

Tierra Miguel Foundation CSA News

July 20, 21, 23, 2010

THE PEOPLE'S PRODUCE PROJECT of SESP

A Southeastern San Diego Community-driven Initiative seeking to improve access to local-grown, fresh, nutritious food!

join us for a
COMMUNITY FORUM

THIS QUARTER'S DISCUSSION...

COMMUNITY SUPPORTED AGRICULTURE (CSA)

Over the last 20 years, Community Supported Agriculture (CSA) has become a popular way for consumers to buy local, seasonal food directly from a farmer. This arrangement creates several rewards for both the farmer and the consumer. Come hear from local experts who are making a difference in the San Diego food system.

FEATURING PRESENTATIONS BY...

Jonathan Reinbold
Executive Director, Tierra Miguel Foundation

Tierra Miguel Foundation operates a CSA and its Sustainability Project presents a vital step towards development of a sustainable system of agriculture and resource management in San Diego County.

Robin Taylor
Owner, Suzie's Farm

Suzie's Farm is a small family owned farm in the Tijuana River Valley. It operates a CSA with host sites all over San Diego, has a Farm Stand where you can buy produce, and sells at Farmer's Markets.

THURSDAY JULY 22, 6:00p-7:30p

Project New Village
5106 Federal Blvd., Suite 103 | San Diego, CA 92105

Bring your backyard harvest to share!

Sustainable Neighborhoods
Food Security
Social Wellness

tel: 619.262.2022
www.projectnewvillage.org

Tierra Miguel will be presenting at this Community Forum on CSAs. We hope to see you there!

Upcoming Events

Biodynamic Work Day
Saturday, July 31, 2010

Tierra Miguel Foundation offers a biodynamic work day the last Saturday of every month. Please RSVP for the exact time. Bring closed toe shoes, a hat, water bottle, and something to share for a potluck lunch.

If you are interested in forming a carpool for the next Open House, Aug. 7, let me know.

csa@tierramiguelfarm.org

The CSA Box Contents listed below include most of the items that might be in your box. Please understand that our packing changes day to day and this list may not perfectly reflect your box.

CSA Box Contents

Carrots

Strawberries

Squash-As for squash, in addition to the Costata Romanesca and Soleil varieties, you may see crookneck squash or black beauty zucchini in your box.

Chard

Beets

Plum/Melons

Parsley

Basil

Cucumber

Beans-You may get one of two kinds of beans currently ripe. Xera beans are thin and round, while our heirloom Marvel of Venice bean is a wide bean. Do send in your favorite bean recipe. We've been enjoying them at the farm with pesto from all the basil.

