



## WANT TO JOIN A CSA?

CSAs give you opportunities to:

- Buy locally grown, organic, and unbeatably fresh food - you know the where and how your food is grown (with your own personal farmer!)
- Help local farmers and protect our local farmland
- Protect the environment - fewer pesticides are used and the food travels much shorter distances than supermarket items
- Enjoy new foods - cook and eat healthy items you may not have experienced before, with tips from your farmer

Members of CSAs, or Community Supported Agriculture, buy a farm share for an entire growing season's worth of food, approximately June through Thanksgiving. Once a week, your farmer delivers between 7-12 freshly picked types of seasonal produce to your local spot for easy pick-up. Each share costs about \$25-\$30 per week, and to support the farmers and help them accomplish the season's planting, shareholders are required to pay prior to the planting. Each member would volunteer for 1 pick-up shift a month (about 3-4 hours) to help with distribution and have a good time with other community members.

BHS is exploring the possibility of establishing a CSA site at the Castle in beautiful Fort Totten Park, and would like to get an idea if people in our community would like one.

To learn more, you can come meet Qiana Mickie, CSA Network Manager of Just Food, on March 22<sup>nd</sup>, 3:00pm, at the Castle. If you are not already familiar with CSAs, be prepared to be enlightened about these very popular, worthwhile programs. (Do you know there are about 100 CSAs within NYC boundaries?) Qiana will tell us how it works, and why it's great for families, foodies, and communities. She will also provide details about getting acquainted with your farmer and visiting the farm where your vegetables are grown.

Bring your questions! Let's explore the possibility of creating our own CSA!

Please contact us at [info@baysidehistorical.org](mailto:info@baysidehistorical.org) if you have any interest in either attending the presentation or becoming a participant. We have to let the farmer know if there will be enough members to plant for a program. Feel free to contact us with any questions you may have.