2008 CENTRAL SUSQUEHANNA VALLEY

WHAT ON EARTH IS A CSA?

CSA stands for Community Supported Agriculture. Such ventures bring together consumers interested in safe, healthy food and producers seeking a stable maket for their crops. The two groups are joined together in an economic partnership under a CSA, which provides fresh, local food to the community and a consistent means of support for small farms.

In addition to the financial benefit, the system also builds community. Though less than 2% of the population farms today, all of us eat. CSAs allow us to reconnect with the land and establish a healthier relationship with the production of that which sustains us.

In this era of food scares, frankenfoods, and fast food, CSAs offer a sustaining and sustainable alternative: know your farmer, know your food!

Buying and eating local produce is good for your health and the health of the environment. The Community Supported Agriculture model is also good for the health of the local agricultural economy. These may not be the only options for good, fresh, local food in the Central Susquehanna region, but this list a great place to start.

Please contact the farms directly for more information or to sign up for your own CSA share!

CSA INFO	PRODUCTS	SEASON	LOGISTICS	SHARES
Dreamcatcher Farm *Lewisburg, PA* *Union County* Joe and Jackie Detelj 2160 Hoffa Mill Road Lewisburg, PA 17837 (570)523-1681 dreamcatcherfarm@dejazzd.com **www.dreamcatcherfarm.biz**	Variety of vegetables, fruits and herbs, grown with organic methods	22 weeks May through October	Pickup at farm stand on Rt 192, between noon and 5pm on Saturdays	Full Share - $500 Half share - $250 (already paired with another preferred) Working shares - a few available on a limited basis, please contact Joe
Groundwork Farms *Penns Valley Watershed* *Centre County* Nell Hanssen, coordinator P.O. Box 158 Millheim, PA 16854 (814) 349-8915 nell_hanssen@hotmail.com **www.groundworkfarms.com**	Produce, meat, eggs, bread, herbs and flowers from several different farms within the Penns Valley Watershed. Farms include Spring Bank Acres, the King Family Farm, and Shadey Locust Produce in Rebersburg, Triangle Organics and the Byler Family Farm in Aaronsburg, and Long Lane Farm in Coburn.	Produce, herbs and flowers: 22 weeks Dairy, eggs, bread, and meat: year-round in 13-wk units	Thursday delivery available to Lewisburg and points west for a weekly fee (~$3.50/wk)	Shares vary by product category. For produce: Full share - $500 Half share - $300 Eggs: $3/dozen Bread: $2.75/loaf Dairy: $3.50/small unit $6.50/large unit see website for details

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Mystic Springs Organic Farm *Sunbury, PA* *Northumberland County* Giles Wickham, Jr. and Marcia Readinger 10 Farmhouse Lane Selinsgrove, PA 17870 (570) 372-1975	Variety of vegetables, fruits and herbs, grown with organic methods	28 weeks May start	Pickup locations in Lewisburg and Selinsgrove	Large family - $780 Small family - $650 Couple - $520 Single - $390
Shaffer Family Farm – New Life CSA *Sunbury, PA* *Northumberland County* Matthew Shaffer RR 5 Box 285 Sunbury, PA 17801 **www.shafferfarmcsa.com** Questions? Contact: Laurie Knight (570) 522-0362	Organic vegetables raised on a 4th generation family farm; additional "egg share" of eggs from free-range, organically fed hens available; whole, free-range, organic chickens available at a 15¢/lb discount to members; free-range beef, pork and turkeys available at a discount	20 weeks June through October	Pickup locations on the farm in Sunbury or at Ard's Market on Rt. 45 ($50 more per share per season for Ard's pickup)	Full share (4-6 people) - $450 Half share (1-3 people) - $250 Egg share: Half share (1/2 doz/wk) - $20 Full share (1 doz/wk) - $35 Whole chickens - $1.60/lb, available 4 times during the season
Sweet Meriam's Farm *Beaver Springs, PA* *Snyder County* Carla Hine, Heather Donald, and Hannah Bingman, managers Sweet Meriam's Farm CSA c/o 2 Bogar Circle Selinsgrove, PA 17870 (570) 374-1671 carla@sweetmeriams.com **www.sweetmfarm.com**	Organic vegetables, herbs and flowers, with local, organic fruits available from other farms. Cooperative program with MAC, at-risk youth program, providing nature education and healthy eating opportunities for school-aged children.	25 weeks May to end of October	Pickup in Selinsgrove, Mifflinburg, or on the farm in Beaver Springs; home delivery is available. Contact the farm for details.	Full shares: Non-working - $600 3hrs/month work - $500 2hrs/week work - $300 4 hrs/week work - $0 Half shares: Non-working - $300 1.5 hrs/month work - $250 1 hrs/week work - $150 2 hrs/week work - $0
Tewksbury Grace Farm *Muncy, PA* *Columbia County* Leah and John Tewksbury 168 Yeagle Rd. Muncy, PA 17756 (570) 437-2620 Tewks1@aol.com	Variety of vegetables, herbs, mushrooms and dried goods, grown with organic methods. Opportunities for preordering eggs, pork, chicken and ground beef from neighboring farmers.	18 weeks June through early October late-season produce deliveries from October to December available a la carte, online	Home delivery in Lewisburg Borough or pickup at a predetermined location	Supersize share - $650 Full share - $450 Half share - $225

This list is a service of the Local Action Network (www.LocalActionPA.org) and Slow Food Susquehanna River Valleys (http://slowfoodSRV.blogspot.com).