

Community Supported Agriculture (CSA)

by Meg Kelly

One of the best ways to reduce your carbon footprint is to reduce the amount of miles that your food travels to your table, and to understand the methods that have been used in growing it. Community supported agriculture (CSA) allows you to do just that. By supporting local farmers, you are supporting the local economy, reducing fuel costs and uncertainty in food security, as well as receiving the numerous health benefits of nutritious food. Some insurance providers also offer rebates for membership in a CSA.

CSA farmers are generally committed to organic farming methods using crop rotations and practices that keep the growing fields healthy for the natural environment and for the health of you and your family.

By joining a CSA, you are creating a relationship with the people that grow and handle your food. In most cases, a member pays in advance for a weekly delivery (share) of seasonal produce. Individual CSA's offer different options that you may wish to explore. Some people even consider splitting a share with a neighbor if a family-sized box seems overwhelming.

To find more information about CSA's or to find out if there is one located near you, we recommend visiting <http://www.localharvest.org/csa/> . Go to the CSA tab and type in your zip code, and browse the different farms to find one that suits you for a healthy and happy CSA experience!