

Seeking the Sacred

FINDING GOD IN ALL THINGS



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Why We Choose Local

Posted by seekingthesacred in Creation Care, food. Tagged: consciousness, ethical farming, food, gardening, social justice. [2 Comments](#)



For the past 3 months, our household has been a proud supporter of a local farm, [Tierra Miguel](#), as one of the main sources of our fruits and vegetables. Getting our box every other Wednesday always gives us a feeling of excitement and anticipation—and, every once in a while, adventurousness (“What in the world do we do with our 3rd week in a row of radishes?”).

Anyone can join a local **CSA**—which stands for **C**ommunity **S**upported **A**griculture—and often times you’ll save money by doing so. Basically, the way a CSA works is that you pay a certain amount of money for a share in the year’s crops (some CSAs break it down to seasons, but the idea is the same). For that amount of money you pledge to support the farmer by basically buying a share of their yields. The farmer, in turn, gives you a weekly or biweekly share of whatever he has harvested from his farm that week.

This benefits both the consumer and the farmer. For the farmer, he can rest assured that he/she will be able to stay in business whether or not he has a banner year or a less successful year. For the consumer, he/she can appreciate the bounty of fresh, local foods (knowing the manner in which they are grown as well), can eat seasonally, and can have the opportunity to try new foods and learn new recipes based on the contents of that week’s harvest.

For my husband and me, we’ve also used our CSA membership to use as an opportunity to build relationships. Our CSA offers a monthly work-day; every first Saturday volunteers are welcome to come tour the farm, work on some farm project for a couple hours, and then enjoy a potluck lunch and one another’s company. It isn’t a requirement, but it is really a neat thing to feel like we are participating in the life of the farm and helping out in the process of bringing food to our table.

Choosing to eat local has other important aspects as well. You don’t have to worry about how many miles the produce had to travel to get to your market—and, likewise, how unnaturally early the produce had to be picked to survive the trek. You don’t have to worry about unnatural chemicals used to unnaturally ripen said produce once it has reached its destination.

Because we know the farmers that run our CSA, we also can feel comfortable in the labor practices that were used to harvest the vegetables. Not only are the farm workers paid fair wages, but they are treated with decency and respect. We know they aren’t exploited to make a quick buck.

Choosing locally produced foods is just another way of building relationships. You have right

About Me



Just a joyful Catholic girl trying to live as simply and consciously and gratefully as possible in this beautiful, amazing world...and bringing as many as possible along for the ride.

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relationship with the land, with the workers who tend it, with the farmers that oversee its use, and with other like-minded consumers. Not to mention the fun of seeing all the different shapes, sizes, and colors of the fruits and vegetables that are normally uniformly presented on a grocer's shelf. Forget your inhibitions about that curly cucumber. You can't discriminate when it comes to good food! And I think being locally and ethically grown makes it taste all the better.

For more information on a CSA near you, check out: www.localharvest.org.

Possibly related posts: (automatically generated)

- [Farmer's Market Morning](#)
- [Eat Local](#)

2 Responses to this post.

Posted by [histoire_qc](#) on September 2, 2009 at 4:47 pm

It is, yes

Reply

Posted by [Shoshana](#) on January 8, 2010 at 10:00 am

Hello from Tierra Miguel. Thank you so much for your support of local growers and of our farm in particular. It means a lot to us and the native trees we planted and the coyotes and hawks in our wilderness corridor.

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- [Catholic Coalition for Climate Change](#)
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- [Hungry For Change \(Food, Inc\)](#)
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- [The Story of Stuff](#)

My latest Twitter talk...

- [feeling excited and exhausted. We've planted trees and torn down walls...and only owned the house for a month! 5 days ago](#)
- [Some scary stats...it's not the whole picture, but it's a start: \[http://www.youtube.com/watch?v=F1IWkbU0SG4&feature=player_embedded\]\(http://www.youtube.com/watch?v=F1IWkbU0SG4&feature=player_embedded\) 3 weeks ago](#)
- [Feelin' better, and is proud to](#)