



**Become a part of a
movement**

And know where your food
comes from!



A company dedicated
to supporting
local, sustainably raised food.

eatfooddistributors.com

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Join our CSA

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JOIN US



What's a CSA?

CSA stands for Community Supported Agriculture. It is a way of linking farmers directly with the people who want to eat freshly harvested food they grow.

In exchange for an upfront payment, CSA members receive a "share" of the farm's harvest. EAT FOOD DISTRIBUTORS' CSA is a cooperative program bringing fresh farm products from Vermont and Upstate, NY. We offer a variety of fresh food for the consumer while supporting small farms that produce specialty foods. Community Supported Agriculture is a great way to help build healthy farms, healthy local economies, and healthy people!



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Here's how it works:

Contact us:
email chad@eatfooddistributors.com
or call 212-980-9828

- You'll pre-pay a monthly or bimonthly fee of \$75/mo for 6 months. Your package price is used to pay the farmers upfront cost for the seasons' production.
- Our CSA differentiates itself by allowing unscheduled deliveries and product additions.
- Your \$75 package includes \$25 worth of produce and \$50 of dairy, meat and other value add-on items of your choosing.
- You will receive a monthly newsletter including seasonal items available from our farmers.
- Pick-up is at 242 East 60th St. #2R. Deliveries can be arranged for additional cost.
- Worried you won't know how to prepare the food in your package? We'll coach you through the preparation.
- Check out our website www.eatfooddistributors.com for info on our farmers and their products .

Here's what you get when you join:

EACH month (or bimonthly) you will come by EAT FOOD DISTRIBUTORS and pick up your CSA box of super fresh seasonal produce and your choice of add-ons (meat, poultry, game, dairy including milk, yogurt, cheese, butter).

Meet our farmers:

