

Community-Supported Agriculture

The Come to the Table Project: People of Faith Relieving Hunger and Supporting Local Agriculture in NC

What is a CSA?

Community-supported agriculture projects (or CSAs) allow members to buy a share of the produce from a local farm. CSA members typically pay the farmer a lump sum in the spring and receive a box of fresh fruit and vegetables every week during the growing season. Some CSA farms invite members to work a few hours on the fa

Why participate in a CSA?

- access fresh, healthy, sustainably grown produce, meats, eggs, and cheeses
- offer farmers security by investing in the farm at the beginning of every growing season
- keep your food dollars in your community
- get to know the people who grow your food

How can churches participate?

- offer your church building as a drop-off point for CSA boxes
- buy shares as a group and distribute produce to members
- buy shares for low-income families or the local food pantry
- have a local food church dinner or potluck and invite your CSA farmer to be the guest of honor
- buddy up new CSA members and experienced folks to share recipes, meals, and rides to the drop-off point



More information:

ASAP provides a print and online guide to local food and CSAs in Western NC: www.buyappalachian.org

Carolina Farm Stewardship Association provides a print and an online guide to local food and organic farms in North Carolina: localfood.carolinafarmstewards.org/browse.php

Know Your Farmer is regarded as the most accessible and diverse CSA program in the greater Charlotte area: www.knowyourfarms.com

Local Harvest offers a national listing of farms with CSA programs: www.localharvest.org/csa/

NC Choices connects consumers with sustainably-raised meats in NC: www.ncchoices.com/meat-buying-clubs

Share the Harvest: A Citizens Guide to Community Supported Agriculture, by Elizabeth Henderson and Robyn Van En, examines the economic and community benefits of this model: www.chelseagreen.com