WHAT IS CSA?

CSA, “Community Supported Agriculture”, is a subscription service provided by local farms. Membership fees are paid at the beginning of the growing season, and in return members are provided fresh, seasonal produce each week.

These arrangements are flexible and vary from farm to farm, but a typical share in the middle of the summer may include 10-20 different vegetables in quantities for a family of 4.

WHY OFFER A CSA?

Allows employers to support local farm businesses and be a great community sponsor = easily and without additional expense.

Eating fresh fruits and vegetables will boost your employees’ energy levels and increase overall productivity!

Proper nutrition reduces the risk of chronic disease. Healthy employees will miss fewer work days and lower health care costs.

FOR MORE INFORMATION

CHECK OUT THESE WEBSITES

www.cce.cornell.edu/
http://smallfarms.cornell.edu/
http://localharvest.org/csa/
www.adirondackharvest.com/

OTHER CONTACTS

Contact your local Cornell Cooperative Extension office

DEVELOPING A WORKPLACE

Why not make it easy to access healthy food by providing farm fresh produce directly at your worksite?
CREATING A WORKPLACE CSA

GETTING STARTED
Get approval from the appropriate managers and facilities.

Spread the word! Inform your employees about the CSA model and determine employee interest.

Consider collaborating with a neighboring business to increase the number of participants.

Establish a point person to contact the farmer and answer employee questions.

FINDING A FARM
Using the following sources create a list of potential farms:
http://www.localharvest.org/csa/

Visit your local Farmers’ Market

Contact your local Cornell Cooperative Extension office

CONSIDERATIONS
Remember that a farm’s harvest varies from year to year. Be sure to ask what will happen to the CSA in the event of crop failure or unfavorable weather.

Ask the farmer how many seasons they have offered a CSA. Look for a farm that has at least two years of experience. Also, don’t be afraid to ask for references from past members.

THE RIGHT CSA FOR YOU...
Each farm will run their CSA program differently. It is important to ask the right questions to find the farm that is best suited for your needs.

Here are few things to keep in mind:

LOGISTICS
Where and when do you want the shares delivered? Will this work with the farmer’s schedule? Does the farmer already deliver to a site near your workplace? If the CSA includes meat or dairy products, do you have refrigeration available?

PRODUCE
What types of produce will each member receive? Most CSAs deliver a pre-packaged box with a variety of produce that is in season. Some, however offer a varying degree of choice for their members.

SHARES
Ask the farmer about the quantity of produce each member will receive per week. Some farms offer full and half share options to meet the different needs of their members.

PAYMENT
Determine who will be responsible for collecting payments and establish a deadline for subscribing.

SUBSCRIPTION LENGTH
How long do you want the CSA to last? Some farms offer an extended season, providing produce into the fall and winter months.

It may be beneficial to invite potential farms to your worksite for an open house. This would allow employees to play a role in selecting your CSA farm.

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