

How to pick a farm

There are many things you want to consider when choosing a CSA option:

- **Share size and type** - farms offer “small”, “large”, “family”, “basic”, “premium”, “half” and “full” sizes. There are no standard sizes used by all farms. Contact farms to get the right size for you.
- **Season** - A typical summer vegetable CSA share lasts 23 weeks from June - November, but some farms offer semester shares for those with schedules tied to our local colleges, and winter shares as well.
- **Price** - Prices vary. Some farms offer “working shares”, where members can work in exchange for a lower payment. Subsidized CSA shares—50% off—are available for households with limited income through Healthy Food for All (HFFA).
- **Payment** - Some farms require upfront payment; others offer payment plans. Some farms also accept SNAP or food stamps, including all HFFA members.
- **Pickup location** - Farms may offer one or more pick-up locations and on different days. Some farms will deliver; others will set up a drop-off spot if they have enough customers there.
- **The Farm & Farming** - some farms offer U-pick and work opportunities, so you might want to check out the farm’s location. Some farms are certified organic.

You can meet many of the CSA farmers by attending a CSA Open House hosted by Cooperative Extension of Tompkins County in March or April of each year. Information about each farm can be found on their web-sites or on a comprehensive CSA guide found on www.ccetompkins.org/csa

What is CSA?

Community Supported Agriculture (CSA) is a mutually supportive and cooperative relationship between farmers and consumers. The consumer pays for a crop “share” in advance, guaranteeing farmers a market for their goods. In return, growers supply shareholders with fresh, quality produce on a weekly basis throughout the growing season

CSA works especially well for people who enjoy cooking, who appreciate local farmers, and who would like to fill their fridge and plates with fresh, local, and seasonal fruit & vegetables.

More information

Visit www.ccetompkins.org/csa to find a link to a regional directory with additional listings of fruit, meat, and specialty CSA options.

Or contact Avi Miner, local food educator at Cooperative Extension of Tompkins, at avm32@cornell.edu or (607) 272-2292. Avi can not only answer your questions, but can come to your workplace and speak on local food resources, including workplace CSA drop-offs.

For more information about subsidized CSA shares provided by Healthy Food for All, visit www.healthyfoodforall.org.

Get Your GreenBack Tompkins is a community initiated and community supported campaign that works collaboratively to help people and organizations take key steps in the areas of food, transportation, waste and building energy that simultaneously reduce our community's carbon emissions, save money and create a socially just local economy.

www.getyourgreenback.org

Tompkins County



CSA

Good for you

Good for your pocketbook

Good for farmers

Good for the planet

**Local Fruit and Veggie
CSA Guide**

With the support of



GET YOUR
GREENBACK
TOMPKINS
TAKE A STEP TO SAVE MONEY AND ENERGY



Cayuga
MEDICAL CENTER

A Member of Cayuga Health System

**Healthy Food For
All members**

Local Fruit & Veggie CSA Guide

**Contact farmers for
more information!**

Farm	Location Pick-up 			Products	Share Size  		Season  		Contact
Blue Heron Farm	Lodi	Ithaca + Farm		Storage crops + greens		✓		✓	607-582-6336 www.blueheronorganic.com
Early Morning Farm	Genoa	Ithaca, Dryden + more	✓	Veggies	✓	✓	✓		315-237-9170 www.earlymorningfarm.com
Finger Lakes Fruit Bowl	Various	Ithaca + Farms	✓	Berries, apples + more		✓	✓	✓	607-379-2866 www.fullplatefarms.com
Full Plate Farm Collective	Various	Ithaca + Farms	✓	Fruit, veggies + more		✓	✓	✓	607-379-2866 www.fullplatefarms.com
Ithaca Organics	Dryden	Ithaca + Freeville		Fruit + veggies	✓	✓	✓	✓	607-844-3435 www.ithacaorganics.com
Kestrel Perch Berries	Ithaca	Farm (U-pick)		Berries		✓	✓		607-275-0272 www.ithacaberries.com
Littletree Orchards	Newfield	Ithaca		Apples	✓	✓	✓		607-564-9246 littletree-orchards.com
Nook & Cranny Farm	Brooktondale	Farm	✓	Veggies	✓	✓	✓	✓	607-539-6580 btuori@gmail.com
Plowbreak Farm	Hector	Ithaca + Farm	✓	Veggies	✓	✓	✓	✓	845-594-7126 www.plowbreakfarm.com
Six Circles Farm	Lodi	Ithaca + Tburg		Fruit, veggies, flowers + herbs	✓	✓	✓	✓	www.sixcirclesfarm.com sixcirclesfarm@gmail.com
Spice of Life Farm	Alpine	Ithaca (Piggery)	✓	Veggies + herbs			✓		310-367-6939 www.spiceoflifefarm.com
Sweet Land Farm	Trumansburg	Farm		Fruit, veggies + flowers	✓	✓	✓	✓	607-793-1566 www.sweetlandfarm.org
West Haven Farm	Ithaca	Ithaca + Farm		Fruit, veggies + herbs	✓	✓	✓		607-351-6670 www.westhavenfarm.net



Workplace Delivery--custom deliveries to sites where there are 5 or more CSA subscribers

A more comprehensive guide with additional meat and specialty listings can be found at www.cetompkins.org/csa

Healthy Food For All partners with local farms to provide discounted CSA shares to low-income households. Visit www.healthyfoodforall.org

