

COMMUNITY SUPPORTED AGRICULTURE

Community supported agriculture began in the early 1960s in Germany, Switzerland, and Japan as a response to concerns about food safety and loss of agricultural land. The idea didn't start to take root in the United States until 1984. Since that time, community - supported farms have been organized throughout the US.

Community - supported agriculture (CSA) is a program where a farm (or group of farms) trades their bounty directly with the people who sign up for "shares." For example, as a share owner, you might pay \$350 per year, and every week from May to September, the farm sends out your share of whatever is in season. Normally, there are drop-off points where you will come pick up your share. In most cases, recipes are included with the delivery.

By accepting the possibility that certain crops may do poorly or even fail, members share in the inherent risks of farming. This model demonstrates a commitment to the farmer, and it allows small farms to thrive in otherwise unfavorable conditions. For example, if the strawberry crop is not successful, the CSA member will share the burden of the crop failure by receiving fewer or lower quality strawberries for the season.

Environmentally friendly, no herbicides, pesticides or artificial fertilizers are used. CSA's are using the soil for what it is meant for.

Most vegetables sold in supermarkets have traveled 1,500 miles, so buying locally saves fuel. Eating produce that is fresh picked gives us up to 10% more nutritional value than what's in the markets. Plus, the moment a vegetable is refrigerated, it begins to lose its nutrients and vitamins.

Here is a sample listing of the CSA's on the island:

Garden of Eve - Riverhead
Green Thumb CSA Huntington (Halsey Brothers)
Quail Hill Farm
Sophia Garden - Amityville
Hamlet Organic Garden (HOG) - Brookhaven
Hawthorne Valley Farm - Garden City
The Golden Earthworm Organic Farm - Jamesport
For more information and other sources,
go to: www.localharvest.org.

List of farmer's markets:

NASSAU

Bayville: Bayville Commons parking lot, corner of Bayville and Ludlum Avenues. Open Sat., 8 a.m. to noon; June 6 to Sept. 5.

East Meadow: Nassau University Medical Center, 2201 Hempstead Tpke. Open Fri., 7 a.m. to 1 p.m.; June 5 to Thanksgiving.

Garden City: 101 County Seat Dr. behind Supreme Court Building off Old Country Road. Open Tue., 7 a.m. to 1 p.m.; June 2 to Nov. 24.

Glen Cove: Village Square. Open Sun., 7 a.m. to noon; July 5 to Nov. 22.

Hicksville: Kennedy Memorial Park, near train station. Open Sun., 9 a.m. to 2 p.m.; June 27 to Nov. 21.

Locust Valley: Forest Avenue, across from post office. Open Sat., 8 a.m. to 1 p.m.; June 6 to late November.

Rockville Centre: LIRR parking lot #12, Sunrise Highway. Open Sun., 7 a.m. to noon; June 7 to Nov. 22.

Roslyn-North Hills: Christopher Morley Park, Searingtown Rd. Open Wed., 7 a.m. to 1 p.m.; June 3 to late November.

Port Washington: Town Dock, Main Street. Open Sat., 8 a.m. to noon; June 6 to Oct. 31.

WESTERN SUFFOLK

Huntington: Elm Street parking lot, Main Street (Route 25A). Open Sun., 7 a.m. to noon; June 7 to late November.

Green Recipes

All Purpose Cleaner - mix 1/2 cup borax with 1 gallon hot water. Add a few sprigs of thyme, rosemary or lavender. Steep for 10 minutes. Strain and cool.

No Streak Glass Cleaner - mix 1/2 cup vinegar, 1 tbsp. of cornstarch and 1 quart of water.

Laundry - add borax to laundry detergent. It works as well as bleach.