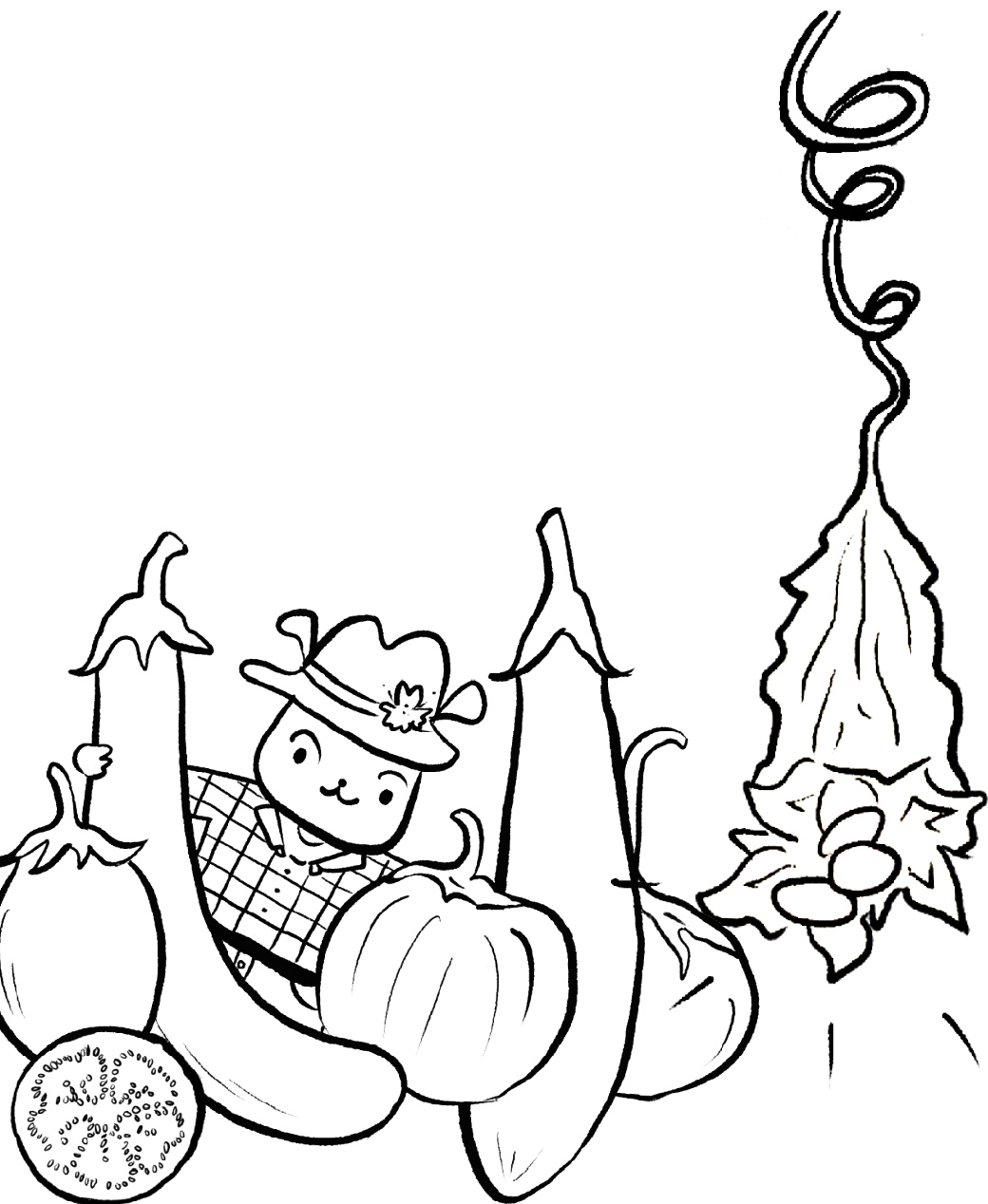
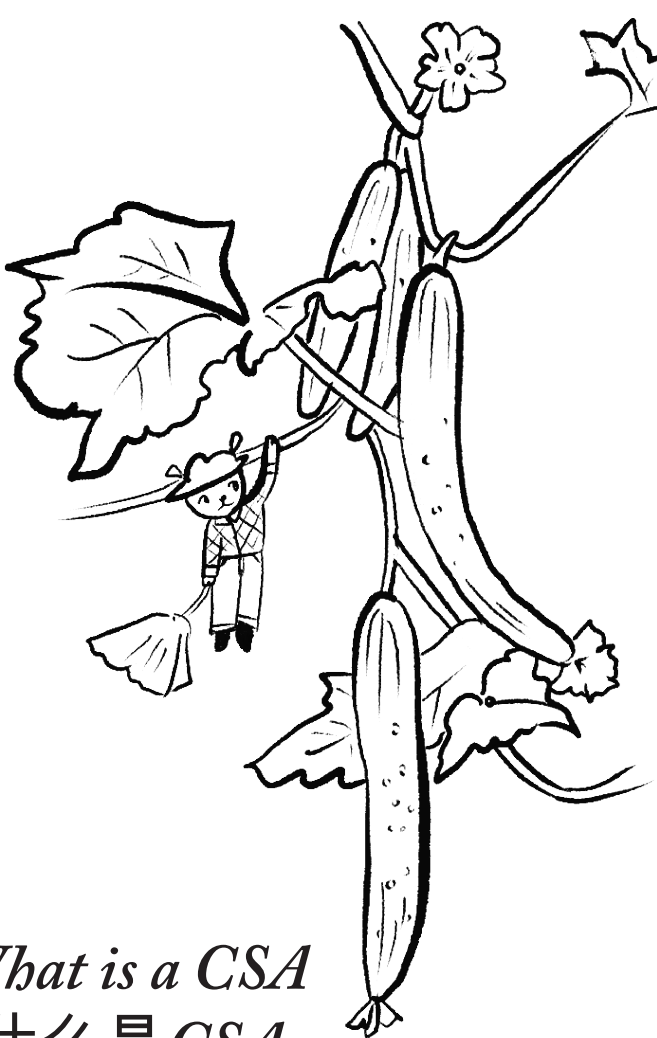


