

What is Community Supported Agriculture?

Community Supported Agriculture (CSA) is a way for citizens to directly support farming and farmers in their communities. Members purchase a share of a farm's produce for the growing season. These shareholders pay their money upfront and in return typically receive a weekly delivery of what is in season at their local farm. The benefits of reduced transportation costs, having a varied local diet, and a direct positive impact on communities are some of the benefits of participating in this process.

CSAUtah.org is your door to Community Supported Agriculture in Utah.



A happy CSA customer



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CSAUtah.org

**Rooted in Your Community,
Harvested for Your Table**

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Community Supported
Agriculture in Utah**



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Know the Farmer Know the Food



Members that participate in Community Supported Agriculture have an opportunity to talk with the farmer and visit their farm to see how their produce is grown. Many CSA farms allow shareholders to get involved in a variety of field events and gain an understanding of what is involved in growing their food in a way that is often consistent with their values. This active dialogue can increase the quality of the experience of buying and eating fruits and vegetables produced in the ecosystem you live.

Buy Local

There many tangible and intangible benefits associated with buying local products. Spending your money on locally produced goods and services keeps the community economically viable. Just like the unique character of each CSA farm, economies also benefit from the local flavor of these small businesses. Buying local conserves natural resources, reliance on fossil fuels is greatly reduced due to less shipping requirements. CSA farms do their part to protect the environment, most of these operations incorporate organic or natural methods that work in harmony with nature.

www.csautah.org



Some CSAs let shareholders experience farming first hand.



Eat Fresh

The closer you are to your food supply, the shorter the distance it travels to your table and increases the quality and flavor of your favorite fruits, veggies and other products you enjoy. Eating fresh local produce helps consumers understand how their food is grown. These typically small local farms help preserve the genetic diversity that larger centralized farms can't.

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