

## COMMUNITY SUPPORTED AGRICULTURE

WHEN: SPRING, SUMMER, FALL

## EGGS & SEASONAL PRODUCE

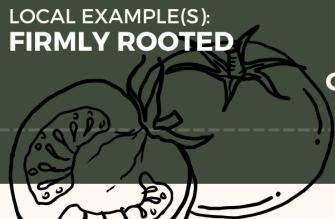
CSA - Community members subscribe to a local farm for a weekly (or monthly) bulk delivery of produce delivered to a pick-up location. (Pay online for your produce)

## **STRENGTHS**

- Supports local farmers through the growing season
- Distributes bulk delivery of fresh produce to a close pick-up location
- Offers diverse and seasonal produce

## **LIMITATIONS**

- Potential inaccessibility of delivery location
- Potential lack of knowledge or confidence (by the consumer) to cook or prepare the food
- Limited seasonality of farm share
- No choice in what the producer grows



LEARN MORE ABOUT G.R.E.A.T. LOCAL FOOD

www.gatewayruralhealth.ca