

# What IS a CSA?!



**Community Supported Agriculture, or CSA,** is a farming model built on fairness and transparency for both the farmer and the consumer.

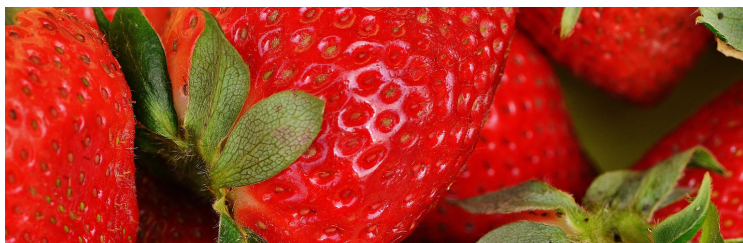
Traditionally, a consumer buys a share of a farm up-front, which provides financial security to the farmer for that season. In return, the consumer **receives a regular box of fresh produce, meat, eggs, or flowers.**

Unconventional as it may seem, participating in a CSA offers many benefits to both parties. What's more, a CSA makes a **positive impact on the environment, especially when compared to industrial farms.**

Fruits and vegetables are local, some are organic, which means they are fresher and **grown with minimal-to-no undesirable pesticides, herbicides, and synthetic fertilizers.** Also, if animal products and specialty foods are part of the deal, they will be of **higher quality,** as well.

# HOW THEY WORK

- **WEEKLY SHARES** ARE PICKED UP AT A CENTRAL LOCATION, ON FARM, OR DELIVERED TO YOUR DOOR
- **SHARES VARY IN SIZE** - CHOOSE WHAT SIZE MEETS YOUR NEEDS!
- IN EXCHANGE FOR YOUR PAYMENT, YOU WILL **RECEIVE A BOX OF IN-SEASON VEGETABLES, FLOWERS,**
- **OR MEAT**



## CSA FARMS

**Abenaki Springs Farm, Walpole** - organic produce, fruit, flowers, poultry, pork

**Archway Farm, Keene** - meat

**Foggy Hill Farm, Jaffrey** - produce, flowers  
**Hillside Springs Farm, Walpole** - vegetables, herbs, berries, flowers

**Holland Farm, Milford** - produce

**Hungry Bear Farm, Mason** - organic produce

**Village Roots Permaculture, Alstead** - chicken, lamb, beef, pork, spring greens

**Picadilly Farm, Winchester** - organic produce

**Seven Generations Farm, Gilsum** - herbs

**Stonewall Farm, Keene** - organic produce

**Sun Moon Farm, Rindge** - vegetable, herb, flowers

**Temple-Wilton Community Farm** - produce, milk

**Tracie's Community Farm, Fitzwilliam** - produce

**Vera Flora Farm, Gilsum** - flowers



[www.mfcommunitycoalition.org](http://www.mfcommunitycoalition.org)