

Food & More

from BEGINNER *toolkit* to ADVANCED



1 The CSA flowchart

How does a CSA work?



1 *Everyday operation*

How does a CSA work?

1. Planning

The farmer plans the season including the produce range, the finances, the number of members, the length of the season and the activities for the community.

2. Signing the agreement

Most CSAs offer a contract or agreement outlining practical terms and arrangements, as well as the chief principles and values of the CSA.

3. Crop planning

Once the agreement is signed, the farmer finalizes the crop plan. This provides an overview of which vegetables will be included in the season, when they will be planted and when they will be harvested.

4. Work on the farm

The farmer grows the vegetables or other farm products using the agreed methods. Most CSAs follow the principles of agroecology, while some are certified organic.

5. News from the farm

The farmer sends news to members or coordinators from the farm, as well as the list of products before the weekly delivery.

6. Weekly delivery

The farmer transports the shares to the delivery point at the agreed time. The members go to the delivery point to pick up their weekly share.

7. Cooking at home

The members cook from the weekly share. They usually share recipes for unknown vegetables or other foods

8. Farm visit

Farm visits are organized for the members to learn about farming, get to know the farmer and each other better. It often includes some voluntary work on the farm.

9. Evaluating the season

Members can give feedback on the season, especially on the quality, diversity and quantity of vegetables or other products, delivery, communication. This is usually done using an online form.

10. End of season meeting

The end of the season is marked by a meeting allowing members to review the results of the evaluation, plan the budget for the next season, and to select the delivery points.

11. Renewing the agreement

Members are contacted to see who would like to join for the new season. Based on how many existing members sign the new contract, the farmer will see if the community needs to recruit new members.



2 *Colourful shares*

What is in a CSA share?

European radish baby beetroot
baby carrots spring onion
cauliflower lettuce
Chinese cabbage pak choi



sweetcorn cucumber
tomato new potato
pepper green beans
zucchini onion
kohlrabi garlic
eggplant
sorrel



sweet potato spinach
fennel parsnip
radish leek
broccoli pumpkin
cabbage celery



Brussels sprouts carrot
Jerusalem artichokes parsley
black radish beetroot
onion kale
potato celery root
baby lettuce



2 *Eating seasonal*

What is in a CSA share?

CSAs supply their members with seasonal vegetables that will grow in a given week or season. This means that you will usually get fresh vegetables harvested on the same day, though these may be different from the range on offer in supermarkets or local markets.

If you join a CSA, you won't receive tomatoes in the springtime, and you will need to wait for strawberries till late spring. You will also see that chickens do not lay eggs evenly throughout the year. The winter and spring shares might include fewer products, but in the summer or autumn, you might even find it challenging to consume all the products or vegetables delivered in the share.

As a CSA member, you can discover vegetables you've probably never tried before, such as Swiss chard, pak choi, okra, or vegetables you wouldn't have chosen before, such as kale, Jerusalem artichokes or fennel. Recipes shared within the community can go a long way in helping you try these new vegetables, learn about them and grow to love them.

Processing, preserving and canning

In a CSA, you may also experience that in the summer or early autumn the same products are provided in much larger quantities, like tomatoes for instance. In this case, processing the vegetables or fruits can be a good solution to spare the surplus for the meagre winter months. There are several methods you can use, like:

- *cooking jams or making preserves (compote) from fruits*
- *making juice or sauce from tomatoes*
- *making vegetable creams (from eggplant, paprika etc)*
- *you can also make pickles or fermented vegetables from cucumber, cabbage or root vegetables*
- *mushrooms, fruits, many green herbs and tomatoes can also be dried*

If some of these procedures are new to you, you can ask other members to share their experiences, or you can arrange a workshop where you can do them together.



3 Actors of a CSA

Who are they?

Community Supported Agriculture (CSA) is a direct partnership based on the human relationship between people and one or several producer(s), whereby the risks, responsibilities and rewards of farming are shared, through a long-term, binding agreement.



the **farmers** are responsible to produce the food for the members



this is the **member**, a consumer who supports the farmer all year



this is the **coordination team**, they help to manage the community



this is a **volunteer**, members often help by volunteering at the delivery point or on the farm

3 *Your tasks*

How to help your CSA as a member?

CSAs are a special way of buying produce directly from local farmers. It is built on a close partnership, and you and your farmer mutually commit for a whole season. You both have certain tasks which ensure that this system is working smoothly. When you join your CSA, you will probably need some time to get used to how things work. CSAs are a bit more complex than just buying your products on the local market or in the nearby supermarket. By paying attention to your responsibilities, you can help the farmer and the coordinator, who are often very busy.

1. Pay on time

According to the terms of payment defined in the CSA agreement, members pay at the start of the season, on a monthly, quarterly or yearly basis. Please make sure to pay on time, using the method agreed with your farmer.

2. Pick up your share on time

At the beginning of the season, you agree on the pick-up locations and times. Please make sure to be there on time each week.

3. Accept the specifics of the CSA

Your share includes seasonal products, and you can't compile the content. Given that CSA farmers produce for 50 to 100 families, they can't cater for conflicting individual needs. Please accept this.

4. Return your box/bag

Most CSAs use bags or boxes to deliver the weekly shares. Please return them each week, and make sure they are clean

5. Follow the news

Please make sure to follow the most important updates from your farmer or coordinator on the agreed communication channel of your CSA.

6. Give feedback

CSAs are special partnerships based on trust. If you have a problem, discuss it with your farmer or coordinator. Don't forget you can also give feedback when you are happy or satisfied.

7. Evaluate the season

Most CSAs use online questionnaires to evaluate the season. Please make sure to fill in the form - it will help your farmer see how the season went and if there is anything that should be changed.

8. Volunteer if you can

If you have free time, volunteer and help your farmer or community. Check with your farmer or coordination team where and when they most need your help.



4

My CSA checklist

What should I not forget?

Name and mobile number of my farmer

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.....



Name and mobile number of my coordinator

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.....



Time and place of my delivery

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.....



Season's start

.....

