

front porch



YARD SMARTS

Introduction to CSAs

CSA stands for Community Supported Agriculture.

LEARN WHAT IT IS

In short, a CSA is a way for consumers to buy food directly from local farmers. Members generally receive a share of seasonal produce each week.

HOW YOU CAN JOIN

Chances are there's a CSA in your area. Check out localharvest.org/csa, which lists more than 4,000 of them, to search by ZIP code for one nearby.

WHY CSAS ARE ON THE RISE

CSAs are growing by leaps and bounds. In some areas, the demand is

greater than farms can supply. Credit the widespread interest in eating locally and sustainably raised food.

ASK A FRIEND

If you've never joined a CSA before, ask a friend to join with you. That way you can trade for favorite things in each delivery.

MAKE THE MOST OF IT

Your veggies will last longer if you store them properly as soon as you get home. Give them a rinse, pat them dry and store in a cool drawer in the refrigerator.



For garden advice, tips and tricks, visit birdsandblooms.com/gardening.



lo·ca·vore:
one who eats
foods grown
locally whenever
possible

DO'S & DON'TS

DON'T miss the deadline. There will most likely be a cutoff date for joining, so make sure you sign up in time, and be prepared to pay the fee for the entire season up front.

DO know that CSAs aren't for everyone. There are some unknowns and shared risks involved, and you've really got to like cooking with and eating veggies for a CSA to be worthwhile.

DON'T be afraid to try new things. There might be some unfamiliar items in your box. Kale? Try making chips out of it. Brussels sprouts? Roast them with olive oil, salt and pepper.

DO understand the policies. Different CSAs will have their own set of guidelines, so it's best to understand what happens if you're on vacation, forget to pick up your share, etc.

DON'T be surprised if the season starts lighter than it finishes. Find out when certain crops are in season. For example, early in the season you'll likely receive lettuce and peas, and later you'll get things like squash and tomatoes.

DO ask questions. It's fair to ask how much produce is expected each week, how last season went and how many members there are.

