

Community-Supported Agriculture (CSA) & Food Boxes

How Does It Work?

When you join a CSA (Community Supported Agriculture), you buy a “share” of food (produce, grain, seafood or meat) at the beginning of the season for a whole season’s worth of goods.. During the growing season the farmer provides a weekly box of produce or other farm products to you. This system gives food producers income early in the season when costs are high and guarantees a market for the food goods. You benefit by receiving a regular supply of fresh, nutritious, locally grown produce or other food product. CSAs support local food production, communities and economies. They also connect community members to the people that grow their food.

UBC Offers Three Options:

- **UBC Farm CSA**

This CSA runs throughout the growing season (June-October) each year. The produce provided in the weekly box is dependent on what is seasonally available.

Find out how to join on the UBC Farm website: http://ubcfarm.ubc.ca/markets-and-events/csa_box

- **The Orchard Garden CSA**

This CSA also runs throughout the growing season (June-October). Participants can collect their seasonal produce box each week at the Orchard Garden located behind the H.R. MacMillan building.

For more information email: lfsgarden@gmail.com. <http://theorchardgarden.blogspot.ca/>

- **The Sprouts Box**

In partnership with the AMS Bike Co-op, Sprouts offers a weekly affordable, local produce box. The box is delivered by bike to residents in Gage, Thunderbird, Fairview, Acadia, Marine Drive and The University Neighborhood Association Communities. The Sprouts Box is available each term for approximately ten weeks in small or large size.

Visit the Sprout’s website: <http://ubcsprouts.ca/csa.php>