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Season's end

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.....



Dates I need to pay

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.....



Contact of a nearby member*

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.....



*whom I can ask to pick up my share in case of an emergency

4 *Communication in a CSA*

Who to contact?

CSAs are built on trust, and communication is a key element. There could be several issues you will need to discuss, some of them directly with your farmer, some with your coordinator, and some with other members. You will see that in many cases the communication will be one-sided (e.g. reminder to pay), but in some other cases your reply will be needed (e.g. evaluation questionnaire). Below we have described some situations you might face in your CSA.

Finances: due to technical problems you can't pay your monthly fee

TIP: email your coordinator or farmer to double-check the bank details

Delivery: you get sick or will be on holiday and can't pick up your share

TIP: email another member or speak with your coordinator

Quality: the radish wasn't fresh last week

TIP: speak in person with your coordinator or farmer and share your experience honestly

Unknown vegetable: you received pak choi and have no idea how to prepare it

TIP: write in the Facebook group and ask other members how they cook it

Organizing an event: you received too much tomato and want to organize a community event to preserve them

TIP: email the other members about your idea or write to your coordinator

Find another CSA: your friend would like to join a CSA but yours is full

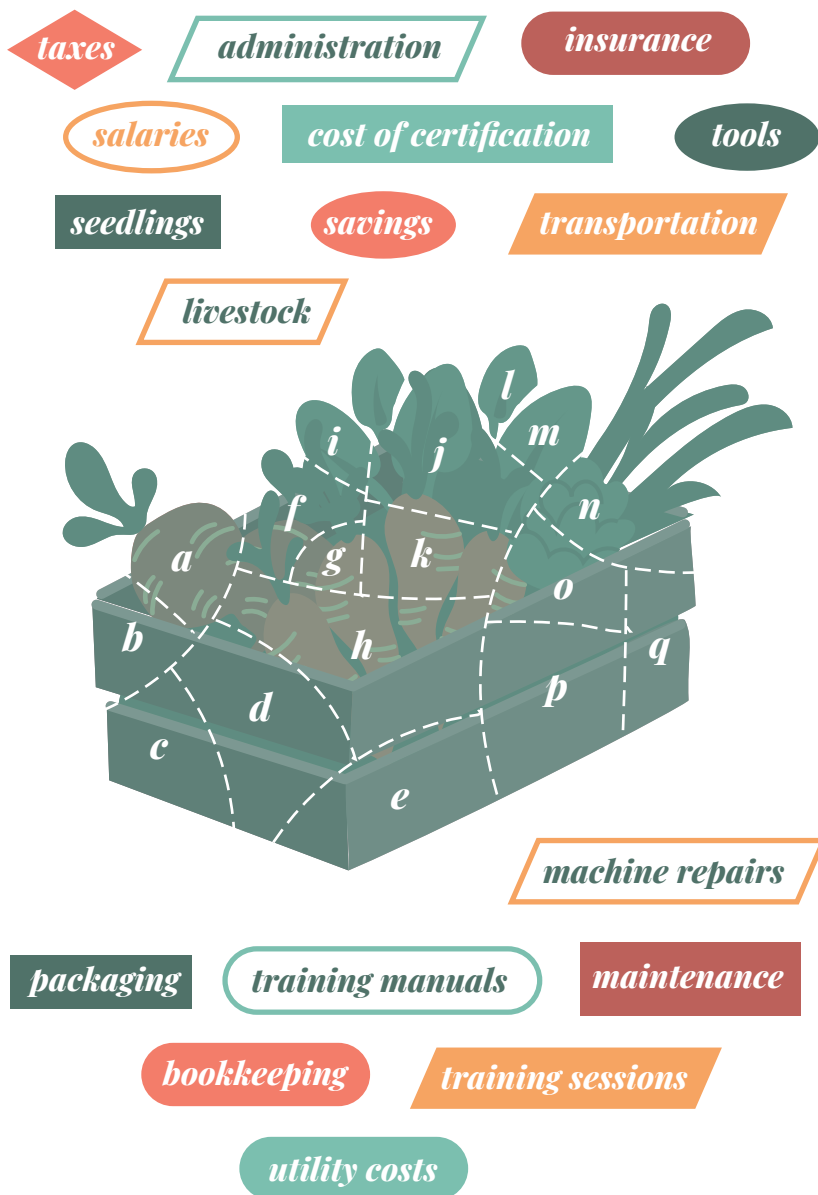
TIP: visit the website of your national network and check the map with the CSAs listed

Some further tips for good communication

- When you join the CSA, check with the coordinator where you can find the most important information
- Follow the rules of the communication – e.g. if you want to ask something from the farmer, don't send it to the email group

5 *The costs*

What does the price of our share cover?



5 *Price of our share*

What do we pay for in a CSA?

Prices in the CSA are generated in a way that is very different from the prices set by supermarkets or farmers' markets because **you directly pay the farmer to produce the food for you**. The farmer calculates the price based on all the costs of the farm, including the costs of the production, the salaries, the insurance, the packaging, the delivery, investment needed to supply the community etc., and they share these costs with the number of the members in that given season.

As the CSA farms are run in different contexts, it is **not really possible to compare their prices**. For example, a CSA farm might have poor soil quality and need to buy a lot of compost, while another farm could have great soil, but may need to spend more on salaries. It can also be the case that a given farmer needs to calculate the rental fee of the land he uses, while others own the land they cultivate.

You can't really compare the prices of your vegetables from the CSA with the prices of the supermarket or farmer's market either. If you try to compare them, you may find that the **CSA is a bit more expensive**. But have you considered that you **get much more for your money** in a CSA?

What do you get for the price you pay in a CSA?

