



Press Release

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Growing Options for CSA Shares

Local-food lovers statewide looking to buy fresh foods directly from their farmers have more options than ever before. Sixty nine Vermont farmers are offering Community Supported Agriculture (CSA) shares in the 2008 growing season, a 25% increase over 2007.

CSAs offer prepaid subscriptions to the farm's harvest for the season. Traditionally, CSAs offer shareholders a weekly basket (or 'share') of the vegetables that have come into season on the farm. Recently, however, farmers have been expanding beyond tomatoes and lettuce. Farmers are now offering fruit shares, meat shares, and including products such as bread, cheese, and flowers in with their vegetable shares.

NOFA-VT recently launched an expanded directory of CSA farms (<http://www.nofavt.org/find-organic-food/csa-listing>) allowing consumers more information about the options available in their area. The directory includes descriptions of farms, information about the contents of the shares, and share distribution information.

The Northeast Organic Farming Association of Vermont is a non-profit association of farmers, gardeners and consumers working to promote an economically viable and ecologically sound Vermont food system for the benefit of current and future generations.