# What is a *CSA*?



# 什么是*CSA*

I'm a coloring book!  
我是一个彩色繪本



## *What is a CSA* 什么是CSA

CSA stands for Community Supported Agriculture and is a way for consumers (that's you!) to provide economic support to farmers at the start of the season, when farmers incur the majority of their costs. The consumer pays up front for a season's worth of produce that is distributed weekly in a box, or share, that encompasses a variety of what is in season on the farm at that moment. For example, you sign up in April and pay \$600 for 22 weeks of vegetables that are pre-selected by the farmer and change from week to week.

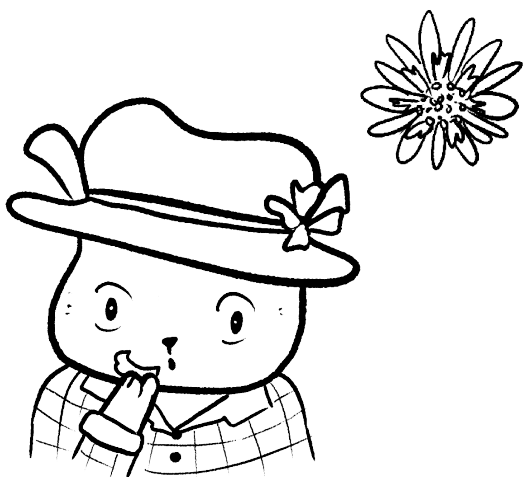
CSA是社区农业支持的缩写，是消费者向农民提供经济支持的一种方式。消费者在季节开始时提前支付一部分费用，以换取每周从农场获取的一箱或一份季节性农产品。例如，你在四月份报名并支付600美元，以获取为期22周的蔬菜，这些蔬菜由农民预先选择并每周更换。

# *What is a CSA*

## 什么是CSA

Often vegetables at the store are picked long before they are ready to eat, because they need to be transported long distances. In a CSA, vegetables and herbs are picked at the peak of ripeness, often 24 hours before it even reaches you, so that you receive the freshest and most delicious produce possible. Each week, you will receive a different selection of items depending on what is ready to harvest, which means getting produce that is at the peak of the season. CSA is also a great way to try more vegetables that you may not normally buy.

