

live well, work well

Health and wellness tips for your work, home, and life—brought to you by the insurance and healthcare specialists at M3.

Support Your Local Farmer

Benefit your health and the local economy

The produce selection at your local grocery store can sometimes be over-picked and bruised. But where can you go to get fresh, organic and locally grown produce?

Consider joining a Community Supported Agriculture (CSA) organization. Joining a CSA is a great way to have access to the freshest produce, grown organically in your community.

To do so, you purchase a “share” of the farm, and in return, you receive weekly deliveries of produce throughout the growing season (typically late May through November, depending on your location).

Benefits to All

- Farmers have an improved intake of cash in the beginning of the year and are guaranteed a market for their products.
- Members receive fresh produce delivered to a

convenient location near their homes.

- The community benefits as farming jobs are more secure.
- Food is grown without the use of pesticides, which benefits the environment and those who eat the produce. There is also a reduced use of fossil fuels, as products only need to travel a short distance for pick-up.
- No need to package the products, which cuts down on costs and reduces waste.
- Though CSA members only receive fruits and vegetables that are in season, there are generally a wide variety to choose from.
- Most CSAs offer cooking tips and recipes via newsletters to their members.

Costs to You

The average cost of a CSA share is approximately \$20 to \$25 per week. When joining, you typically pay for the entire season upfront and some farms offer “worker shares” in which members work on the farm in exchange for produce. Beyond that, some CSAs offer payment plans and financial assistance to help with the cost of being a member.

In the end, CSA members receive fresh produce while supporting local business owners.



Did You Know...?

Many CSAs offer more than just fruits and vegetables. Some have herbs, fresh-cut flowers, eggs, meat and dairy products for purchase as well.