Eating Your Vegetables is Easy Thanks to Cal Poly Organic Farm

SAN LUIS OBISPO -- Anyone looking to save on food bills and stay healthy can check out the fall season offerings at the Organic Farm on the Cal Poly campus.

Fresh vegetables, herbs, fruit and eggs grown on the 10-acre farm are available fresh-picked and boxed weekly to subscribers of the farm's Community Supported Agriculture Program. The farm is taking subscriptions now for the fall and winter Community Supported Agriculture programs.

This fall, for the first time, subscribers will be able to add fresh free-range organic eggs to their harvest boxes -- either a half-dozen or a dozen a week.

Fruits and vegetables in the box vary weekly, depending on what's ready for harvest. Fall season crops include lettuce, leafy greens, onions, arugula, leeks, carrots, tomatoes, eggplant, winter squash, and more. Winter season harvest boxes will include lettuce, salad mix, broccoli, cauliflower, beets, spinach, apples, cabbage, radishes, Asian vegetables, and more. "All the produce is harvested the same day you receive it, so freshness and nutrition are at its peak," said CSA program coordinator Sandra Sarrouf.

Subscribers can pick up their harvest boxes weekly at the farm, located on Mt. Bishop Road. The farm also offers drop-off locations in Morro Bay, North County and South County. Pick-up days are Mondays and Thursdays, between 3 and 6 p.m.

True veggie fans can sign up for a package including both fall and winter seasons at a discount: $439 for a full share season harvest box, and $319 for a half share season harvest box.

Subscribers can add a half-dozen eggs a week for $18, or a dozen for $36.

The fall CSA season runs nine weeks, Oct. 17-Dec. 15. The winter season runs 12 weeks, Jan. 9-March 27. The CSA program has a limited number of subscriptions, so those interested should sign up early, Sarrouf said.

Subscribers can also sign up for one quarter only if desired. The fall nine-week season subscription is $198 for a full share, or a half share for $144.

"Community Supported Agriculture is a partnership, really," Sarrouf said. "In exchange for a commitment to buy a share in our farm's harvest, students and staff commit to grow high quality herbs, vegetables and fruit for you."

For details, contact Sarrouf at (805) 756-6139 ssarrouf@calpoly.edu, or visit the program Web site at www.calpoly.edu/~sarc/csa.htm.

- # # # -