

# Health Tip of the Month

Eat Healthy Add Variety  
Join a CSA!

**Did you know that you can buy fresh produce right from a family farm?** CSA means Community Supported Agriculture. Community groups get together, form a CSA, and agree to buy produce from one family farm for an entire season.

## Why should I join?

- Know where your food comes from and how it is grown.
- Have plenty of produce to make half your plate fresh fruits and vegetables.
- Explore new foods and add variety to your meals.
- Pick up your produce at a convenient location.
- Support a local farm family.



Have questions?



## What if I can't pay in advance?

- \* Most CSA's are flexible. Some arrange payments in installments, accept food stamps, offer sliding scale fees, and provide scholarship shares.

## Will I just get vegetables?

- \* For a few extra dollars a week, in addition to your vegetables, you can add fruit, eggs, meat, and even flowers to your order.

## What if I can't use a full share?

- \* Most CSAs also offer half shares for smaller households.

## What if I don't know how to cook new vegetables?

- \* Explore recipes on-line.  
Some CSA's provide recipes.

## How can I get more information?

- \* Visit Just Food at <http://justfood.org>
- \* Find a CSA right in your neighborhood!



Cornell University  
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**Worksite Wellness Initiative:** by Heather Nelms, Intern  
Teacher's College, Columbia University 20: 6/12  
More Health Tips? visit <http://nyc.cce.cornell.edu>