- good quality, chemical-free, seasonal food typical for the region
- you know where your food is coming from, the farmer who produces it, and the agricultural methods they use
- you can discover new vegetables or other products, and the community helps you with recipes
- you get transparency, as you can visit the farm, ask questions or see the detailed budget
- you belong to a community and can participate in community events
- you can learn about agriculture, and show your family where your food comes from

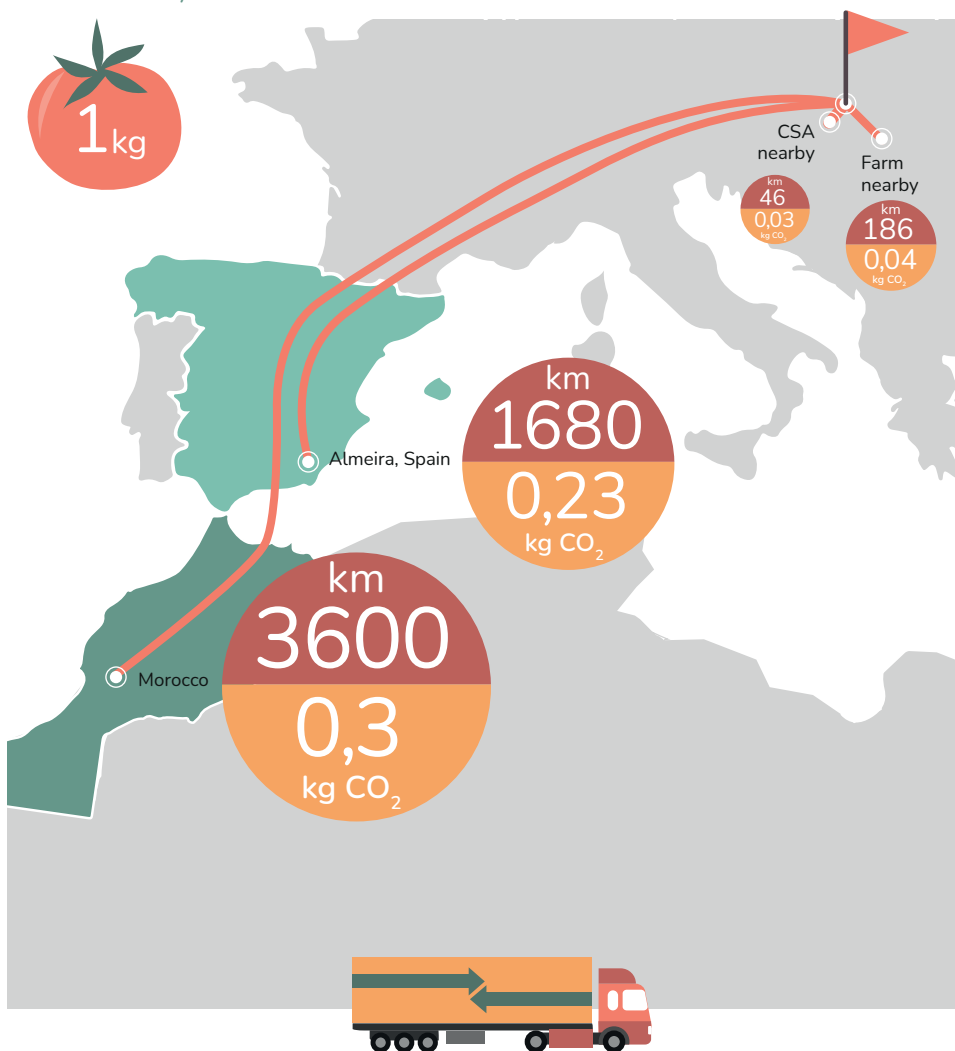
Please don't forget that by buying local products **you support the local economy**, and your CSA farmers get a fair wage. Thanks to your long-term engagement they and their families can **secure income all year round**. You also support their employees, who are often employed all year round in a CSA, not only in the summer months.



6 *Supporting local farmers*

You also reduce your emission!

When you are a member of a CSA or a similar food community, and you buy your vegetables from local farmers, you reduce the packaging, but also food transportation emissions. As shown in the example below, **1 kg of tomatoes** from a nearby CSA travels only **46 km** while 1 kg of tomato bought in a nearby supermarket might have travelled **3600 km** by truck, thus generating **10 times more CO₂ emissions**. And do not forget that by buying from a nearby farm, you support these solidarity-based initiatives!



6 *Solidarity in a CSA*

How does it work in practice?

Solidarity is one of the main principles of CSAs. It means that the community shares both the risks and the harvest of farming with the farmer. From the examples below you can see how solidarity works in practice in various CSAs.

Examples from Europe

Heavy rains damaged the seedlings (Hungary)

Even if CSA farmers plan the season well, it can still happen that some of the crops can't be harvested due to extreme weather conditions (frost, hail, drought or too much rain). One of the CSAs in Hungary suffered from too much rain and many of the seedlings died. As the water dried up, the community organized a volunteer weekend, when members helped the farmer to plant new seedlings.

Farmer in financial trouble (Czech Republic)

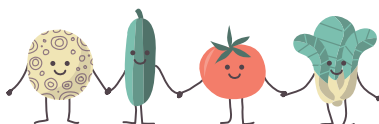
A CSA farmer became a victim of fraud and lost 12,000 Euros. He didn't find any bank that would lend him money. On the advice of a CSA member, he opened a transparent account, where his members began to send money to help him. It became a crowdfunding initiative through which other CSA farmers and their members started to help. Within 2 months, 70% of the needed funds had been collected, thus enabling the farm to continue its operations.

Bidding round model (Germany)

In this model, the members decide what amount they would like to contribute in order to cover the total farm budget costs. The total budget is presented in detail and distributed to all members as a guiding target. Each member offers a freely chosen amount and the goal is to cover the total budget at the end. This method supports creativity, solidarity and inclusion of low-income members.

The community united for its sick member (Hungary)

In one of the CSAs, a member became seriously ill and was facing financial difficulties. When the other members learned about the situation, they came together and decided to support her and paid her membership fee for the year. Thanks to this support, she could stay in the CSA and kept receiving the share of healthy vegetables.



7 We can solve it!

How to solve problems in a CSA?

The Carrot Overflow



7 Problems & solutions

How to solve problems in a CSA?

