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CSA’s BRING LOCAL HARVEST

Last week I had the pleasure of attending the Farm to Restaurant Expo. At last, I could put a face to a name and see their eyes light up as they told me about their operation. It is evident they have a passion for the work they do and I left the event feeling grateful to work in such an amazing community. Many of the individuals I had met over the phone, gathering information about Community Supported Agriculture, better known as CSA’s.

The question I hear most is, “How can I join a CSA?” Frederick has several, so act quickly to join the harvest. CSA’s offer subscriptions where buyers receive a weekly or monthly basket of fresh just picked produce, typically vegetables. Some CSA’s include in the basket: fruits, flowers or any sort of farm products like eggs, honey, jams, pies, even milk.

Some farms offer CSA’s subscriptions based on the seasons – spring, summer, and fall. Others have one CSA, lasting from 18-22 weeks. Joining one can bring huge savings in time and money. Cost is well below what you would spend in the supermarket. Taste and nutrition is out of this world and after you get the taste of just picked straight from the farm you will be hooked. I speak from personal experience enjoying local honey, eggs, meats, and produce.

Since time is an issue for everyone, many CSA’s deliver baskets to a central location where you can pick it up or you go to the farm. If you work in Frederick the location may be just around the corner saving precious gas as well.

Here are the CSA’s currently taking orders:

The Lock Farm, Woodsboro, 301-639-6988, www.lockfarm.net
Open Brook Farm, Myersville, 240-457-2558, http://openbookfarm.com
Seed of Life Nurseries, Middletown, 240-344-6533, www.solnurseries.org
South Mountain Creamery, Middletown, 301-371-8565, marketing@southmtncreamery.com http://www.southmountaincreamery.com/home.php
Summer Creek Farm, Frederick, 301-788-6980 www.summercreeksfarm.com
Frederick is blessed with more farmland than any other county in Maryland. Enjoy the blessing by joining a CSA or visiting local farmers markets. For a list of local markets go to www.discoverfrederickmd.com/farmersmarket

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