

Eat to Your Advantage®

Questions for Evaluating a Community Supported Agriculture Program

Finding the CSA that is right for you:

- **Get to know your farmers first.** Use the questions I laid out to find out who is producing the food that you want. If possible, visit the farm.
- **Find out about all the CSA programs available in your area.** The best time to research is during the summer and fall, though most of the legwork can happen online. By late fall and early winter, many farmers are accepting CSA customers, and spots are limited.

Evaluate Your Options:

- Who chooses what you receive? You or the farmer?
- If it is you, how does the process work?
- If you are following a special diet or have food allergies/sensitivities, can the farmer accommodate those needs?
- What are your responsibilities? (Occasionally, customers share in some of the work of the CSA and/or farm.)
- Where and when do you get product? How flexible is that? If you have health issues that make pickup difficult, is there any way to work out a system that works for you?
- Do CSA members get any additional benefits? (There may be included farm tours, first dibs on additional products, or other benefits.)
- How much value do you get for your CSA cost?
- If you want, ask for references.