



From: Gandhi for Kids – His Life and Ideas

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Visit a CSA Farm



Fruits and vegetables were grown on all of Gandhi's ashrams, while goats and cows provided dairy products. Gandhi wanted his ashram communities to be self-sufficient so food was always available. Today, Community Supported Agriculture (CSA) is an alternative way to produce food, and an example of self-sufficiency in farming that focuses on locally grown foods. There are tens of thousands of CSAs around the world. With the CSA farming method, people who live in a community can obtain a wide variety of food by investing in and/or helping work on the farm.

Approximate age group: fifth to eighth grade

Objective: To help young people learn about alternative farming methods.

You'll Need:

- * Computer with Internet access
- * Library access
- * Paper
- * Pen or pencil
- * Camera (optional)

1. Go online or visit your local or school library to research the names of CSAs in your community. You can also check out the website Local Harvest: "How to Visit a Farm" at www.localharvest.org/organic-farms/visiting.html.
2. Write down contact information for a CSA you'd like to visit. Contact the farm by phone or e-mail and ask when it would be a good time to stop by. Ask family members or friends to join you, or organize a school or field trip.

3. At the CSA, investigate how the farm is organized and run. Who owns the CSA? How many community members work on the farm? How much is an annual subscription to this CSA? How are foods provided to community members? Is the farm associated with a community farmer's market?

5. You might like to take photos to document your visit to a CSA.

