



# What is a CSA?

## CSA Stands for Community Supported Agriculture.

CSAs are a mutually beneficiary relationship for both the farmer and the consumer. Farmers incur costs before a seed is even planted and continue to have costs until the harvest comes in, when potentially they can have income flow in. CSAs offer the farmer a way for them to help cover the upfront costs of farming. Consumers and farmers are taking this risk together, for both the bounty of the harvest and the potential crop failure. CSA shareholders benefit by receiving incredibly fresh, local, seasonal veggies and farm goods. Additionally, it allows shareholders to try different varieties and/or produce they are not familiar with. Many shareholders express the joy in getting to know the farmer, his/her family, the farm and the farm's other CSA shareholders, offering them a sense of real community. Ultimately, CSA programs offer a more intimate connection to the food

we eat, the land from which it comes from, and the farmers who labor to bring it all to us.

When you become a member of a CSA, you're essentially purchasing a "share" or portion of a farm's harvest for an entire season. Weekly or bi-weekly through the season, your farmers will deliver that share of produce to a convenient pickup location or at their farm. Some CSA shares can also include other items such as eggs, baked goods, meat, dairy products and flowers.

Shares usually include 6-10 types of produce, with enough typically for a family of 4 people. Most CSAs also offer half shares for smaller households or consider splitting a share with a friend/co-worker/etc. Many CSAs also have a variety of payment plans to enable members flexibility for their shares in

which they could arrange payments in installments, accept food stamps, offer sliding scale fees, or provide scholarship shares.

Because of the diversity of the farms, it's important for prospective shareholders to do a little shopping around before signing up. The farmers market is a great opportunity to connect with farmers. Do a little research, compare options and prices, is it a predetermined box or can you choose your produce, where are their pickup sites, are there volunteer work options, what are their growing practices, recognize that cooking-- if isn't already-- will become a part of your life, do they offer any u-pick, can you visit the farm, and feel free to ask questions before making the financial commitment.

## Why Join a CSA?\*

- Grow Community** Build relationships with the producers who grow it. Develop trust through a mutually beneficial agreement between farmers and consumers.
- Support Local Economy** Your support helps small local farms increase their financial viability.
- Eat Well** Buy the freshest variety of food for your family and learn when different foods are in season. Explore new foods and learn how to cook with them.
- Be Healthy** Eat more fresh vegetables and fruit. Share healthy eating habits with your friends and family. Expose your kids early to a variety of regional produce.
- Protect the Environment** Support farmers who take care of their land by growing food in ways that take care of the soil. Minimize the number of miles your food travels. Connect with the food you eat by learning how it is grown.

\*Modified from <http://www.justfood.org/>

To find CSA farms in your area, visit: <http://www.foginfo.org/consumers/finding-organics/>



# CSA Farms in the Alachua County Area

## The Family Garden

<http://www.thefamilygardencsa.com/>

Jordan Brown  
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At The Family Garden, we use no synthetic inputs but rather build the soil with manure, cover crops, and fertilizer from other animal wastes. Pests and diseases are managed with rigorous crop rotation and diversity, timing plantings correctly along with microbial applications formulated to fight target pests and promote plant health. Every fruit and vegetable that comes from our farm is Certified Organic and Food Justice Certified by QCS.

Our farm is the first in the southeast to be Food Justice Certified as a fair farm. This means that we meet the standards of the Agricultural Justice Program (AJP) by providing a safe and respectful work place for farm workers, that we operate with financial transparency with our farm workers, and that the workers are paid a living wage. It took a long time to be able to come into compliance with the AJP program, and we are pleased to offer you certified organic and fair produce.

Our goal in farming is to be able to provide quality food, offering the freshest, most-nutritious produce available as well as paying the workers on our farm a living wage and treating them with respect, all the while improving efficiency to make good food at a good price.

## Frog Song Organics

<http://www.frogsonorganics.com/>

Amy Van Scoik & John Bitter  
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Frog Song Organics is a diversified, small farm located in Alachua County, Florida. Our goal is to improve access to healthy food and create jobs in our community. We grow a diverse range of certified organic fruits and vegetable crops to feed our CSA members, and supply local restaurants, local grocers and farmers markets.

## Plowshares CSA

<http://www.plowsharescsa.org/>

Rose Koenig  
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Plowshares CSA was founded by a group of community members in 1996 and dedicated to the production of local, sustainably grown foods. Rosies Organic Farm supplies Plowshares shareholders with weekly organic produce. Rose Koenig, Tom Mirti and their children, Amaleah and Rico manage the growing and marketing of the crops. Rosies Organic Farm have been certified organic since 1993. Rose has been active in starting and serving on the boards of several local farmer's markets.

## Rainbow Star Farm

<http://www.rainbowstarfarm.com/>

Paul Miller  
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Rainbow Star Farm covers 3 acres on the southwest side of town in Gainesville. The farm offers an attractive selection of crops, cage-free chicken eggs, and variety of value-added products. The mission at Rainbow Star is to provide Gainesville and surrounding residents with the most nutritious, delicious and affordable all-natural produce in order to enhance a sense of community and health.

## Siembra Farm

<http://www.siembrafarm.com/>

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info@siembrafarm.com

Siembra Farm is a small family farm located in Gainesville, Florida. We offer a weekly CSA membership that gives the consumer a direct connection to the food they eat and allows the farmer to prioritize sustainable farming techniques and maximum nutrition. We strive to grow food that is nutritious and natural while practicing sustainable small scale farming techniques that preserve soil, air and water.

## Swallowtail Farm

<http://swallowtailcsa.com/>

Noah Shitama, Emily Eckhardt & Mariana Riehm  
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Swallowtail is a diverse, small scale, family farm raising mixed veggies, cut flowers and livestock for our community supported agriculture program. We offer season-long harvest shares (CSA), farmers market sales, monthly farm-to-table dinners, educational workshops and festivals, apprenticeship and volunteer opportunities, and much more! We continually strive to reconcile economic viability and ecological sustainability in a way that nurtures our soil, plants, animals and people. Our goal is to reconnect our com

