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## Eat Well to Live Well

### Archives Available

**March 31st 2014: Nutrient Dense Foods on a Budget:  
Community Supported Agriculture**

One of the best ways to get local, seasonal, and usually organic food is to become a member of a community supported agriculture program (CSA). Participant's partner with farmers who want to provide locally grown, usually organic fruits and vegetables, sometimes flowers, breads, cheeses, all sorts of tasty foods in exchange for the members providing financial support before the season starts. Although CSAs are international, Kellie will discuss the benefits of CSA membership with her local farmer CSA partner Suzi Fry from Fry Family Farm. Community supported agriculture is the secret to ge

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