

16 Reasons to Join a Community Supported Agriculture (CSA) Farm

©Monica Goldberg, 2002

Picked Today! Delivered Near Your Door.

If you aren't a member of a Community Supported Agriculture (CSA) farm yet, here are 16 reasons to join one.

Better flavor: Organic vegetables have a rich and full flavor. That's why many chefs select organic food for their recipes. Since organic farming nourishes the soil, the food nourishes our palates. Better tasting means you'll eat more veggies and eat some that you may not have liked before.

More Nutritious: Freshly picked organic produce grown without pesticides and sprays are more nutritious than conventionally grown vegetables.

Safer Food: Your produce comes directly from your farmer. No risk of your food getting damaged or spoiled due to long-distance shipping.

Save Money: CSA's offer high quality produce at below retail cost. The money goes directly to the farmer instead of paying distributors and trucking companies, and it stays your local economy.

Save Time: You pick up a box or bag of fresh vegetables already packed for you. No shopping hassles.

Convenient Pick Up: Easy pick up at another member's home or on the farm. Select a convenient drop off site near work or home.

More Selection: Farmers grow more vegetable varieties than found at the grocery store. You'll enjoy and discover more vegetable varieties than you might otherwise buy.

Farmer to Family Link: A CSA is a relationship between a rural farmer and an urban family. The farm helps bring families to the land. It serves as a rural gathering place for urban families to share together events on the farm.

Face-to Face Connection: You can look into the eyes of the person who grew your food and enjoy more personal interaction in the process.

Happy Vegetables: Your vegetables are treated lovingly and gently. Happy vegetables mean a happy consumer and farmer.

Fun: Experience fun on the farm with harvest festivals, dinners, celebrations, field days, family events and more.

Education: You'll learn new things about how and where your food is grown.

Protect Your Children: Children are exposed to four times as many cancer-causing pesticides in their food as adults. Organic food contains no carcinogenic pesticides.

Keep Chemicals off Your Plate: Organic produce is grown without pesticides or sprays. Pesticides are poisons and can be harmful to humans.

Reduce Food Allergies: Rainbow variety of fresh vegetables allows you to rotate your foods and enjoy more selection.

Improve the Quality in Your Life: Join a CSA and increase the quality of your life and secure your children's future.

Monica's been a CSA member for over six years. She's a home economist, energetic practitioner and business owner.

Monica teaches how to nurture and believe in yourself to achieve optimum health levels through food and essential oils. She also teaches how to integrate your family into your home-based business for a balanced lifestyle.

Contact Monica for more information about the programs and services she offers. Including her upcoming book, "Quick High Energy Grains – Alternatives to Wheat."

Monica Goldberg, B.S., C.E.P.

Phone: 608-273-4345

Email: monicagoldberg@tds.net

Website: www.consumer1stgroup.com