

# GET LOCAL

## Find CSA Farms



<http://www.localharvest.org/csa>

### ***Teikei***

Japanese for  
“food with the  
farmer’s  
face on it”  
or  
partnership

## **JOIN A FARM COMMUNITY THROUGH COMMUNITY-SUPPORTED AGRICULTURE**

*Community-Supported Agriculture (CSA) is a community of individuals who pledge support to a farm and where growers and consumers share the risks and benefits of food production. Members, or shareholders, pay a set price to receive shares from the farm’s bounty for the entire growing season.*

A CSA provides a direct link between production and consumption of food. Belonging to a CSA is an opportunity to receive a wide variety of fruits and vegetables and other produce, including eggs, meat, cheese, honey, herbs, and flowers, for example.

CSAs are an excellent opportunity to help connect children with the food they eat by having them meet the farmers and explore the farms. Children can become excited by visiting “their” farm and preparing what they pick.

Delivery of the produce varies among CSA groups. Some allow you to pick up your share, and others bring the share to you or deliver it to a convenient drop-off site.

For more information about Community-Supported Agriculture, visit this website:  
<http://www.nal.usda.gov/afsic/pubs/csa/csa.shtml>.