

# ***Community-Supported Agriculture***

*Community-Supported Agriculture (CSA) allows consumers to buy a share in a farm's production and receive weekly boxes of whatever vegetables, fruit and other products are ready for market that week. Some CSAs deliver to neighborhood drop-off points; others require that each week's box be picked up at the farm. Some CSAs bundle the production of several small local farms to provide a wider selection of products.*

## **Join the Farm!**

**Location:** 287 S. Briggs Rd., Santa Paula, CA 93060

**Contact:** (805) 910-5642, [info@jointhefarm.com](mailto:info@jointhefarm.com)

**Sign Up & More Info:** <http://www.jointhefarm.com/>

## **Deardorff Family Farms**

**Fresh Picks by Deardorff Organics**

**Location:** 400 N. Lombard St., Oxnard 93030

**Contact:** Christine Smith, [FreshPicks@DeardorffFamilyFarms.com](mailto:FreshPicks@DeardorffFamilyFarms.com),  
(805) 200-5216

**Sign Up & More Info:** <http://www.deardorfffamilyfarms.com/fp>

## **McGrath Family Farm**

**Location:** 1012 W. Ventura Blvd., Camarillo, CA 93010

**Contact:** (805) 485-4210

**Sign Up & More Info:**

<http://www.mcgrathfamilyfarm.com/community-supported-agriculture/>

## **Underwood Family Farms**

**Location:** 3370 Sunset Valley Rd., Moorpark, CA 93021

**Contact:** (805) 529-3690

**Sign Up & More Info:**

[http://www.underwoodfamilyfarms.com/CSA\\_Program.html](http://www.underwoodfamilyfarms.com/CSA_Program.html)

## **Rio Gozo Farm**

**Location:** 1183 Shippee Ln., Ojai, CA 93023

**Contact:** (805) 272-8170

**Sign Up & More Info:** <http://riogozofarm.com/csa/>

## **MAKING THE MOST OF A CSA**

**Get your hands dirty:** Also known as community supported agriculture programs, many CSAs include sweat-equity options that offer discounts in exchange for working a few hours on the farm. Some also organize potluck gatherings and/or educational farm tours for members.

**Do the Splits:** Share the contents, and the cost, of a CSA box with a friend, co-worker or family member. Decide ahead of time which of you will be in charge of picking up the box or serving as the drop-off point person.

**Be social:** If you're not sure about joining a particular CSA, "like" its Facebook page first to get a feel for what it typically offers. Some farms also use Instagram, Pinterest and Twitter to share photos and updates.

**Stay in touch:** Read the emails and newsletters provided by your CSA for recipes, guides to identifying fruits and vegetables, and behind-the-scenes accounts of what's happening on the farm.

**Keep it clean:** Spinach and mesclun salad mixes often come pre-washed and bagged, but other vegetables in your CSA box may still have dirt and/or bugs attached to the leaves and roots. Invest in a salad spinner to speed the washing process.

**Plan ahead.** If your CSA is the pickup variety, be sure to bring enough bags to haul everything home. Set aside some time to wash, prepare and/or store vegetables on CSA day so it will be easier to use them later in the week. Peter Willsurd of Avogadros Garden Farm in Ojai suggests trimming the tops from beets and carrots right away, to keep the leaves from continuing to draw nutrients and moisture from the roots. Revive wilted roots by submerging them in water; wash and store the tops for future use.

**Reduce, reuse, recycle:** Challenge yourself to use everything in the box. Turn carrot tops into pesto. Freeze carrot peels and other trimmings in a bag until you have time to make a pot of vegetable stock. Prepare bundles of beets three ways: roast the beets, strip and sauté the leaves and pickle the stems. (The vinegar-pickles recipe from chef David Chang's *Momofuku* cookbook is a good place to start.

If you must throw anything away, consider starting a compost pile.