通常超市里的蔬菜在成熟前很长时间就已经被采摘，因为它们需要长距离的运输。在CSA中，蔬菜和香草叶会在最成熟的时候采摘，通常在到达你手中前的24小时内，这样你就能收到最新鲜、最美味的农产品。每个星期，你会收到不同的选择，这取决于什么蔬菜已经成熟可以采摘，这意味着你会得到处于季节高峰的农产品。CSA也是一个让你尝试一下平时不常卖蔬菜的好方法。



# *Financial aspect*

## 财务方面



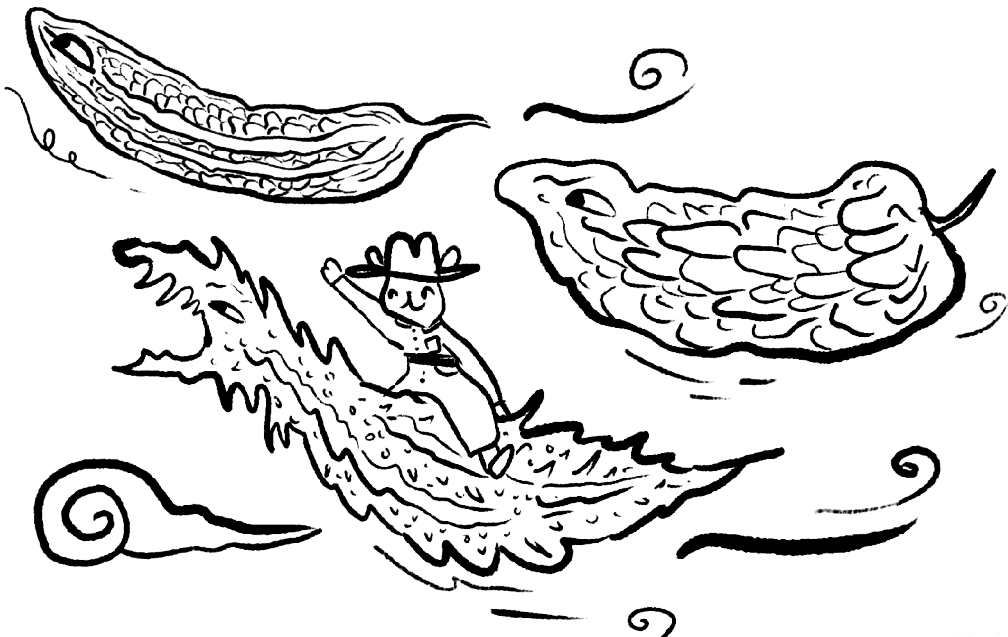
Why payment is up front  
为什么需要提前付款？

Traditionally, CSA shares are purchased at the start of the season with the full payment up front. It guarantees you a weekly selection of vegetables over a set number of weeks. Some CSAs offer a monthly payment option so there is no upfront cost, which makes joining possible for more people. Some farms are also able to accept weekly payments and SNAP EBT.

传统上，CSA股份在季节开始时一次性购买并提前付款。这保证了你在一定数量的周内每周都能收到不用种类的蔬菜。一些CSA提供按月支付的选项，因此没有提前费用，这使更多人可以参加。一些农场还能够接受每周付款和粮食券。

By joining a CSA, you provide security for the farm that season, knowing that the produce will be going to a good home right from the day the seeds are planted. This security extends past economics, for the support of members uplifts the farmer on their hardest days and reminds us that our work is valued.

通过加入CSA，你为农场提供了季节性的稳定性，因为从种子种植的那一天起，就清楚农产品将被送到一个好家庭。这种安全感不仅仅是经济上的，因为成员的支持可以在农民最艰难的日子里提升他们的士气，也提醒我们的工作是有价值的。



*Eating for health because  
there's no pesticides*

## 为了健康而饮食，因为没有农药

Buying produce through a CSA doesn't only help the farmers, it also helps you! Small, local, organic farmers often use different farming practices than big industrial farms. Local farms are less likely to be using pesticides and other unhealthy chemicals that are then absorbed into your food and body. Many common pesticides are known to affect human health, attack the nervous system, irritate the skin or eyes, act as carcinogens, and affect the endocrine system. When you buy local food by joining a CSA, you are securing a source for fresher and healthier produce.

