



# 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

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- 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

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- 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

LOCAL EXAMPLE(S):  
**FIRMLY ROOTED**



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

[www.gatewayruralhealth.ca](http://www.gatewayruralhealth.ca)