It is a unique feature of CSA partnerships that they allow you to directly discuss issues with your farmer. Below we have collected some potential problems and solutions, but please keep in mind that these are just suggestions. Each CSA is unique, as only a diversity of solutions can answer the diversity of problems.

The problem: the autumn season was very good and it brought a lot of cabbage. You are not a cabbage enthusiast, and you have been receiving cabbage for 4 weeks in a row. You feel it is too much, and there might be more coming...

Potential solutions:

- *Use the swap box at your delivery point. If there is no swap box, ask your farmer to create one. This way you can exchange it for other vegetables.*
- *Ferment the surplus cabbage and make sauerkraut, you may like it better that way.*
- *If more members feel the cabbage overflow, the farmer could exchange the produce with another farmer for another farm product.*

The problem: your car broke down when driving to the delivery, you won't be there on time

Potential solutions:

- *Call your coordinator or farmer and ask if your share could be left there.*
- *Contact another member and ask her to pick up your share.*
- *Ask another member to pick it up for you, and next time you will pick up their share in return.*

The problem: there is an unknown vegetable in the share, and you have no idea how to cook it

Potential solutions:

- *Ask your farmer or coordinator at the delivery what exactly it is and how to cook it.*
- *Ask other members for recipes in the social media group or on other platforms you are using.*
- *If you don't feel like trying this new vegetable, swap it at the delivery point.*



8 *CSA superheroes*

What can you do for your CSA?

INTERMEDIATE



I love to try **new recipes** and share them with the community

We **organize** common jam making in the summer with other members

I **pick up** the share of 2 other members occasionally

I **always return** the box I receive the share in

I **minimize** the waste in the kitchen

I always **pay on time**

I love **kale**

I just **learned** how to make fermented vegetables

I **help the farmer** to maintain his website and social media **sites**

I love the deliveries and to **meet** with the other members



8 *Helping is fun!*

How to volunteer in a CSA?

Many of us can't imagine how much work is involved in managing a community. In some CSAs **it is done by the farmer**, while in other CSAs a coordinator or a **group of coordinators** manages the community. If you volunteer, you can help them save time and energy.

There are CSAs where the members run a blog of recipes, organize farm visits or help out with the harvest. If you join any volunteering task, you will see it is not only useful to help, but it is also a **good way of community building**, and get to know each other.

Volunteering doesn't only mean helping on the farm or at the delivery point. There are many tasks you can volunteer for in a CSA. A couple of examples are listed below:

- *maintaining the blog or the website*
- *taking photos of shares, or of participants during community events*
- *sharing recipes, organizing cooking events, as well as cooking at the events*
- *writing and editing the newsletter or social media posts*
- *designing recruitment materials or posters*
- *babysitting at the delivery or on community events*
- *coordinating volunteers*
- *helping with the annual budget*
- *supporting the administration*

Here are a few tips to help you if you have never volunteered before:

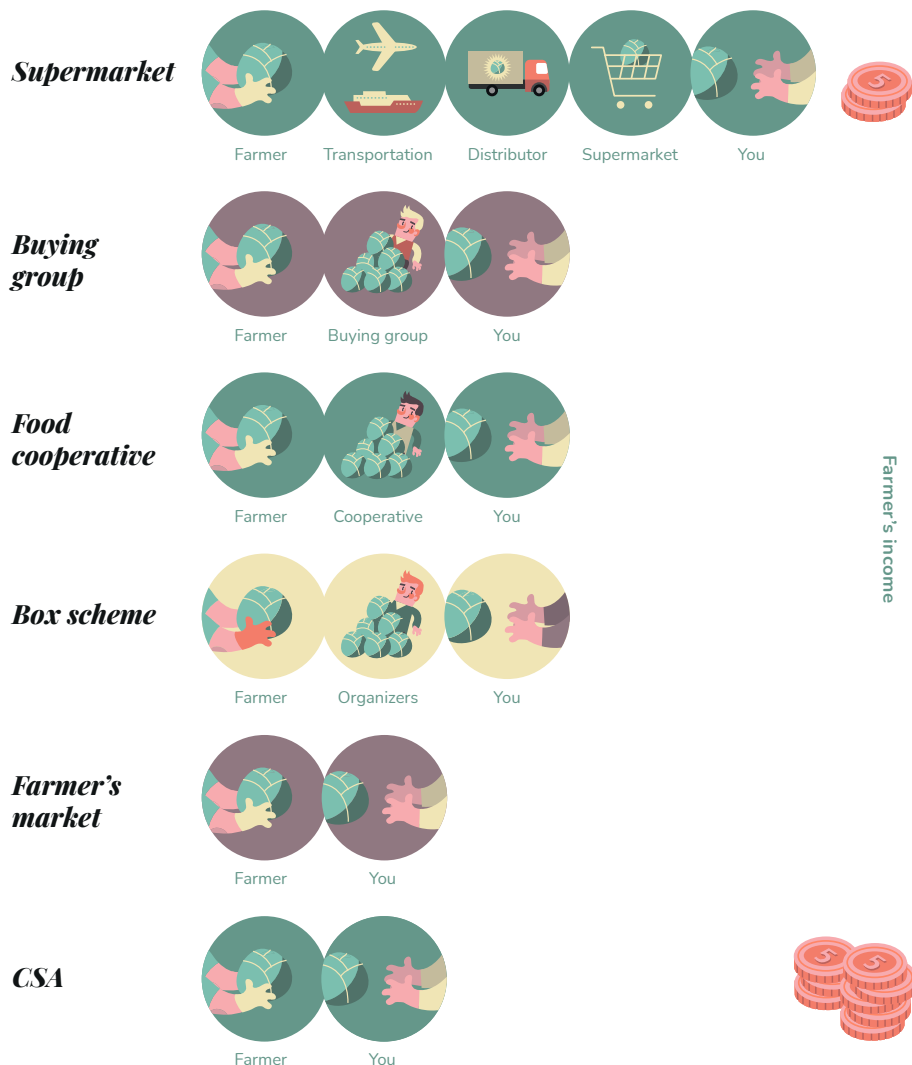
- *choose a task you like to do; you will see time flies if you enjoy the task*
- *if you don't understand something, or the task is not clear, ask your farmer or coordinator to explain the details*
- *do what you have undertaken or let them know in time if you can't carry out the task you have volunteered for*
- *tell your coordinator or farmer in advance what you like to do, this will help them find a suitable task for you. E.g. if you like to meet people, they can find you a task at a community event, whereas if you prefer to work alone, they can find you a task to help, for example with administrative stuff.*



9 *Close to the farmer*

Do you have contact with the farmer?

