Did you know that you can buy fresh produce right from a family farm? CSA means Community Supported Agriculture. Community groups get together, form a CSA, and agree to buy produce from one family farm for an entire season.

Why should I join?
- Know where your food comes from and how it is grown.
- Have plenty of produce to make half your plate fresh fruits and vegetables.
- Explore new foods and add variety to your meals.
- Pick up your produce at a convenient location.
- Support a local farm family.

What if I can’t pay in advance?
* Most CSAs are flexible. Some arrange payments in installments, accept food stamps, offer sliding scale fees, and provide scholarship shares.

Will I just get vegetables?
* For a few extra dollars a week, in addition to your vegetables, you can add fruit, eggs, meat, and even flowers to your order.

What if I can’t use a full share?
* Most CSAs also offer half shares for smaller households.

What if I don’t know how to cook new vegetables?
* Explore recipes on-line. Some CSA’s provide recipes.

How can I get more information?
* Visit Just Food at http://justfood.org
* Find a CSA right in your neighborhood!