



Community Supported Agriculture (CSA) FAQs

What is CSA? Community Supported Agriculture (CSA) is a produce subscription program that enables consumers in our local community to both take part in, as well as help support, our growing season. Beginning in the spring, we compile shares of the veggies from the Project GROWS farm for weekly (Tuesday) pick-ups for all our CSA members. We continue to harvest for CSA shares each week until the end of our season in mid-October. Being a CSA member allows you to enjoy the freshest produce while investing in your local community and supporting local agriculture.

What is the cost? A 20-week share of vegetables from Project GROWS is \$500, with each weekly share valued at \$25/week. As a non-profit educational farm, we consider \$150 of the total cost as a tax deductible donation to our educational programming. NEW! Project GROWS is now accepting SNAP benefits as payment for our veggie CSA (note: optional CSA add-ons are *not* SNAP-eligible at this time). Registrants should indicate their interest to use SNAP benefits under the payment information on our 2020 CSA Registration Form. To learn more about this payment option, contact Farm Manager, Laura Faircloth, at laura@projectgrows.org.

When and where do I pick-up veggies? CSA members may choose to sign up for one of two pick-up locations: [Project GROWS Farm](#) (608 Berry Farm Road, Verona, VA 24482 - about 4.5 miles outside of Staunton) OR [Waynesboro Boys & Girls Club](#) (302 East Main Street, Waynesboro, VA 22980 - near downtown Waynesboro). Shares are picked up by members weekly on Tuesdays between 4pm and 6pm.

What is included in a share? The vegetables in your share will change throughout the growing season. Shares in the spring begin with more greens and root vegetables, such as kale and radishes. In the summer, the weekly share size increases and CSA members will find more summer fruits like tomatoes, eggplant, zucchini, and peppers. As we transition to the end of the season, shares will include more cool-weather and storage crops such as greens, winter squash, and carrots. Seasonal herbs are also included in every share throughout the season. While we do our best to include a variety from week-to-week, every season is a little different! We grow over 40 different kinds of vegetables on the farm and almost all of them will be included in the share over the course of the season.



Spring



Fall



Summer

How many people does a share feed? Each share is designed to provide all the vegetables a family of 3 - 4 needs for a week. Due to differing diets, this varies from household to household. For example, true veggie enthusiasts may have no problem enjoying the share all on their own! For further reference on how much is included in an average share, see the pictures above.

Can I split a CSA with someone? Yes! At this time, Project GROWS does not offer half shares; however, we encourage folks who anticipate difficulty using a full share on their own to split their CSA with another person/family.

What if I go on vacation? If you are not available to pick up your share, you may send a friend or family member to pick it up for you that week! In the event that you cannot arrange for a friend or family member to pick up your share, it will be donated. A courtesy email, call, or text to let Laura or Clara know of your absence would be greatly appreciated.

I've never seen this vegetable before! How do I cook it? Each Tuesday throughout the CSA season, we send a CSA-focused newsletter via email to all our members. In each of these newsletters we provide a labeled picture of the veggies in that week's share, which is also posted on our Instagram account. In addition, we provide recipes that feature produce in that week's share as well as cooking inspiration from our staff and informational "veggie highlights" to spotlight less common veggies. Our team is always happy to talk with our members about cooking methods and recipe ideas. As farmers, we are true veggie lovers!

What are the add-ons and how do they work? In 2018 we began partnering with local farmers and producers to offer our CSA members the option to purchase shares of other local products in addition to their vegetable shares. These "add-ons" are optional: those folks who only wish to purchase the Project GROWS vegetable share may continue to do so. The add-ons available for the 2020 growing season include protein from [Polyface Farm](#), flowers from [Tiny Fields Farm](#), cheese from [Ballerino Creamery](#), honey from [Elysium Honey Company](#), and lamb from [JMD Farm](#). Please follow each link to learn more about what is included.

Do I have to buy the full 20 weeks of the add-on share? Yes, the add-ons function in the same way as the Project GROWS vegetable share. Shares are purchased at the beginning of the season for the full 20 weeks. Weekly pick ups are done simultaneously with the vegetable shares which enables members to pick up all their products at one time.

More Questions? Contact our Farm Manager, Laura Faircloth, laura@projectgrows.org