In the various food communities and food chains, the number of actors and your link with the farmer can vary significantly. With the illustration below, we show you these actors. Have you considered the fact that more actors in the chain means less money for the farmer involved?



9 Food communities

Do you know the different models?

There is no single food community model which would fit everyone. Yet, we do believe that you can find the one that suits you best, or you can even combine different models. For example, you can be a CSA member, order your meat from a buying group, and buy mushrooms at the farmers' market. Let's see what they are like:

A CSA is a direct partnership between consumers and a farmer. Risks, responsibilities and rewards are shared through a long-term, binding agreement. The farmer produces for the community during the season, and the members take over the products in exchange for an agreed fee.

Characteristics: long term commitment, direct link with the farmer, food source known, seasonal products, low food kilometres

Food cooperatives are grassroots organizations where members meet weekly to pick up orders or run their shop. It is built around values like mutual aid, solidarity, equity and democratic organizing.

Characteristics: no commitment, relatively direct link with the farmer, food source known, seasonal products, low food kilometres

Buying groups consist of volunteers who work with local farmers and inform the consumers weekly about the products that are available on the ordering list. The group often has principles on how to select farmers.

Characteristics: no commitment, relatively direct link with the farmer, food source known, seasonal products, low food kilometres

Farmers' markets are a special type of market, where you can buy from local producers. Here you can have a direct relationship with the farmers, learn how they produce.

Characteristics: no commitment, direct link with the farmer, food source known, seasonal products, low food kilometres

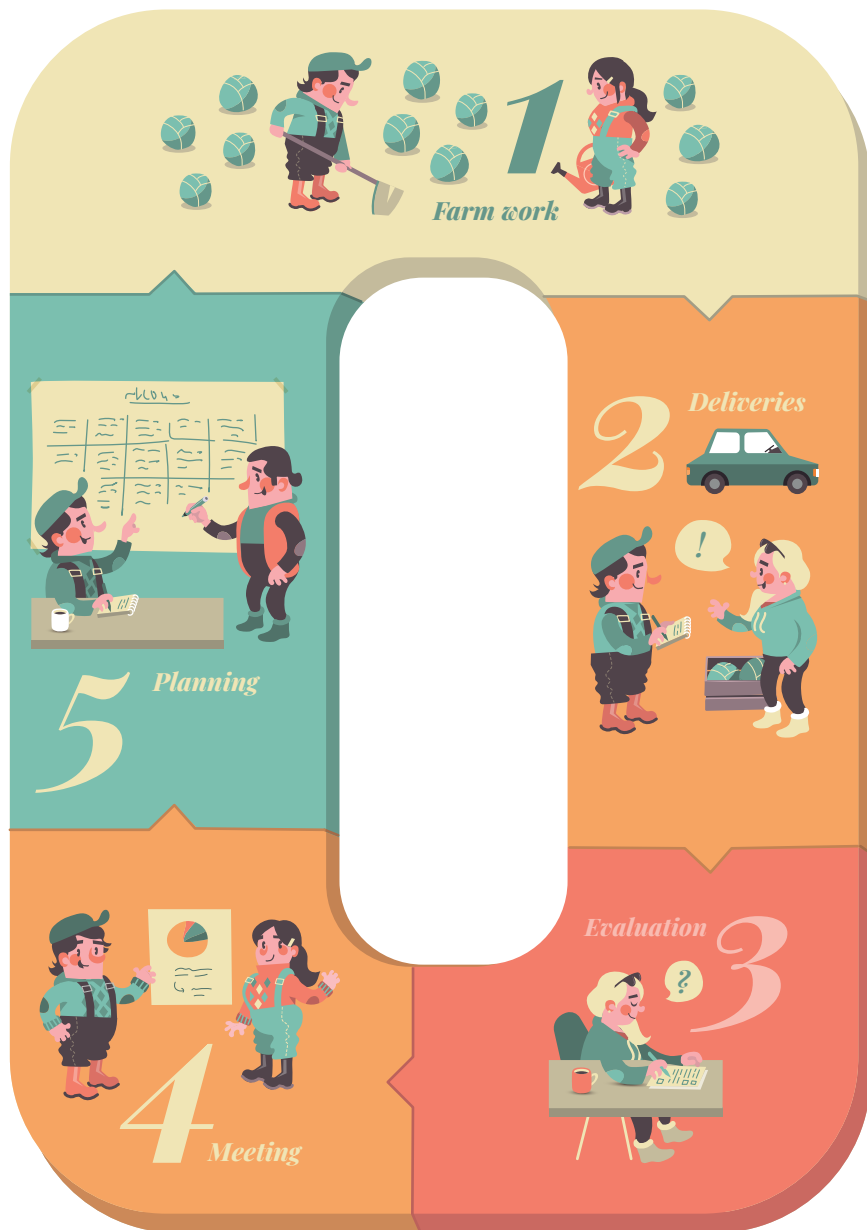
Box schemes are usually run by a company, working with various farmers and traders, offering food boxes, which can be ordered weekly. They often include imported goods not only from the country.

Characteristics: no commitment, no link with the farmer, food source unknown, seasonal and non-seasonal products, high food kilometres



10 *The feedback process*

How does it work in a CSA?



10 *Evaluation in a CSA*

Why should you give a feedback in a CSA?

Feedback and evaluation are very important in CSAs. Thanks to the direct contact between the members and the farmer, there is a possibility for feedback throughout the season. This can help to improve the operation of the CSA and the quality of the partnership, as well as to ensure that the farmer produces according to the needs of its community.

