

[Even Better Than The Farmer's Market? - Tierra Miguel Foundation Farm](#)

by Nina Moon

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Eating well has always been important to me. And by eating well, I mean eating healthy. Sure I drink more coke than one person should and, yes, my sweet tooth is bordering on addiction, but I also try to make sure that my family is eating balanced, nutritious meals. Part of that quest has recently involved exploring our local farmer's markets. Sure it can be expensive, but I've found that if I go there with a specific amount of dollars in my purse, I'm able to resist the temptation to rub my body in organic peaches.

Here at Being Savvy Los Angeles I'm trying to feature one Los Angeles farmer's market each month. This morning, however, this lovely little [gem](#) showed up in my inbox.

Instead of trekking to the farmer's market each week, I could simply sign up for Community Supported Agriculture (CSA) program at [Tierra Miguel Foundation Farm](#) and these kindly folks would prepare a carefully-packed box chock full of a variety of produce to a convenient pick-up location each week (or every other week, depending).

Now I happen to love my weekly trips to the farmer's market, but not everything at the market is organic and I'm forced to supplement our groceries at other grocery stores with cheaper prices. All in all, the price scale seems competitive for organic, locally grown produce. At \$700 for 4 months of weekly deliveries or half that for bi-weekly deliveries and \$100-\$150 off for yearly commitments, that's about \$50 for a week's worth of fruits, veggies and herbs.

Perhaps best of all, Tierra Miguel Foundation Farm encourages the public to come and visit on the first Saturday of each month. Located in north San Diego County, a mere 90 miles outside of Los Angeles, it's a doable weekend trip with the kids. They will even set up gardening classes by request. They offer a special Farmer for a Day program for schoolchildren, so suggest that you're child's class take a visit for their next field trip. While the farmer's market offers your child a wonderful opportunity to more deeply experience the food that they consume, nothing can beat actually seeing the food as its being grown (except, of course, actually growing it).

So until I move into a house with enough yard for my own vegetable garden and fruit trees, I think our family will be climbing on board with Tierra Miguel Foundation Farm. (Hurry! You have to sign up by August 16 for the fall season.)