通过CSA购买农产品不仅有助于农民，还有助于你的健康！小型的本地有机农民通常采用与大型工业化农场不同的耕作方式。本地农场不太可能使用杀虫剂和其他对人体不健康的化学物质，这些物质会被吸收到你的食物和身体中。许多常见的杀虫剂已知会影响人类健康，攻击神经系统，刺激皮肤或眼睛，作为致癌物质，以及影响内分泌系统。当你通过加入CSA购买本地食品时，你可以获得更新鲜和更健康的农产品来源。

# *Fresher, Tastier, Local*

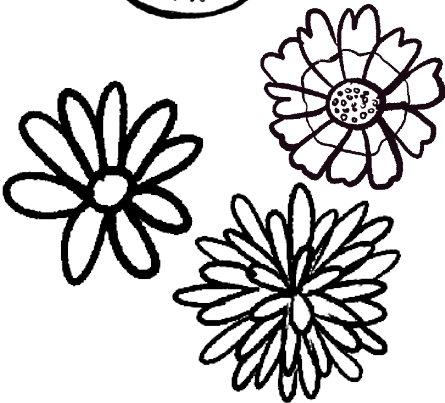
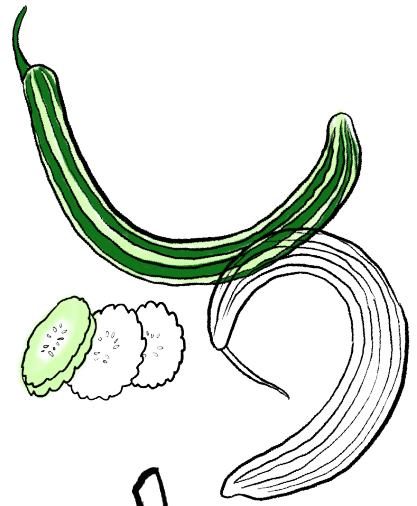
## 更新鲜，更美味，更本地

Food that is grown locally doesn't have to travel long distances to reach your plate, which means that it's fresher and tastier. Because the food you get in a CSA is often harvested the day before you receive it, each item is the tastiest and freshest version picked at peak ripeness. In a CSA model your food comes directly from your farmers, meaning it doesn't have to sit for days in trucks, grocery stores, and packing plants to reach you. Fresher food also means that it lasts longer in your home, allowing you more time to cook with it and resulting in less food waste.

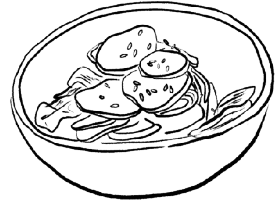
在本地种植的食品不需要长途运输才能到达你的餐桌，这意味着它更加新鲜和美味。因为你在 CSA 中获得的食物通常是在你收到它的前一天收获的，所以每件食物都是在成熟度最高时采摘的最美味和最新鲜的版本。在 CSA 模型中，你的食物直接来自本地农民，这意味着它不必在卡车、杂货店和包装厂中放置数天才能到达你手中。更新鲜的食品也意味着在你家中保存时间更长，就有更多时间使用它来烹饪，并减少食品浪费。

Local food also is beneficial for the environment, because it doesn't have to travel as far, meaning less fossil fuels are burned in the process of transportation. In the CSA model, every item is seasonal, meaning you're getting the best items at their peak each week. Eating local can make a powerful impact.

本地食物也有利于环境，因为它不必运输那么远，这意味着在运输过程中燃烧的化石燃料更少。在 CSA 模型中，每件商品都是季节性的，这意味着你每周都可以获得最佳的食物。食用本地食品可以产生强大的影响。