If you are satisfied, or really like something in your share, tell your farmer. Many farmers are collecting feedback from their members during the season.

In most CSAs, members are asked to evaluate the season. They either use an online questionnaire or organize a meeting to discuss their experience. Usually, the following aspects are evaluated:

- *the quality and quantity of the products*
- *the price*
- *the time, place and method of the delivery*
- *the communication methods and channels*
- *the community events*



Please fill in this questionnaire and give honest feedback to your farmer and coordinator. You will see it can improve not only the types of products included in your share, but the whole operation of your CSA. Don't forget that your CSA farmer produces for your community, and they aim to do so in a way that is best for the community.

After the evaluation, the farmer and the coordinator summarize the results, share and discuss them with the community and build in the necessary changes for the next season. A few examples for outcomes based on the evaluation:

- *if many members say there was too much cabbage, the farmer can plant less cabbage the following year*
- *if the recently introduced sweetcorn variety turns out to be very popular, they can keep it for next year*
- *if members express there is too much packaging, its volume can be reduced – there are precedents where members sew cotton bags and stopped using plastic bags*
- *if the members are not satisfied with the delivery point or time, this can definitely be changed*

We encourage you to fill in the questionnaire each year and give honest feedback!

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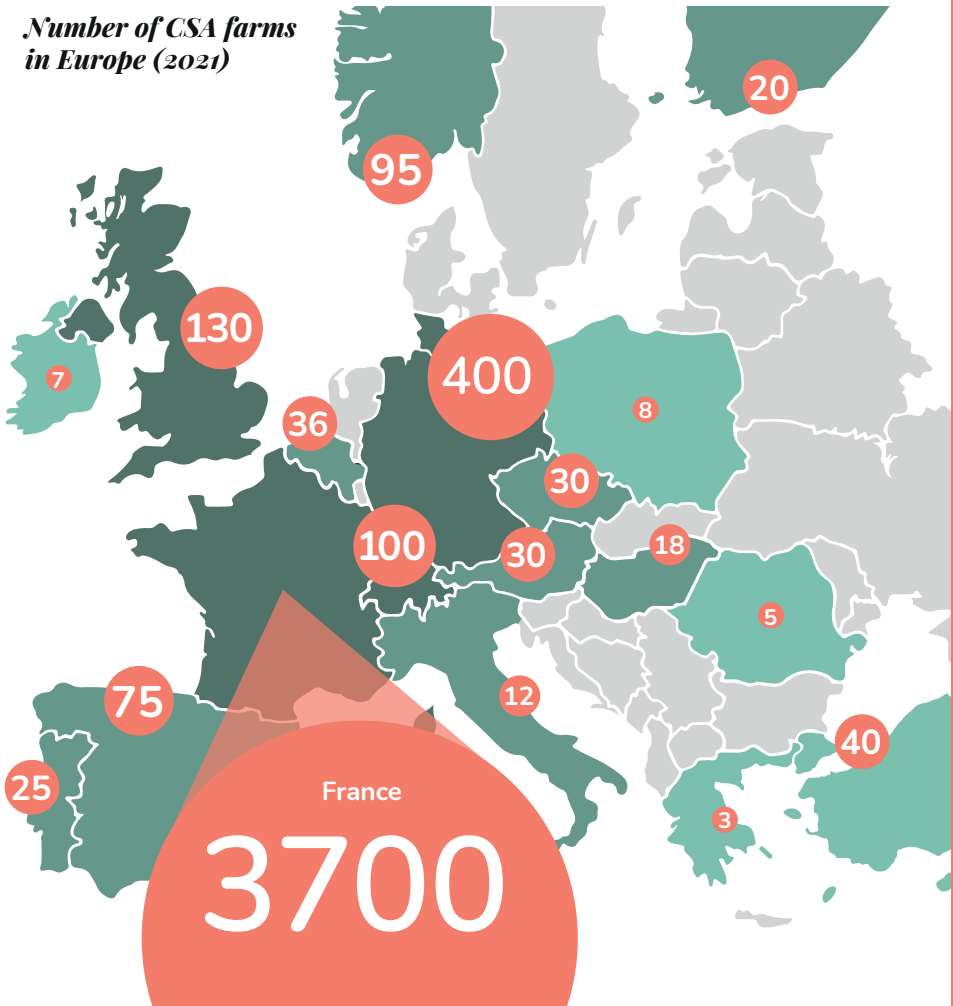
The European CSA map

How many CSAs are there in Europe?

URGENCI, the international Community Supported Agriculture (CSA) is a network of alliances between producers and consumers with members from 32 European countries. It promotes CSA in all its diversity and has been fostering exchanges between initiatives from different backgrounds for several years now.
<https://urgenci.net>

According to the latest data from URGENCI, using a rather narrow definition of CSA, there were over 4600 CSA farms in Europe at the beginning of 2021, producing food for over half a million eaters!

*Number of CSA farms
in Europe (2021)*



11 CSA networks

How many CSAs are there in your country?

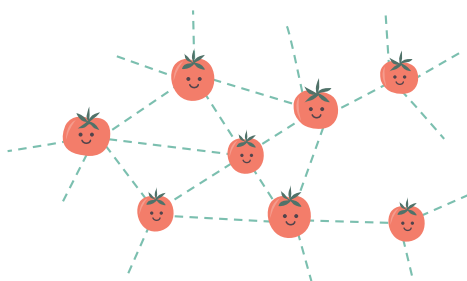
You might be surprised to hear that CSAs have been present in Europe since 1978, when Les Jardins de Cocagne was founded near Geneva, Switzerland. In the late 70s and through the 80s, only a few other CSA initiatives were started. Around the turn of the millennium, however, the CSA movement gathered steam. Since then, new CSAs have been popping up every year in a growing number of countries.

The CSA networks and their maps

In the **Czech Republic**, the first CSA partnership was established in 2009. As of 2020, there were 80 operating CSAs in the country feeding around 2000 families. You can find Czech CSAs on an online map at <https://www.adresarfarmaru.cz/>. AMPI is the umbrella organization for the development of CSAs in the country and it also coordinates the Czech informal CSA network called KPZkoALICE.

