

INTRODUCTION

Community Supported Agriculture Collaboration

Why CSA:

The average American consumes less than 2.6 cups of fruits and vegetables each day. This is far less than the United States Department of Agriculture's recommended amount of 4.5 cups as described in the 2010 Dietary Guidelines for Americans. Fruits and vegetables are especially important for young children as they provide many important nutrients for growth. It has also been established that children who learn to like a variety of fruits and vegetables when they are young are more likely to enjoy those same foods throughout life.

What We Did:

For this reason, the University of California Cooperative Extension (UCCE) Nutrition BEST (Better Education, Skills and Training) program, with support from First 5 Placer, has worked with the Natural Trading Company farm, located in Newcastle, CA, to provide Early Head Start families with weekly Community Supported Agriculture (CSA) produce boxes during the summer. Along with their weekly produce, families get recipes and sample dishes made from the produce found in the weekly box. Families report that because of the CSA program they are preparing, cooking, and eating more fruits and vegetables together.

During this program, families also participate in a farm tour at the Natural Trading Company. There they get to meet the farmer and learn about how fruits and vegetables are grown. Children are encouraged to pick and taste produce and to experience other elements of farm life, including the chicken coop, the pig pen, and goats grazing in the fields.

Families enrolled in the program receive additional education by UC CalFresh Nutrition Education Program on how to plan, shop, save, and cook low cost nutritious meals. UCCE Master Gardeners provide additional gardening education to encourage vegetable gardening at home.

Sustainable Outcome:

This cookbook was developed as a way to compile all the recipes that were tasted by participating families throughout the season and to encourage participants to continue serving fresh fruits and vegetables to their families.

Along with recipes, the cookbook includes informational pages about a variety of different fruits and vegetables found in the CSA boxes. It also provides insight into the CSA program and how participating families were given opportunities to explore new and healthy food experiences. The cookbook is designed to support the other educational component of the program by keeping recipes simple, low cost, and by utilizing vegetables that can easily be grown at home.

We hope you enjoy the cookbook and all it has to offer. Please use it as a tool to explore the bounty harvest grown in Placer County and to share this with others.

MEET THE FARMER

CSA Produce Box Provider Bryan Kaminsky, *The Natural Trading Company*



Bryan Kaminsky has been farming for 19 years. The Natural Trading Company was founded in 1995 on a 2.5 acre plot in Penryn, California. The farm is now located in Newcastle, California and has grown to 80 beautiful acres. It sits at approximately 400 feet above sea level, a perfect growing climate for a diverse selection of vegetables and fruits. Located on the farm is a large greenhouse to supply the community with wheatgrass, pea shoots, and sunflower greens. Bryan also raises pastured hens providing a supply of fresh eggs. The Natural Trading Company is famous for the earliest tomato harvest in Placer County, heritage poultry, and delicious, organic wheatgrass.

Bryan, his family and staff are proud to sell their bountiful harvest (from arugula to zucchini) year round at farmers' markets. Their greens are offered through local co-ops and supermarkets. The Natural Trading Company provides CSA (Community Supported Agriculture) boxes for the summer season typically will run from May through October.

The Natural Trading Company grows apples, apricots, arugula, Asian greens, beets, broccoli, bok choy, basil, chamomile, chard, cherries, cilantro, carrots, corn, cucumbers, collards, cauliflower, cabbage, dill, eggplant, fennel, figs, garlic, grapefruit, green beans, Jerusalem artichokes, kale, lettuce, melon, mustard greens, pluots, peaches, persimmons, peppermint, nectarines, nectarplums, nettle, onions, parsley, pea shoots, pomegranate, popcorn, peppers, potatoes, peas, rosemary, rutabaga, radish, summer squash, sunflower greens, thyme, tomatoes, turnips, winter squash, walnut, watermelon, wheatgrass, white sage, yellow squash, and zucchini.





CSA box Week 1

CSA DELIVERIES AND RECIPE TASTINGS



"The sunflower sprouts taste nutty."



Taste testing Swiss Chard Pesto



CSA box Week 2



"We love getting our CSA boxes!"