Share Fair – Community Supported Agriculture

VFTH

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Community Supported Agriculture, or CSA, took center stage at WKU recently as part of campus sustainability day.

It was a chance for local farmers to get in front of the campus community as Amy Bingham explains in this week’s View from the Hill.

What if you had convenient way to fill half your plate with fruits and vegetables each week? A recent “Share Fair” at WKU offered a taste of what our community has to offer in the way of Community Supported Agriculture.

The lunch hour at Downing Student Union is the perfect time to bring awareness about Community Supported Agriculture or CSA’s offered in our area.

 “If our employees can know a little more about CSA’s , it’s a way to get them eating more healthy but also supports the local economy and local agriculture.”

A handful of farmers were on hand to explain how the service works.

 “We as farmers choose what goes into that basket so the consumer is gonna get about ten to 12 different veggies in season 52 weeks of the year.”

 “You pay up front and that gives your farmer working capitol to grow fruits and veggies and it also gives your farmer a built in customer base.”

Beet Box, Think Little and Need More Acres were all represented at the Share Fair.

 “We talked to a lot of faculty, a lot of students, a lot of individuals who wanted consumer questions where they can find the product and so forth.”

Wholesome Foods, a program from Health Services even served up healthy treats made from some produce from participating farms.

 “We kind of had a challenge where we took what we were given and kind of made something wholesome and nutritious for students and faculty.”

 “We got butternut squash, swiss chard and Kale and made our own items from that. “

 “It was a success. I don’t think I saw any frowns.”

The Office of Sustainability teamed up with the Wellness Program allowing faculty and staff attending the Share Fair to earn Top Life Wellness credit.

With this week’s View from the Hill, I’m Amy Bingham.

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