

**Garden of Eden Community Supported Agriculture
A CJC Green Team/*Tikkun Olam* Committee Initiative**

CJC's Green Team has been participating with local farmers in supporting the Community Supported Agriculture (CSA) initiative as part of the local food movement. We call ours the Garden of Eden CSA.

What is the "local food movement"? Our country's food system has drastically changed over the last century. The local food movement is trying to shift us back to the way it used to be, where local farmers (usually defined as a farm within a 100 mile radius) provided food to their surrounding communities. You may have heard the saying "Think globally, act locally." This is a way to make it happen for you and your family. Food that is grown to be transported thousands of miles isn't selected for the best taste; rather, by how well it will ship. Eating foods that are grown locally and in season helps to reduce your "carbon footprint", enhances taste and nutrition, and is a great way to be a part of the "green revolution."

The Garden of Eden CSA is now in its second season. This year we are participating with The Zahradka Farm www.theZahradkaFarm.com. Participation is open to anyone interested in supporting local farming and in enjoying truly locally grown farm fresh produce. This season's CSA started on Sunday, June 5 and will continue for 25 more weeks. Pick-up is at the Oakland Mills High School on Sundays between 10:30 and 12:45. Depending on the size of your family, small, medium and large shares are available. It is essentially set up as a "pre-paid farmer's market" where you get to decide what you take home. Each share consists of a variety of fruits and vegetables as they ripen— strawberries, lettuce, corn, heirloom tomatoes, squash, herbs, and so much more! You can also add eggs from pasture raised chickens, bread and local specialty items, weekly or bi-weekly to your share.



Also, as part of this program Zahradka Farm's is donating a number of shares to families who can use some assistance or to a local shelter and is also making a contribution to CJC.

Even though the season has started, new members are welcome to join. The price will be pro-rated. For further information on the CSA, please call Bonnie Sorak at 410-465-0427 or e-mail goecsa@yahoo.com.