

Announcements for Week of June 12th

1. CSA and Health Insurance

2. June CSA Workshop

3. CitySol 2006

4. Did You Know?- Crop Diversity

1. CSA and Health Insurance In Madison, Wisconsin, Physicians Plus Insurance Corporation is paying its policyholders to become CSA members! As part of the Eat Healthy Rebate program, CSA members receive \$100 for single policyholders and \$200 for families. This significantly reduces the price of their CSA share and rewards them for making healthy choices, all while supporting local farmers! While the Eat Healthy Rebate program has clearly been beneficial for CSA members and farmers, Physicians Plus has also received an influx of interest from prospective policyholders. For more info on this innovative program read the attached article from The Capital Times.

Want your insurance company to pay you for being a CSA member? We'd love to see this exciting program take place in NYC! Just Food is looking for CSA members that either work with or have contacts at health insurance companies. If you know anyone with a connection to an insurance company who would be open to this idea please contact Ellen Huang, CSA Low Income Outreach Coordinator at Just Food, at ellen@justfood.org or (212)645-9880 X231.

2. June CSA Workshop Now that you are getting all of these great CSA fruits and veggies what do you do with them. Give your members a chance to see, smell and taste unfamiliar veggies or to learn new ways to cook old favorites. Come to the **June Workshop on Cooking Demonstrations- Monday June 12th from 6-8 at Just Food's offices (210 East 51st Street)**- and learn more about how Just Food's Community Food Education program can provide your CSA with cooking demonstrations. Do you have a member who's a great cook? Ask them to attend the workshop to learn how to do their own cooking demo for your site.

3. CitySol 2006 CitySol is a free summer music and market series on Manhattan's East River waterfront. CitySol celebrates the idea that greening New York is about unleashing, not taming, the city and its energy. The event is free and includes: renewable energy-powered live music, interactive exhibits, and a green marketplace. CitySol takes place June 25th, July 23rd and August 13th from 1pm- 8pm at Stuyvesant Cove Park on the east side of Manhattan.

For more information go to <http://www.solar1.org/education/citysol/index.html>

4. Did You Know? What if peas and carrots became extinct? In fact, 30,000 vegetable varieties have become extinct in the last century and one more is lost every 6 hours. So when your CSA farmer plants vegetables that you've never seen before, this is good. Our CSA farmers often plant over 70 different types and varieties of vegetables. Not only does this help them make sure that you always have good quantity and variety in your share but it contributes to the safety of our food supply. Different types of fruits and vegetables have developed over time for many reasons. This variety of crops, called "crop diversity", is important for increasing the chance that crops will survive changes in climate and disease or pest outbreaks. It also keeps the history and culture of regions alive and allows us to be able to eat a wide variety of fruits and vegetables

which makes eating more interesting and helps us get all of the vitamins and minerals we need in our diet. So the next time you get an unusual vegetable (blue potatoes or escarole!) in your share know that you are helping to keep yourself healthy and your food supply safe! To learn more about crop diversity go to

<http://www.sustainabletable.org/issues/biodiversity/reductionofgd.html>.