# *Knowing your farmer* 认识你的农民



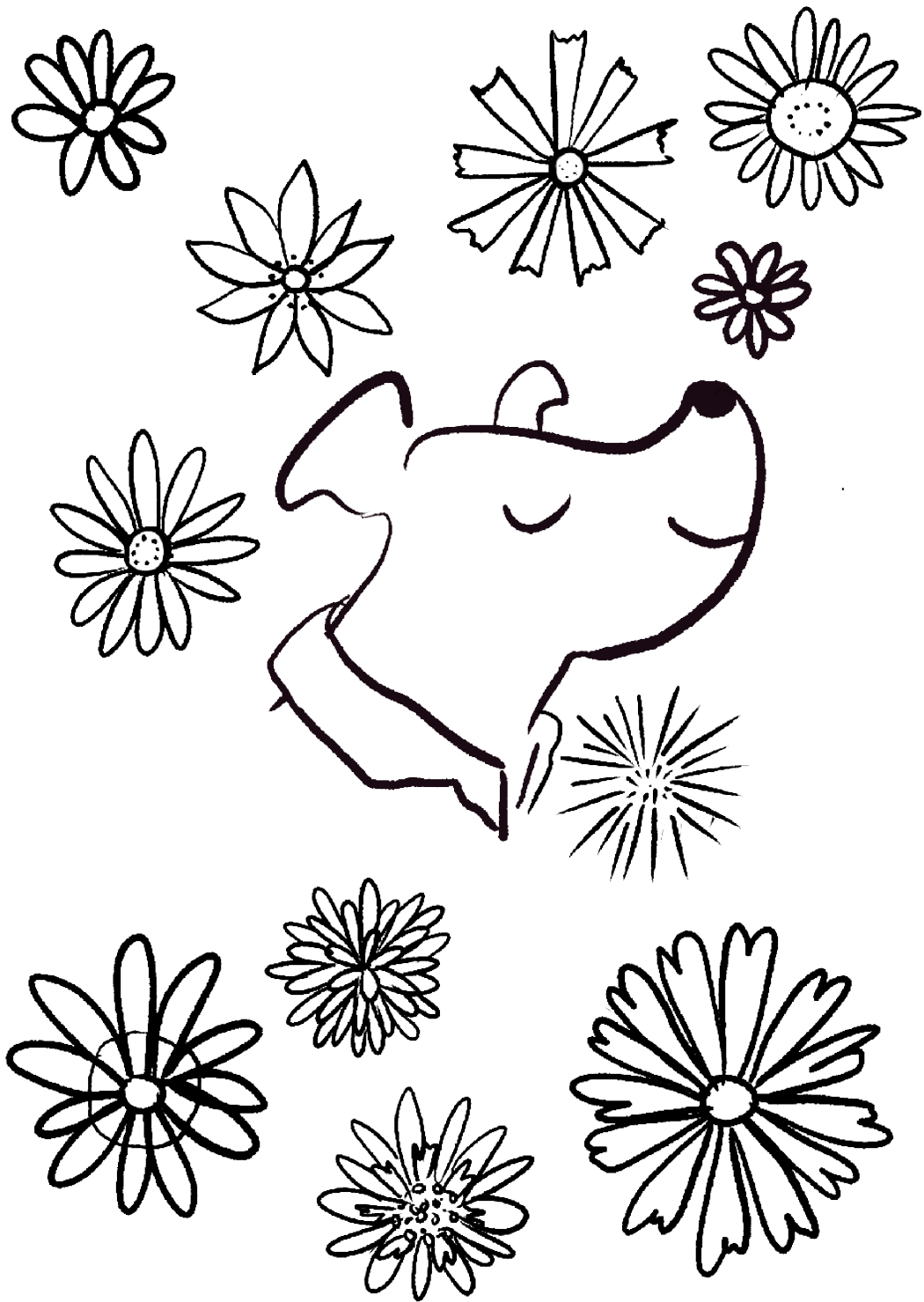
CSAs have many immediate benefits that you see every week you get your new box of vegetables. However, joining CSAs and building connections with where your food comes from also have larger, more communal effects as well. We as small farmers want to be connected with the people we are growing our food for. Growing foods that are familiar to our communities is worth it to us, even if some are less popular in mainstream markets.

Strengthening the relationship between farmers and their communities can lead to food security for more people over time, gives farmers the power to grow foods that are meaningful to them, and supplies foods at their freshest and healthiest quality to the people that want them. As stronger connections are made, less time and money goes into supporting industrial agricultural farms that are bad for you and for the environment, and more support and cooperation can uplift community members and farmers.

CSA会带来许多直接的好处，你每周收到新的蔬菜箱时就能看到这些好处。然而，加入CSA并建立与食品来源的联系也会产生更大、更社区化的效果。我们这些小农民希望与我们种植食品的人建立联系。为我们社区种植熟悉的食品对我们来说非常有价值，即使一些蔬菜在主流市场上不那么受欢迎。

加强农民和社区之间的关系，可以逐渐实现更多人的食品安全，使农民有能力种植对他们有意义的食品，并为需要它们的人提供最新鲜和最健康的食品。随着建立更牢固的联系，用于支持对你和环境有害的工业化农业农场的的时间和金钱就会减少，更多的支持与合作可以提升社区成员和农民。这种联系可以带来更大的社区建设和连接，以及食品主权等好处。







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