

# Modern Food Movements

**Locavore:** a person who eats only locally grown and produced foods.

One way to have regular access to fresh, local food is to join a Community Supported Agriculture (CSA) group. A CSA consists of a group of individuals who pledge to support a nearby farm. It's a relatively new concept in the United States. The idea was generated in Japan and Switzerland in the 1960s. Consumers interested in high-quality produce joined with farmers in economic partnerships. Typically, members of the CSA pledge in advance to cover the anticipated costs of the farm operation and farmer's salary. In return, they receive shares in the farm's harvest throughout the growing season, in addition to the satisfaction gained from reconnecting to the land and participating directly in food production. Members also share in the risks of farming, including poor harvests due to unfavorable weather or pests. Through this partnership, farmers receive better prices for their crops, gain some financial security and are relieved of much of the burden of marketing.

More than 1,000 CSA farms are growing and harvesting fresh vegetables across America today.

For more information go to [www.localharvest.org](http://www.localharvest.org) or [www.justfood.org](http://www.justfood.org).

