

Buying a share in a community farm allows the shareholder to have fresh, locally grown produce on a regular basis.



## Meet a Burgeoning Localvore

By Peter Hanlon, Massachusetts Bays Program

Marc Carullo, better known in the Massachusetts Office of Coastal Zone Management as the GIS guy, has been eating a lot more locally thanks to Community Supported Agriculture. Marc lives in Sandwich, Massachusetts, and is in the midst of his second year as a shareholder of the Bay End Farm in Bourne. For a list of Massachusetts CSAs, see the Northwest Organic Farming Association's website: [www.nofamass.org/programs/csa.php](http://www.nofamass.org/programs/csa.php).



### How does Community Supported Agriculture (CSA) work?

**Marc Carullo:** A shareholder, member, or subscriber to a CSA farm enters into a partnership with a farmer where s/he makes a commitment to purchase a share of the season's harvest, thereby covering a portion of the annual cost of operating the farm.

My personal experience with my CSA farm, Bay End Farm in Bourne, has been awesome. They provide a big ole bag of fresh, certified-organic veggies, herbs, and fresh cut flowers to members every week from mid-June to the end of October. Pickup is always fun as one gets to chat with the farmers, whether sharing veggie preparation and storage tips or grander life experiences. Let's not forget the weekly newsletter with suggested recipes and humor to boot.

### Do you find that the foods you receive dictate what you cook that week/month?

**MC:** Yes, and this adds to the experience! My girlfriend and I receive a full share (advertised as enough veggies for a family of four) once a week. The variety of veggies changes as the growing season progresses. Our bag o' veggies is certainly heavy with a variety of leafy greens early in the season and autumn veggies (e.g. squashes) later in the season. Fortunately, many varieties of the leafy greens persist throughout the season. We have become increasingly resourceful in preserving vegetables, as we sometimes have difficulty keeping up with the weekly bounty.

### Any food you get that you prefer just stayed on the farm and off your plate?

**MC:** No way, but I'm not all that picky! I love trying new foods and new preparations for foods that are familiar to me. A couple of CSA firsts for me were kohlrabi slaw and yummy garlic scape pesto. I've heard members of other CSAs speak of tiring from too much repetition. Though I love kale, I couldn't eat it everyday for months.



## **A Few Ideas for Where to Go Local:**

### **Restaurants:**

FarmFresh.org offers a guide to restaurants that feature local foods:

[www.farmfresh.org/food/restaurants.php](http://www.farmfresh.org/food/restaurants.php)

### **Cooking Schools:**

Stir (Boston) ([stirboston.com/index.php](http://stirboston.com/index.php), 617-423-7847)

### **Farmers' Markets:**

To find a farmer's market that is convenient to you, check out Massachusetts Department of Agriculture's online Farmers' Market list [www.mass.gov/agr/massgrown/farmers\\_markets.htm](http://www.mass.gov/agr/massgrown/farmers_markets.htm)

### **Community Supported Agriculture:**

Appleton Farms (Ipswich) ([www.appletonfarms.org](http://www.appletonfarms.org))

Bay End Farm (Bourne) (<http://bayendfarm.com>)

Busa Farm CSA (Arlington) ([www.busafarm.com](http://www.busafarm.com))

Belmont CSA (Belmont) (781-507-6602)

Green Meadows Farm (South Hamilton) ([www.gmfarm.com](http://www.gmfarm.com))

**Find more at** [www.nofamass.org/programs/csa.php](http://www.nofamass.org/programs/csa.php)

**Pick Your Own!** What could be better on a crisp fall day than a crisp, pesticide-free, organically grown apple? Check the link above for pick-your-own local apple orchards.

Photo: Sheila Conboy