

KY PROUD FALL CSA WEEK

SEPTEMBER 22-26, 2025

FALL CSA WEEK GUIDE

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Welcome to the fifth annual **KY Proud Fall CSA Week!** Thank you for joining us to learn more about Community Supported Agriculture (CSA) programs across Kentucky. Use this guide to explore different CSA models, share types, and how to find a CSA near you!

WHAT IS CSA?

Community Supported Agriculture (CSA) is a local farm subscription you sign up for in advance. Members pay for a portion of the share upfront, which helps the farm cover the cost of seeds, labor, and equipment for the growing season. In return, CSA shareholders receive a regular 'share' of the farm's harvest (aka delicious, fresh food) and can pick it up at a convenient location offered by the farm.

PERKS OF CSA

CSA allows consumers to purchase directly from a local farm and makes local food sourcing simple. By joining a CSA you can access high-quality foods, try new recipes, and support Kentucky farms. Members of a CSA often report eating healthier, gaining knowledge about how their food is grown, and feeling more connected to the food system.

Visit kyproud.com/campaigns/community-supported-agriculture to find a CSA farm near you!



WANT TO LEARN MORE?

JOIN THE
CSA IN KY
FACEBOOK
GROUP!



CSA SUBSCRIPTION TYPES

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Traditional CSA

In this model, customers pay the farmer upfront for a share of the harvest over a set number of weeks. Each week, the farm selects the freshest available items and packs them into a box or has them available for pickup at a designated location.

Customizable CSA

Similar to traditional CSA, the key difference is more flexibility. Before customers pick up, they can adjust their weekly share by swapping items, adding or removing products, and typically pausing on vacation using an online CSA member account.

CSA Market Card

A newer model that is gaining popularity across the state. Customers pay upfront and receive a market card or "farm bucks" to spend each week on items of their choice at a farm stand.

Full-Diet CSA

For this share type, a farm or group of farms provides a wide range of products intended to meet most of a household's food needs. A typical share includes produce, meat, eggs, dairy, grains, and more.



REASONS TO JOIN

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Find Fresh Foods

CSA makes it simple to find fresh foods. Items from the farm are harvested in-season and grown for quality and packed with nutrients.

Build Community

Many farms also have member-exclusive Facebook groups, events, and ways to connect with your farm and other CSA members.

Boost Healthy Habits

CSA programs can get you cooking more, cutting back on processed food, and feeling healthier, possibly even reducing a few doctor visits.

Strengthen the Food System

Every CSA dollar goes directly back to the farm, giving farmers reliable, upfront income that helps them plan for the season ahead.

Learn About Local Agriculture

CSA gives customers a view into how their food is grown. Farms often offer newsletters and updates on how the food makes it to your table.

Try New Things

CSA gives you a chance to start your own cooking adventure and try new recipes and foods you might not find at the grocery store.

Source Closer to Home

CSA shortens the supply chain between producers and customers, resulting in fresher food with fewer food miles.



FIND A CSA SHARE

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Search for CSAs Near You

Visit the Kentucky Proud CSA Directory to explore Kentucky farms offering CSA:
<https://www.kyproud.com/campaigns/community-supported-agriculture>.



Choose Your Share Type & Size

Once you find a farm, review its CSA offerings and check to see what share types and sizes they offer.

Select a Payment Method & Pickup

At signup, members typically pay in full or in installments and can usually choose from several convenient pickup options like on-farm, community sites, farmers markets, or home delivery.

FALL CSA SHARE TYPES

The icons below represent examples of CSA share types offered by Kentucky farms. Explore the [Kentucky Proud CSA Directory](#) to see what's available near you this fall.



PRODUCE



EGGS



FLOWERS



MICROGREENS



MEAT



MUSHROOM



VALUE-ADDED



DAIRY



FULL-DIET

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