

The Green Notebook

I'm Dreaming of the Bountiful Harvest

Our cold winter brains may not quite be thinking about the summer harvest of local produce, but many local farms are finalizing their memberships for their CSAs—Community Supported Agriculture. Now is the time to join a local farm share and start dreaming of the delicious local harvest coming your way this summer.

In a nutshell, a CSA is a food subscription service where you pay the farmer in advance for a share in the upcoming harvest. You share in the risk and the bounty of the season—and support local farmers. In return, during the growing season, you are provided with a weekly variety of high-quality, locally grown, seasonally fresh food at an affordable price. You get to know exactly where your food comes from and who grows it. No refrigerated trucks carting your food from Mexico or California and most of the farms strive to use organic methods, which mean a much lower chemical rate.

Sound appealing? If you would like to investigate the possibility of a CSA membership, check out LocalHarvest.com and type in your zip code then do a search for CSAs (you can also search a variety of other venues like farms, co-ops, restaurants, farmer's markets, etc.). I did that for the 43015 zip code and two pages of options came up. Here are a few of the farms offering CSAs closest to Delaware. For more information, please go online for a complete listing or call these farms for detailed info about what they offer and the pricing. Some of these farms have the option to sign-up online.

- Sippel Family Farm, Mt. Gilead: Ben & Lisa Sippel, 419/946-1394—Delaware pick-up option.
- Wayward Seed Farm, Marysville: Adam Welly & Jaime Moore, 937-644-0786—Delaware pick-up option. Also offers fruit, milk and coffee options.
- Jumping Spider CSA, Ashley: Paul Etheridge, 740/747-0389—Ashley or Lewis Center pick-up options.
- Carousel Watergardens Farm, Marion: MC Krist, 740/387-3580—Marion & Westerville pick-up options. Also offers fruit and meat options.
- Green Seed Farm, Westerville: Nina Brand, 740/965-2020—Westerville and Worthington pick-up options. Also has herbs and egg options.
- Crooked Willow Farm, Sunbury: Pam Rice, 614/395-9197—pick up on farm in Sunbury. Fruit option.
- Hayes Acres, Cardington: Nick Hayes, 419/560-7915—meat shares only. Will determine pick-up locations once customer locations are determined.
- Three-Ring Farm, Delaware: Ann or Catie Weber, 740/971-9070—egg shares only. Delaware pick-up.

Many of these growers also have websites, so explore and investigate the options. I have really enjoyed our CSA harvests in the past—it has stretched our cooking and eating habits to include much more fresh produce. Give it a try and see how it goes!

Tuesday Trippier lives in Delaware, is a writer and mother of three with a special interest in green living.

