



Unpacking Packed Produce

A guide to CSA boxes and
Misfits Market

CSA Boxes

(Community Sourced Agriculture)

What is it?

A weekly delivery of local produce from a farm of your choice.



How does it work?

Think of joining a CSA as investing in your local farm/farmer.

A farmer offers a certain number of "shares" to the public. Buying shares comes in the form of your subscription/membership. In return you get a box of in-season produce every week! The deliveries lasts as long as your local farming season.



What sorta produce do I get?

CSA's are usually associated with vegetables but are starting to branch out. Some farms now offer the option to add eggs, homemade bread, meat, cheese, fruit, and flowers (to name a few) to your subscription!

CSA Boxes

How's the produce decided?

The traditional way of a CSA is a random-assortment of produce that the farmer picks. Newer options like the “mix and match,” or ‘market-style” allow members to load their own boxes with whatever they please!



What are the benefits?

-  Super fresh food, all while helping stimulate your local economy!
-  Get to know your local farmer! Joining a CSA helps give your farmer the financial stability and thus peace of mind needed to grow your food.
-  If you've been wanting to expand your taste pallet, this is the perfect way. The mystery of what comes in your box is also the fun!
-  Some farms offer the option to help out during the growing season. Learn from your farmer and help grow what you'll later eat!

CSA Boxes

Potential risk? (it is investing after all)



As with all things natural, there's a possibility that the expected harvest doesn't come. Maybe there's a blight or a hailstorm that takes out all the peppers and the situation is beyond the farmer's control. Everyone is disappointed and in this case, you might not get the produce you were promised. Most farmers do what they can to make it up to CSA members when something goes wrong but it's helpful to move forward with the understanding that you, the farmer, and the other CSA members are all in this together.



CSAs can range from \$300 - \$1000 for the year which can be a lot of money to put-up at once! However, you will be receiving a good amount of produce, sometimes more than you know what to do with!

- Consider joining with a friend so you can split the cost and share the goods! Make sure to rely on canning and freezing if you find yourself with too much food to avoid waste.

CSA Boxes

Things to keep in mind

-  Most CSAs require members to pay up front. This way farmers have the funds needed to properly operate the farm and ensure a successful growing season!
-  Not all CSAs deliver. They might choose a communal spot for members to go and pick up produce. Make sure you have transportation so you can go and pick up your produce.
-  If you can't commit to a CSA but still want to support your local farmer, make sure to visit your local farmers market for your produce. This way you get fresh produce, and the chance to get to know and support your local farmer!
-  While becoming more popular, CSAs aren't available everywhere. Be sure to check out the website "LocalHarvest" to find what CSAs are available near you.

Misfits Market

misfitsmarket.com

What's their Goal?

Reduce food waste across the nation!



How do they do it?

By redistributing "wonky-looking" produce that would otherwise get thrown out.



What counts as "wonky"?

This doesn't mean inedible! It can be anything from produce that might be smaller than expected, have a bruise, be misshaped, or when two pieces grew together and intertwined themselves.



So it's just another CSA box?

Sort of...Most CSA's are not year round, so they can only serve customers a certain time of the year. Misfits Market buys from the farmer co-ops that run CSAs and delivers straight to your door all year round!

Misfits Market

What are the benefits?

-  All produce is sourced from small to midsized, organic, non-GMO farms.
-  The boxes offered are typically 25 - 40% cheaper than if you bought the same produce at your local grocery store!
-  Eco-friendly packaging so unwrapping your fresh produce comes guilt free!
-  Place your order with the knowledge that you're helping reduce global carbon emissions!

“The energy that goes into the production, harvesting, transporting, and packaging of that wasted food, meanwhile, generates more than 3.3 billion metric tons of carbon dioxide. If food waste were a country, it would be the world's third largest emitter of greenhouse gases, behind the U.S. and China.”

-National Geographic

Misfits Market

WHAT'S IN THE BOX?



Mischief Box

12 different types of fruits and veggies

Typically feeds 1-2 people for a week

\$22

\$35 grocery store value

What kind of produce?
It varies by season! In fall and winter you can expect apples, squash, sweet potatoes, broccoli, leafy greens, onions, and peppers to name a few. By spring you'll see more berries and asparagus and summer is prime time for peaches and tomatoes.



Madness Box

14 different types of fruits and veggies

Typically feeds 3-5 people for a week

\$35

\$65 grocery store value