In **Poland**, the first CSA was established in 2012. As of 2021, there are 8 operating CSAs in the country. You can find up-to-date information on the CSA-related activities at <http://wspierajrolnictwo.pl>. Fundacja EkoRozwoju (FER) has been building a responsible and resilient food society for more than 25 years in Poland. FER is working with local food producers and consumers and helps to form various types of food communities. <http://fer.org.pl/en/>

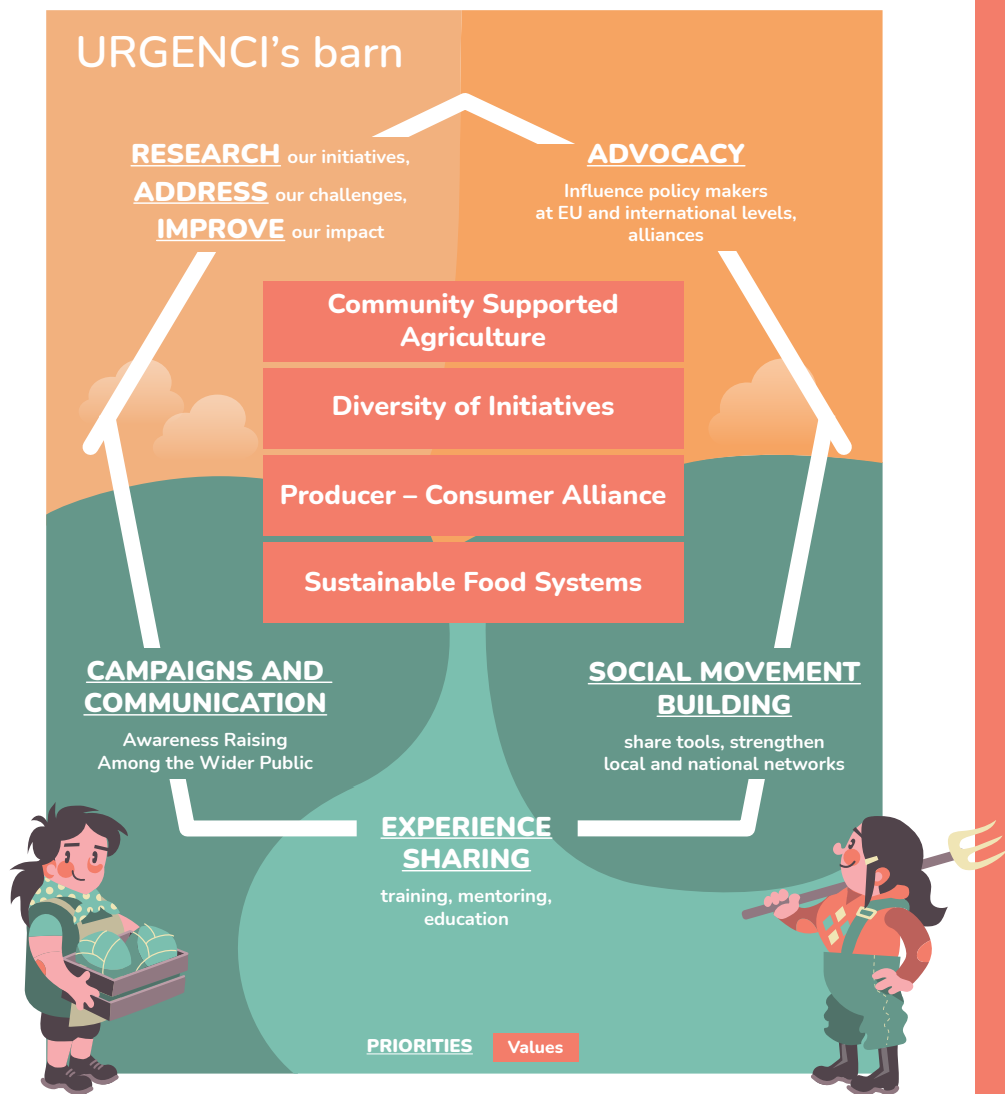
In **Hungary**, around 18 CSAs were operating in 2020, feeding over 1000 families. You can check the list of operating CSAs on TVE's website at <https://tudatosvasarlo.hu/csa>. TVE has been supporting the CSA movement in Hungary for over 10 years now, providing training for farmers, coordinators and members, and coordinating the informal network of CSA farmers.



12 *Learn about URGENCI!*

Why are CSA networks important?

URGENCI is the international network of alliances between producers and consumers with members from 32 European countries. It promotes CSA in all its diversity and has been fostering exchanges between initiatives from different backgrounds. Below you can see what URGENCI is focusing on and for more information you can visit <https://urgenci.net/>



12 *Behind the movement*

Why are CSA networks important?

Have you realized that there are a lot of similar communities like your CSA in your own country and around the world? To support CSA farmers and communities, there are national and international networks. In some countries, even regional networks exist.

How does a network help CSAs?

- *by organizing events on the topic, family days, meeting and conferences*
- *by managing a website, where one can find interesting news on the topic, as well as useful resources*
- *by managing maps of its network, where one can check the other CSAs in the country*
- *by organizing training events for farmers and communities to help them start their own CSAs*
- *by offering space for farmers to exchange with other farmers or with members*

In the Food & More project, 3 national networks work together with URGENCI:

TVE focuses on sustainable and ethical consumption. One of its main areas of work is to support the CSA movement in Hungary. Since 2009 TVE has been organizing training sessions, knowledge exchanges for both farmers and consumers and has been helping them to start new CSAs and improve their operating communities. www.tudatosavasarlo.hu/en

AMPI is a non-profit organisation founded in 2014, focusing mainly on the development of local food, solidarity-based initiatives in the Czech Republic. AMPI is an umbrella organisation for CSA development. It coordinates a national CSA network called KPZkoALICE, which connects farmers and food citizens for collaboration and mutual support.

