



## GOOD FOR YOUR HEALTH

Eating vegetables and meat that are grown locally and in season are more nutrient-rich and flavorful.



## GOOD FOR EARTH - CHOOSE ORGANIC

Organic farmers use best soil building practices, supporting biodiversity and conserving natural resources.



## SUPPORT LOCAL FARMS

The CSA model guarantees the produce in those weekly shares are sold and reduces the risk for the farmer.



# WHAT IS CSA?

## Community Supported Agriculture

Members choose a farm and pay for a season of shares in advance, helping to cover the cost of the farm operation. In return, members pickup shares of the farm's produce or other products such as meat, eggs, bread or flowers.



## GROW KY FOOD ECONOMY

Pay a farm directly and 89% of every \$1 stays in your regional foodshed.



## AFFORDABLE

SAVE an average 30% on weekly produce purchases when choosing CSA vs. buying at the grocery store.



## BUILD COMMUNITY

Know your farmer. Reconnect with the land. Reclaim mealtime and share good food.

**Buy Local Food. Every Week. From a Farmer.**

