

Introduction to Community-Supported Agriculture

What is Community-Supported Agriculture?

The basic idea of Community-Supported Agriculture is simple—the farmer provides the food and consumers in turn agree to support the farm. A community of consumers invested in the success of a farm come together to support the farm by pledging to purchase products of the farm over the long-term and to help bear the inherent risk of farming itself. Everyone shares in both the bounty and the risk of the farm. Community-Supported Agriculture is as old as human community itself, however, its modern incarnation had its beginnings in Japan, Germany, Switzerland, and the U.S. It is starting to take root here in Taiwan as well.

Community-Supported Agriculture is "...a tiny revolution in your daily life. It begins with a farm connecting with one family, and then another. This concept of community is based on sharing the harvest, sharing expenses, and hands-on participation on the farm." —蔡培慧 TSAI Pei-hui of Taiwan Rural Front

*from Sharing the Harvest
《種好菜 過好生活》*

Connection between farmers and consumers.

CSA members get to know the farm and the farmer in a variety of ways, such as visiting the farm, assisting in distribution, or working in exchange for farm products. Through hands-on involvements, members feel personally connected to the farm, and farmers get to know the people who eat the food they grow.

Caring for the land where your food is grown.

Generally, a CSA serves the community nearby and members have access to ultra-fresh locally grown food. CSAs give us the opportunity to put community action into our daily lives. By the very act of eating

locally-grown, organic produce, we improve our health, the health of our community, and the land on which we live.

Variation on the theme.

Variations on the basic CSA model are abundant and are specific to the needs of members and farmers. Cing-song Mi 青松米 here in Taiwan is a CSA that collects money for shares of rice up front. Shares in rice are distributed when rice is harvested. Fushan CSA 烏來福山農莊 charges a membership fee and vegetables are paid for separately. The membership fee helps the farm weather major crop loss due to natural disasters, upgrade equipment, and purchase seedlings.

Join the WP-Ahui CSA!

Winkler Partners 博仲法律事務所 entered into a CSA-like relationship with Ahui's transitional organic farm in the Tucheng former arsenal area in 2009. Since 2006, WP and Wild at Heart Legal Defense Association have worked with area residents to keep this area free from commercial development. WP colleagues purchase vegetables from Ahui in the longterm by prepaying for vegetables several months at a time. And under a sliding scale fee structure, members can choose a price above the NT\$300 base price. Currently members pay NT\$300, 400, or 640 per week for weekly delivery of at least five different kinds of vegetables.

Why purchase vegetables from Ahui?

At least four obvious reasons:

1. Vegetables are ultra-fresh and nutritious because they are picked the same day they are delivered.
2. Ahui makes rich compost to improve the soil using Pierre Loisel's food waste composting methods.
3. No chemical fertilizer or pesticides are applied.
4. Soil and vegetable samples are tested yearly for residues of heavy metal. For the past three years, results have been well under limits set by the government.



Supporting Ahui's farm also means you are:

1. Helping to retain a biologically diverse green space in the greater Taipei area. Ahui's farm provides a safe haven for insects, birds and small animals. More than 40 varieties of butterflies, 10 different amphibians and 30 bird species were counted between 2007-2010.
2. Buying vegetables grown nearby. Ahui's farm is located just five minutes from the Tucheng MRT station. Shorter distance = smaller carbon footprint!
3. Helping to keep more small organic farms alive in Taiwan, and resist Tucheng City's push to develop this area.
4. Helping the joint effort of several major environmental protection groups in Taiwan, including the Butterfly Conservation Society of Taiwan and Wild Bird Society of Taipei.

Call for free sample vegetables today!

社區協力農業 簡介

什麼是社區協力農業？

社區協力農業的基本概念非常簡單--農民提供食物，而消費者同意支持農場。農民和消費者彼此成為合作夥伴，但彼此間交織的互動遠高於一般的商業交易。在社區協力農業中，一群消費者共同投資以換取農場的收成，消費者不僅承諾會長期購買該農場的產品，也會幫忙承擔農業本身固有的風險。農場豐收時大家有福同享，農場欠收時大家也有難同當。社區協力農業的歷史其實就和人類聚落文明一樣悠久，然而經歷了近代工業化農業的擴張與壓迫，它從日本，德國，瑞士，美國等地開始再次復甦，過了幾十年的演變，在台灣也慢慢的生根接枝了。

社區協力農業是“.....一個日常生活的小革命，它從田園開始，串連起一個又一個家庭，基於共享收成、分攤支出、參與勞動、社群連結的理念....”

—蔡培慧 台灣農村陣線發言人
《種好菜，過好生活》

消費者與農民的連結

社區協力農業的成員會用各種方式去認識為自己生產食物的農場，也和供應自己食物的農民更有連結。與此同時，農民也認識了他辛苦耕耘的食物所餵養的人們。

食物產地是健康源頭

社區協力農業的服務對象通常是在鄰近社區。社區協力農業的成員可以獲得超新鮮、當地種植的食物，而不是經過數百甚至上千公里運輸而來。當我們食用當地栽植的有機作物，我們不僅改善自己的健康，也促成我們社區整體的健康，更是在呵護我們生活所依的土地！

社區協力農業多變的樣貌

社區協力農業有非常多樣的運作模式，因為每一位農民和成員都有

各自不同的特性和需求。例如在台灣有三個例子。青松米社區協力農業，在水稻耕種之前先收集股金，等水稻收成之後再分配稻穀。烏來福山農莊社區協力農業的運作方式則不太一樣，會員每年繳納會費，而蔬菜費用則另外計算。會費的目的是幫助農場渡過重大的天然災害(源自極端氣候或病蟲害)、或提升設備、購買種苗。

歡迎加入博仲—輝要無毒CSA!

博仲法律事務所與土城的輝要無毒農園也形成了類似社區協力農業的關係。從2006年開始，就和農場所在地附近的農民們共同合作，避免該地區淪入高密度住宅和商業開發區的狀態。基於社區協力農業的重要精神，博仲法律事務所的同事以長期直接購買蔬菜的方式支持邱顯輝(阿輝)的農場。以量能付費制度由參與者自行在新台幣300~640元之間，選取支付的價格。目前有三種價格：300、400、640元。每週配送一次，每次至少五種蔬菜。

為什麼要向阿輝購買蔬菜？

至少有四個明顯的好處：

1. 阿輝的蔬菜非常新鮮，當天採收就從農場直接運送，幾乎是你能買到最新鮮、最營養的蔬菜。
2. 阿輝菜園裡的土壤持續採用三芝臨海農場劉力學先生的堆肥模式，利用廚餘改善土壤。
3. 阿輝完全沒有施用任何化學肥料或殺蟲劑。
4. 菜園的土壤和蔬菜每年會送給相關單位檢測重金屬，過去三年的測驗結果皆低於政府規範標準。

其他值得支持的理由

1. 向阿輝買菜也就是支持台北近郊的農場，不僅維持都會區的綠地，也保護那裏的昆蟲、鳥類等動植物多樣性。
2. 就地購買食物，可降低食物里程，減少運輸的能源消耗。
3. 阿輝參與反對土城彈藥庫地區開發的



計畫，辭去原本較高薪的工作。支持他的農園也是在支持當地居民反對政府不當的開發，幫助台灣小型有機農場的存續。

4. 彈藥庫地區是台灣數個環保團體(包括台灣蝴蝶保育協會、台北市野鳥學會等)合力保護的重要地區，生態多樣豐富，在2007~2010年間的調查曾經發現48種蝴蝶、10種蛙類、30種以上的鳥類。

歡迎免費試吃！