

Announcements for Week of July 3rd

1. **CSA July Workshop- Core Group Development**
2. **The City Farms Workshops**
3. **VTS on CD**
4. **Did You Know?- Buying Local**

1. CSA July Workshop- Core Group Development Join us for July's CSA Workshop on **Monday July 10th** from 6:00-8:00 at the Just Food office at 210 East 51st Street between 2nd and 3rd Ave. Come talk about ways to structure your group, how to get more people involved and how to address some of the challenges that come up when working as a group.

2. The City Farms Workshops Would you like more information on growing your own food here in the city? **Just Food's City Farms Program Trainers** facilitate workshops on a wide variety of food growing topics. Upcoming workshops include "Cooking with Herbs"- Saturday July 15th at East New York Farms! Farmers Market; "Container Planting"- Saturday July 22nd at East New York Farms! Farmers Market; and "Natural Baby Food"- Sunday August 6th at The Wycoff Farm Museum Farmers Market. For a complete list of workshops including times and directions go to www.justfood.org/cityfarms/workshops.

3. VTS on CD We will soon be making the Just Food Veggie Tip Sheets available electronically. If your CSA would like a CD version please email Paula at paula@justfood.org and let us know the person and address to mail it to.

4. Did You Know? Did you know that as a CSA member, *you are part of a global food movement!*? That movement is the Local Food Movement, where community members make food purchasing and eating decisions based on the origin of the food. While "local" can mean different things to different people, from a 100 mile radius to a larger region or state, the basic principle is that by eating locally, you are able to support and help sustain your community's local economy. Another benefit to eating locally is minimizing the distance food is transported to your kitchen table. Did you know that in North America, food travels an average of 1000 to 1500 miles to reach your dinner plate? Not only does that take a lot of oil and manpower to transport, but it requires that your tomatoes are picked weeks before they even reach your supermarket. That doesn't make for the freshest, ripest and most nutritious foods. By eating locally, you are ensuring that you eat better, you eat seasonally, and the money you spend on food goes to your neighbors that grow your food (farmers!) rather than on fossil fuels and agribusinesses across the world.



Building economic, environmental, & social justice
through local sustainable food systems.

For more information:

call 212-645-9880 or visit www.justfood.org