that you have no idea how to cook! Turn this challenge into a group activity by forming a CSA cooking group. Create different and creative dishes that use that week’s offerings to make exciting new dishes, Iron Chef style. Make sure you share your recipes with each other!