

Our mission has been to discuss the techniques of Community-Supported Agriculture (CSA) and why it is beneficial in comparison to the conventional food system. We have shown techniques of CSA by providing locally grown foods that are produced from CSAs and by offering information about CSAs. Both rural and urban areas can be positively impacted by the effects of community supported agriculture. The reason why we have focused on CSA is in order to educate our campus community regarding not only benefits of being involved Community-Supported Agriculture but also to reveal the facts of the conventional food system.

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Community Supported Agriculture

You Are What You Eat



Community Supported Agriculture

Background of Agriculture

Agriculture is defined as the science or practice of farming, including the cultivation of soil for the growing of crops and the rearing of animals to provide food. The practice of agriculture has developed over thousands of years, and has been affected by human cultures, technology and climate variations.

What happens when the process of getting the food we eat from the farm to our table becomes dispersed? Agriculture has become more and more dominated by MNCs, and small-scale farms are slowly dispersing. Originally, our food is grown at a farm, transported to several locations, distributed to a supermarket and then, after this lengthy process we can finally purchase the food and bring it back home to eat. As a result, consumers are progressively distanced from their food sources and, in turn, from the knowledge of important connections that exists between food, health, communities and the environment.

Community Supported Agriculture (CSA) could be an ideal choice for people who are looking for a more environmentally friendly way to acquire their foods. The consumer, besides receiving a full season worth supply of fresh organic produce, are also granted the satisfaction of knowing where and how their food is produced, contributing to a community and receiving a tangible connection to the land itself.

Background of Community Supported Agriculture

The Community Supported Agriculture movement began in the United States in the 1980s. It originated in Japan in the 1970s by a group of women who were concerned about the quality of their food. The idea of, "share the cost, share the harvest" coined by Van En, meant that farmers could receive the money for their harvests early in the season, saving them the expense of paying on their own without the profit their harvests usually bring them throughout the year; in turn provide fresh shares to the members weekly.



An example of a week's CSA share, including bell peppers, okra, tomatoes, beans, potatoes, garlic, eggplant, and squash

Challenges & Opportunities

Agricultural and community issues that arise in rural and urban settings provide many challenges and opportunities. Community supported agriculture can bring people together through production of food and by contributing to building communities. CSA's doesn't only help to build relationships and communities, but it can revitalize cities that are experiencing urban decay as helping to provide fresh produce to areas that are in lack of such.

Satisfying member food preferences is also a big challenge, and it can prove itself hard sometimes to know exactly what to make out of the produce they receive. This gives incentive to educate members of CSAs on various cooking methods and recipes, so they have a broader range of varieties of food they can make

Benefits of Community Supported Agriculture

Community supported agriculture encourages local food production and consumption as well as well as it improves access to healthy foods. CSA's has proven to improve urban environments by creating an urban sanctuary that benefits individuals, neighborhoods, and the larger community. Participating in such a system can directly enhance your physical health and nutrition as you consistently have access to high-quality, fresh food. In an urban setting, it provides a deeper connection to nature as more time is spent in an "urban oasis" rather than an asphalt dominated areas. It also provides exercise as you can grow your own food. Social barriers are broken down as it brings together a diverse set of people and it helps people build social bonds by working together in a