

What is Community Supported Agriculture?



Community Supported Agriculture (CSA) is a relationship of mutual support and commitment between local farmers and community members who pay the farmer an annual membership fee to cover the production costs of the farm. In turn, members receive a weekly share of the harvest during the local growing season. The arrangement guarantees the farmer financial support and enables many small- to moderate-scale organic family farms to remain in business. Ultimately, CSA creates agriculture supported communities where members receive a wide variety of foods harvested at their peak of ripeness, flavor and vitamin and mineral content.

from the Robyn Van En Center for CSA Resources

from the MISSION STATEMENT:

- ◆ The Community Supported Garden at La Vista will serve as a source of renewal for human, social and physical health through providing healthy, nutritious food, by the building of a diverse community, and through the practice of social justice.
- ◆ We will demonstrate a model for diversified, sustainable, small-scale community supported agriculture through being responsible stewards of the land and through supporting the efforts of and a just compensation for the farmer.
- ◆ We will respect the soil, water and air through organic methods of growing, by conserving water and through reducing fossil fuel emissions into the air.



The Community Supported Garden at La Vista, located on the grounds of the Oblates of Mary Immaculate, is an Illinois corporation operating under the IRS 501 (c)(4) guidelines. It flows from the Oblate priority of “Justice, Peace and the Integrity of Creation.”

The Garden is on the grounds of the Oblate Novitiate. Because the Novitiate is the primary function at this location, visitors to the Garden are welcome by appointment or during scheduled activities. Thank you for respecting this.

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Community Supported Garden At La Vista

A NON-PROFIT ORGANIZATION

in
Godfrey, Illinois

www.lavistacsa.org

618.467.2104

What is the Community Supported Garden at La Vista?

The CSG at La Vista is a local garden that began in 2002 under the umbrella of the Oblate Ecological Initiative, a ministry of the Missionary Oblates of Mary Immaculate. A full-time farmer manages the garden using sustainable practices that are in harmony with the living process of the soil; thus we don't use synthetic or chemical pesticides or fertilizers.

Organizational responsibilities are over-seen by a Core Group of volunteers. Shares of the Garden's harvest are sold to area families and individuals who are interested in obtaining fresh produce and who support the principles of Community Supported Agriculture.

What's included in a Share?

A wide variety of fresh, great-tasting, organically grown vegetables and herbs and a steady supply of colorful cut flowers.

How much is in a Share?

On average, a weekly Share provides two adults with a vegetable-loving diet or a vegetable-supplemented diet for a family of four.

How long is the harvest season?

The season starts mid-May and goes through mid-November, depending on growing conditions.

How is the produce distributed?

Shareholders are assigned a pick-up day, either Tuesday or Friday. The freshly harvested produce is available for pick-up at the garden barn between 2PM-7PM. (Some crops are pick-your-own.)

How can I become a Shareholder?

Complete a Shareholder Agreement, (available at www.lavistacsa.org or by calling 618-467-2104) Shareholders are asked to volunteer three hours a month to support the "community" aspect of the garden. Volunteer activities include planting, weeding, harvesting, farm maintenance, and "behind the scenes" work such as budget, grant-writing, membership, publicity, and website maintenance.

How much does it cost?

A *Full Share* with weekly distribution is \$550. An *Alternate Share* distributed every other week is \$300.

How is the Garden at La Vista Unique?

- ◆ **Beautiful grounds of the Oblate Novitiate** are a welcome respite in our fast-paced world.
- ◆ **Potluck gatherings** provide members with an opportunity to enjoy our shareholder community.
- ◆ **Festivals and classes** are offered during the season: cooking, dehydrating and more.
- ◆ **Surplus produce is donated to the local food pantry** each week.
- ◆ **A percentage of shares are offered at substantially reduced cost** to low-income families and individuals.
- ◆ **Work shares are available** to a limited number of Shareholders.
- ◆ **Fabulous pick-your-own crops** are available to all shareholders, including strawberries, cherry tomatoes, beans and beautiful cutting flowers.

Eating with the Seasons



Spring

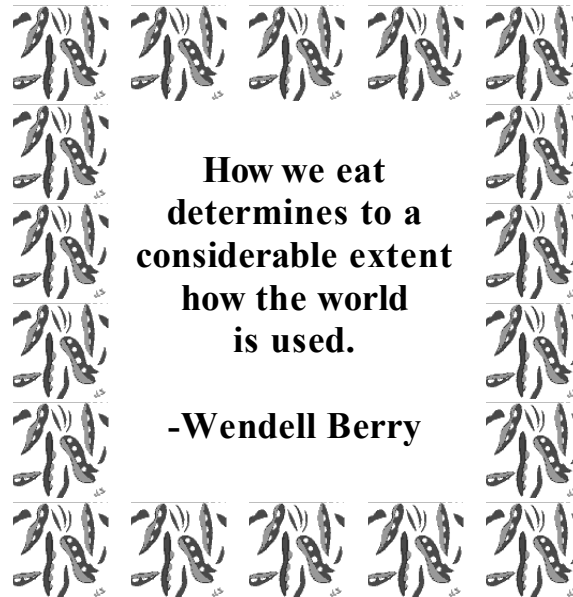
broccoli
cabbage
chard
greens
lettuce
*peas
radish
scallion
spinach
turnips

Summer

*beans
beets
cantaloupe
carrots
*cherry-tomatoes
cucumber
eggplant
fennel
greens
kohlrabi
lettuce
okra
onion
peppers
radicchio
summer-squash
tomatoes
watermelon
*herbs

Fall

*beans
beets
broccoli
cabbage
carrots
cauliflower
celeriac
celery
chard
collards
escarole
greens
kale
leek
lettuce
onion
parsnip
potatoes
radish
rutabaga
spinach
winter squash
turnips



How we eat
determines to a
considerable extent
how the world
is used.

-Wendell Berry

* pick your own crops