



COLUMBIA CENTER  
FOR CHILDREN'S  
ENVIRONMENTAL  
HEALTH

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MAILMAN SCHOOL OF PUBLIC HEALTH  
COLUMBIA UNIVERSITY

## Why Join A CSA?

### **Buy Local**

Your support helps small local farms stay afloat.  
Connect with the food you eat by meeting your farmers and exploring the farms.

### **Eat Well**

Buy the freshest food for your family.  
Explore new foods and learn to cook with them.  
Find out that beet greens aren't just good for you, they're tasty too!

### **Be Healthy**

Eat more fresh vegetables and fruit.  
Share healthy eating habits with your kids. Expose them early to a variety of regional produce.

### **Protect the Environment**

Support farmers who take care of their land by growing food in ways that take care of the soil.  
Cut down on the number of miles your food travels from the farm to your plate.

# WHAT IS CSA?

## CSA Stands for Community Supported Agriculture

CSA allows city residents to have direct access to **high quality, fresh produce grown locally by regional farmers.**

When you become a member of a CSA, you're **purchasing a "share" of vegetables from a regional farmer.** Weekly or bi-weekly, from June until October or November, your farmer will deliver that share of produce to a convenient drop-off location in your neighborhood.

**CSA members pay for an entire season of produce upfront** (typically \$300-\$400).

Shares usually include 7-10 types of vegetables, enough for a family of 2-3 people.

Many CSAs also offer the option of other produce from local farms. For a few extra dollars a week, in addition to your vegetables, you can add fruit, eggs, meat, and even flowers to your order.

**Most CSAs have a variety of payment plans to enable members flexibility in paying for their shares. Some CSAs can arrange payments in installments, accept food stamps, offer sliding scale fees, and provide scholarship shares.**

Neighborhood CSA groups are run by members volunteers. This frees up the farmers to focus on growing and delivering the vegetables. Just Food trains urban community members to start and manage CSA projects in partnership with their farmers.

To see what a CSA in New York City might look like, see our Introduction to CSA video at <http://www.justfood.org/>.

### ***A Note about Winter Shares***

*A CSA season typically runs from June through November. However, some farmers offer winter shares that come with a variety of root vegetables and greens. Contact your CSA directly to find out if your farmer offers winter shares.*



# Find a CSA in your Neighborhood:

## **SOUTH BRONX:**

### **South Bronx CSA**

Brook Park  
E 141st Street and Brook Ave  
[southbronxcsa@friendsofbrookpark.org](mailto:southbronxcsa@friendsofbrookpark.org)  
(347) 331-0096

### **LaFamilia Verde CSA**

Tremont Community Garden  
Lafontaine St. between East Tremont Ave.  
and 179th St  
(718) 583-1765

## **INWOOD**

### **Inwood CSA**

Isham Park  
West 215th Street and Broadway  
(212) 353-6842  
[info@inwoodcsa.org](mailto:info@inwoodcsa.org)

## **WASHINGTON HEIGHTS**

### **Tierra Direct**

Irving Institute for Clinical and Translational  
Research  
390 Fort Washington Ave  
(between 177th and 178th)  
(646) 697-2274  
[TierraDirectCSA@gmail.com](mailto:TierraDirectCSA@gmail.com)

### **Washington Heights CSA (181 St.)**

Ft. Washington Collegiate Church  
728 W. 181 St.  
(Behind the church on Magaw Place)  
(646) 382-9047  
[info@littleseed.org](mailto:info@littleseed.org)

### **Washington Heights CSA**

New Leaf Café  
1 Margaret Corbin Dr.  
Fort Tryon Park  
(646) 382-9047  
[info@littleseed.org](mailto:info@littleseed.org)

## **HARLEM**

### **Grace CSA**

Church  
310 W. 139th Street  
(212) 694-8715  
<http://www.centralharlemcsa.org/>

### **Central Harlem CSA**

Thurgood Marshall Academy  
200 W. 135th Street  
(212) 694-8715

### **Kitchen Table/Project Harmony CSA**

Project Harmony Garden  
122nd Street  
(Between 7th & 8th Avenues)  
(212) 662-2878  
[info@kitchentablenyc.org](mailto:info@kitchentablenyc.org)

### **New Song CSA**

New Song CSA  
2230 Frederick Douglass Blvd.  
(Also known as 8th Avenue)  
(212) 222-3256  
[vjwkurutz@gmail.com](mailto:vjwkurutz@gmail.com)