<http://www.asociaceampi.cz> and <https://kpzinfo.cz>

FER (Fundacja EkoRozwoju) has been building a responsible and resilient food society for more than 25 years in Poland. One of its goals is to empower food communities and raise awareness on food sovereignty and environmental aspects of food production. FER is working with local food producers and consumers and helping to form various types of food communities <http://fer.org.pl/en>

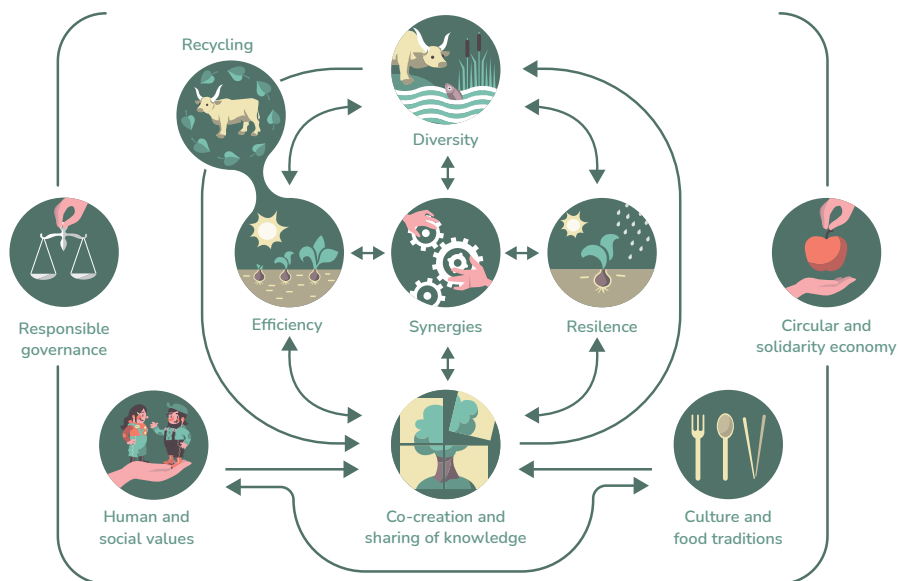


13 What is agroecology?

How are we connected?

Agroecology is a science, a practice and a social movement. It encompasses the whole food system from the soil to the organisation of human societies. It is value-laden and based on core principles. As a practice, it is based on sustainable use of local renewable resources, local farmers' knowledge and priorities, the wise use of biodiversity to provide ecosystem services and resilience, and solutions that provide multiple benefits (environmental, economic, social) from local to global. (Agroecology Europe)

- the farmer produces the vegetables in harmony with the natural processes, without chemicals, this helps to rebuild the local ecosystems
- the farm provides habitat for the local wildlife and supports biodiversity
- farmers often use traditional techniques to produce the vegetables
- local consumers support the farmer and the local economy by buying the products, they are important elements of the system
- the farmer shares the knowledge with other farmers and its consumers
- the farmer cultivates a wide diversity of species of plants, maintaining and reinforcing biodiversity on his farm
- agroecology provides solutions for soil degradation, climate change and helps farms become more resistant/resilient



13 *Resilience of CSAs*

How the Covid crisis influenced CSAs?

URGENCI, the international network of community supported agriculture, examined how CSAs and similar food systems coped with the challenges during the Covid-19 period.

Resilient source of local food

According to the report, CSAs and other types of food communities meant a secure and resilient source of local food during these challenging times. They have been supplying their members smoothly, while panic buying often caused problems in the long supply chains all over the world. The interest in CSAs increased as more and more people wanted to get access to quality food from reliable local sources.

Operating without interruption

CSAs were able to maintain their services in most countries, thanks to the flexibility and the diversity of their models. They were able to navigate through the unforeseen circumstances of the Covid crisis. Their flexibility was ensured by the practice of advance payment, the direct relationship between the producers and the consumers, and the support of their members.

Growing support by the members

During the COVID-19 restrictions, CSAs continued to emphasize the importance of social connections, shown by increased levels of commitment among members. They showed their support through farm visits and helping out in the distribution of farm products, or by lending a hand on the farms. Most CSAs said the partnerships within their communities strengthened.

Supporting local farmers

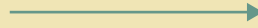
According to the report, many local farmers couldn't sell their products as local markets were closed during the lockdown. Thanks to the subscription system, CSA farmers didn't have to face such challenges, their community offering them a reliable source of income. Moreover, there were many examples of CSA farmers teaming up with other local producers to help them to sell their products to their members.



14 *CSA test*

Is CSA a suitable model for me?

Are you not sure that CSA would fit you?
Our questions will help you to think it through!



14 *CSA test*

Is CSA a suitable model for me?

1	Is it important for you to know personally the farmer who produces your vegetables?		That's good, you will likely meet your farmer weekly
			In this case, a buying group or a food coop could be a more suitable match for you
2	Are you interested in meeting and getting to know other consumers?		If you join a CSA, you will become a member of a group of like-minded people and will be able to meet them during deliveries and other events
			Well, you can still be a member if you are not so social, or you can shop at the farmers market or join a food coop or buying group
3	Are you OK with the fact that you will only receive seasonal products?		That's good, you will see it is nice to be in harmony with nature and the seasons
			Well, you can still try... The farmer and the other members can help you with recipes, you will see one easily gets used to seasonal products
4	Do you like surprises?		That's good, because in a CSA you won't be able to choose what type of products will be included in your weekly share
			Well, there will be some opportunity to swap some of the vegetables
5	Do you like to cook?		That's good, as you will need to cook a bit more if you join a CSA
			In this case, you could try with a small share, or share the weekly portion with a friend or another member
6	Do you have time to pick up your share each week?		Good, that is essential if you want to join a CSA
			If you are too busy for such a weekly commitment, you could try another option, like a buying group with home delivery
7	Do you like to get your hands dirty?		That's good, you will be able to volunteer on the farm or help out at the delivery point.
			You can still help by volunteering for administrative tasks, taking photos or organizing community events

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