

## Farmers Markets



Farmers markets, have become an integral part in America and risen in popularity, due to the growing consumer interest in obtaining fresh products directly from the farm.

Locally grown fruits and vegetables are readily available at the County's local markets.

The markets are open to local farmers & small product businesses in our area. There are no memberships required to become a part of the Farmers Markets. For more information on how to participate please contact Joe Bailey at (814) 274-7827.

### Coudersport Farmer's Market

Courthouse Square  
Main St., Rt. 6 - Coudersport, PA  
(814) 274-7827  
Friday 3:00 pm - 7:00 pm  
Saturday 9:00 am - 2:00 pm

### Galeton Farmer's Market

Center Town Park - Galeton, PA  
(814) 435-7755  
Fridays 3:00 pm - 7:00 pm



Working to promote and establish sustainable agriculture with  
**Farmer's Markets,  
CSA Programs and an  
Incubator Kitchen.**



[www.food-matrix.org](http://www.food-matrix.org)

## What is Community Supported Agriculture?

CSA is a partnership of mutual commitment between a farm and a community of supporters which provides a direct link between the production and consumption of food. Supporters cover a farm's yearly operating budget by purchasing a share of the season's harvest. CSA members make a commitment to support the farm throughout the season, and assume the costs, risks and bounty of growing food along with the farmer or grower. Members help pay for seeds, fertilizer, water, equipment maintenance, labor, etc. In return, the farm provides, to the best of its ability, a healthy supply of seasonal fresh produce throughout the growing season. Becoming a member creates a responsible relationship between people and the food they eat, the land on which it is grown and those who grow it.

This mutually supportive relationship between local farmers, growers and community members helps create an economically stable farm operation in which members are assured the highest quality produce, often at or below retail prices. In return, farmers and growers are guaranteed a reliable market for a diverse selection of crops.

## Why Is Community Supported Agriculture Important?

- CSA's direct marketing gives farmers and growers the fairest return on their products.
- CSA keeps food dollars in the local community and contributes to the maintenance and establishment of regional food production.
- CSA encourages communication and cooperation among farmers.
- With a "guaranteed market" for their produce, farmers can invest their time in doing the best job they can rather than looking for buyers.
- CSA supports the biodiversity of a given area and the diversity of agriculture through the preservation of small farms producing a wide variety of crops.
- CSA creates opportunity for dialogue between farmers and consumers.
- CSA creates a sense of social responsibility and stewardship of local land.
- CSA puts "the farmers face on food" and increases understanding of how, where, and by whom our food is grown.



## Maintain Farmland!

Buying local food helps to ensure that farmland is secure well into the future.

Supporting local farms helps to keep our agricultural heritage alive and vibrant. Local farms are traditionally the backbone of our economy. They are also our future - if we support them.

## Benefits!

By choosing local produce, you pay for taste, not transportation and packaging. Your CSA produce is supplied by local farmers in a single effort which cuts down on transportation. On average, food travels 1,400 miles from the farm to table.

## How It Works...

Some CSA memberships come in a number of size options such as whole bushels, half bushels, quarter bushels, or singles. Each week as you drop off an empty basket/tote you will receive your second basket/tote filled with your weekly share of farm fresh produce (as well as any value-added items you may have ordered previously). All subscriptions last over the duration of our local growing season, approximately up to 22 weeks, mid-May through mid-October. A 'Full Share' subscription is based upon the estimated needs of a family of four and a 'Half Share', therefore, is approximately half that, providing for a family of two. The quarter/single share fills the needs of a single CSA member.

## Value-Added!

Value-added items would typically include a selection of baked goods, jams and jellies, pickles, relishes, sauces, maple products and farm fresh unclassified eggs. These items can be available for purchase. Check with your CSA provider for details.

Most CSA programs require that items be ordered at least one week in advance. PA state law dictates that all value-added merchandise is be monitored and processed in a state certified kitchen.



## Community Supported Agriculture

### Local CSA Memberships offerings available at:

#### Gobbler's Knob Farm

1660 Germania Rd.  
Galeton, PA 16922  
814-435-7755  
denisenmike@verizon.net

Producing naturally-grown produce, free-range chicken eggs, and honey.

#### Miles Farm Produce

3571 State Route 49 E,  
Coudersport, PA 16915  
1-814-848-9841  
milesfarmproduce@yahoo.com

For more information on participating farms visit our website at: [www.food-matrix.org](http://www.food-matrix.org)



Photos courtesy of Curt Weinhold Photography