



Information

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COMMUNITY SUPPORTED AGRICULTURE DELIVERS

Did you know that the average vegetable travels over 1500 miles before it arrives at your local store? During those travels nutrients and flavor get lost and carbon footprints increase.

An alternative to getting your produce at your local grocery store is to join a CSA, Community Supported Agriculture, which delivers fresh local farm products to you on a weekly basis. Why buy from a local farm? Here are 4 convincing reasons according to *Friends of Frederick County*:

- 1. It's convenient for you!** Each week, you receive fresh local produce from your CSA. There are well located delivery spots, or you can pick-up at the farm.
- 2. It's economic!** The cost for membership averages to \$15-22 a week. A subscription can last 18-22 weeks.
- 3. It's easy!** You pay for a total subscription up front and don't have to worry about making weekly payments.
- 4. It's simple to sign up!** You can call your local farm or check out their websites listed below. The form is downloadable from the web. Send it with your check and you can have healthy, delicious fresh fruits and vegetables for your household.

Local farms which offer CSA's are:

Summer Creek Farms -- www.summertimecreekfarm.com

Lock Farm -- www.lockfarm.net

Dragonfly Farms -- www.dffarms.com

Sycamore Spring Farm -- www.sycamorespringfarm.org

Thanksgiving Farms -- 301-662-1291

To find more local farms check out www.discoverfrederickmd.com/farmersmarket

Deborah Rhoades, MA, RD, LDN, is a licensed Registered Dietitian and Extension Educator in Family and Consumer Sciences. For more information about the Frederick County Extension Office check out our website <http://Frederick.umd.edu>

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