

BUY PRODUCE FROM LOCAL FARMS IN 2024!

Plant-Based Eating Enthusiast,

There is growing awareness that our diet choices (plant-based versus animal-based) and the strength and resilience of our regional food economy is key to climate change mitigation and adaptation. In fact, the UUA's 2011 statement of conscious about ethical eating (see <http://www.uua.org/environment/eating/> for more info) addressed this topic with the following call to action:

- minimize transportation-related carbon dioxide emissions by obtaining foods locally produced through home or community gardens, farmers markets, or community supported agriculture (CSA).

In support of this objective and the consumption of healthy produce, the UU Plant-Based Eating Club is providing information below for those of you who are interested in purchasing locally/regionally sourced food. The list includes community-supported agriculture (CSA) programs, a VT-based farmers' consortium, and a guide to local farmers' markets.

FYI, most farms typically commence the enrollment process for summer shares in December or January so now is a good time to start considering your options. Many of the organizations also accept payment from SNAP and other food security benefit programs. Many also offer other locally produced and/or processed food products for purchase.

The list below includes organizations that use sustainable growing practices; some farms are certified organic and some are not. For convenience, consider splitting a share with another family and/or enrolling in a CSA program that might be near your workplaces. Also, please feel free to respond to this group to share your positive experiences with local/regional farms, markets, buying groups, etc.

Hope this is helpful!

Julia Huston and Dede Vittori, UUPBEC Steering Committee Members



1. Newton Community Farm <http://newtoncommunityfarm.org/>

Newton Community Farm is located in Newton at 303 Nahanton Street. Details about the 2024 summer program will be available in Dec 2023; enrollment starting in January 2024. Pickup is at the farm on T & W for 20 weeks (or 1/2 share at 10 weeks) from early June to mid-Oct. The farm also offers shares in a fall CSA and a fall fruit share (from other local farms) and the option to purchase a separate Thanksgiving Harvest Bag.

2. Waltham Fields Community Farm <http://www.communityfarms.org/>

Waltham Fields is located at 240 Beaver Street in Waltham. WFCF typically offers Summer Shares, Extended Season Shares, Flower Shares, Fruit Shares and subsidized CSA Shares.

3. The Food Project <https://thefoodproject.org/csa/>

This is a non-profit, teen workforce development organization that has numerous farms in several communities in the Boston area. Check the website for 2024 CSA program options and pick-up locations.

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4. Allandale Farm <https://allandalefarm.com/csa-farm-bucks>

This farm is on the Boston/Brookline border and offers a summer CSA program and a Farmbucks option (pay in advance and then use Farmbucks in the store during season).

5. Red Fire Farm <http://www.redfirefarm.com/CSA/index.html>

This farm is in western MA and they offer numerous CSA programs for different seasons and for produce, fruit, mushrooms, and flowers. They have local distribution points usually including Newton, Brighton, JP, Cambridge, and Watertown. They also offer the option of home delivery in some local communities for an additional cost.

6. Siena Farms <https://sienafarms.com/collections>

Two farms including one in Sudbury. Local delivery for pick-up in numerous towns in greater Boston area. Also offer home and office delivery for additional cost. Offers numerous CSA options including single-season (winter, spring, summer, fall), multi-season, three year, and specialty (mushrooms, flowers, fruit, corn, tomatoes, kids).

7. Codman Community Farm <https://codmancommunityfarms.org/farm-store>

58 Codman Road, Lincoln (just inside the main barn!). The farm store, opened every day all year, sells locally-grown, mostly certified-organic fresh produce year-round, either sourced right from their own gardens and orchards, or from other local growers.

8. Lands Sake Community Farm <https://landssake.org/farm/>

Farm located at 90 Wellesley Street, Weston MA. Offers growing season CSA and Greenbucks program at farmstand (buy in advance and then use at stand during the season).

9. Farmers to You <https://farmerstoyou.com/>

Alternative to the traditional supermarket. Sells consciously sourced produce from VT farmers through a year-round online market. Also pays farmers a fair price for their produce and have built a system that minimizes waste. Customers pick up weekly at sites in the metro area.

10. MA Farmers' Markets <https://www.massfarmersmarkets.org/>

Website with list, map, and links to farmers' markets throughout MA.

Other recommendations from UUPBEC members:

11. Debra's Natural Gourmet <https://debrasnaturalgourmet.com/our-store/>

Specialty gourmet food store in West Concord Ma that prioritized local and sustainably grown produce.