



5 REASONS TO GET A CSA

1. You're supporting your local community - it's no secret that many of our local agricultural producers are being pushed out by larger scale, commercial farmers. The best way to show your support is to put your money where your mouth is...literally.

2. It encourages more fruit and vegetable consumption - you kind of have no excuse to not eat your veggies when you are picking up a CSA box each week. Everyone love fruits and veggies, but if they're not in the house you're probably less likely to eat them. No more excuses now!

3. You get to experiment with different types of produce - a pre-picked CSA box encourages you to try things you normally wouldn't. Without CSA, you may never discover how much you love watermelon radishes or green garlic!

4. You're eating in season - our bodies aren't supposed to eat the same things year round. CSA's are only able to sell, what they're able to grow so what you get will be the freshest of what's in season.

5. It saves you money - buying directly from farmers cuts out the middleman and transportation costs helping you save money. It also ensures less food waste because they send you enough for how many you order for.

WHAT IS A CSA?

CSA, or Community Supported Agriculture, **allows consumers to buy a share of a farm's harvest in advance of the growing season.** The consumer receives a box of produce and other goods at specified delivery dates throughout the program.

Each CSA looks a little bit different. Pick-up location, serving sizes, and item varieties will all differ based on where you're ordering from. What should be consistent is that your box is full of produce from local farmers.

Explore our 2019 CSA guide, a collaboration between Buy Fresh Buy Local Nebraska and Open Harvest.



 buylocalnebraska.org

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 402-472-5273

 [facebook.com/BuyLocalNebraska](https://www.facebook.com/BuyLocalNebraska)



 openharvest.coop

 1618 South Street | Lincoln, NE 68502

 402-475-9069

 [facebook.com/OpenHarvest](https://www.facebook.com/OpenHarvest)

Farm Offering Legend



Common Good Farm

RAYMOND, NE

Full Share: **\$515** | Fall CSA: **\$140**

Pick-up location: Lincoln

Pick-up time: Monday & Thursday

Ruth Chantry & Everett Lunquist

402-783-9005

farmers@commongoodfarm.com

www.commongoodfarm.com



Willow Way Farms

DAVEY, NE

Individual: **\$320** | Family: **\$535**

Pick-up location: Lincoln

Pick-up time: Tuesdays

Devon Crews

402-340-4101

devon@willowwayfarmsne.com

willowwayfarmsne.com



Theilen Produce Gardens

SCHUYLER, NE

6-wk: **\$72** | 24-wk: **\$288**

Pick-up location: Lincoln

Pick-up time: Mondays

Kristy Theilen

402-615-2854

theilenproduce@gmail.com

www.theilenproduce.com



Shadowbrook Farm

LINCOLN, NE

Market-style: **\$100 - \$1000**

Pick-up location: Lincoln, Omaha, or on the farm

Charuth van Beuzekom

402-499-7584

dutchgirlcreamery@gmail.com

www.shadowbrk.com



Pekarek's Produce

DWIGHT, NE

Full Share: **\$414** | Partial: **\$252**

Pick-up location: Dwight, Lincoln, Seward

Pick-up time: Wednesdays

Ryan Pekarek

402-641-3305

pekareksproduce@hotmail.com

www.pekareksproduce.wordpress.com



Robinette Farms

MARTELL, NE

Variety of share options: **\$50 - \$700**

Pick-up location: Lincoln, Martell

Pick-up time: Wednesdays

Alex McKiernan

402-794-4025

farmers@robinettefarms.com

www.robinettefarms.com



Olive Creek Farm

PANAMA, NE

S: **\$275** | M: **\$400** | L: **\$550**

Pick-up location: Panama, on farm

Pick-up time: 24 hrs/day

Jill Heng

402-416-3814

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