



Dear ##[Name | First]##,

It's the final day of KY Proud CSA Week (Feb. 20 - 24th) and we want to share some resources to celebrate all of the participating community supported agriculture (CSA) farms across Kentucky!

Give this newsletter a look to learn more about what CSA is with our "What is CSA?" video, download the partner farm guide of participating KY Proud CSA Week farms, find a direct link to OAK member CSA farms, read about Dr. Booker T. Whatley and the history of CSA, and more!

We are excited to collaborate with our community partners at Kentucky Proud, Edible Kentucky Magazine, University of Kentucky's The Food Connection, and Kentucky Horticulture Council on KY Proud CSA Week, and encourage you to check out the CSA in KY Facebook group to ask questions, connect with farms and get other resources.

Happy CSA Week,  
The OAK Team

[Make a Gift](#)

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## What is Community Supported Agriculture?



# WHAT IS CSA?

## COMMUNITY SUPPORTED AGRICULTURE

Community Supported Agriculture (CSA) is a local food model of subscribing in advance for a season of products from a local farm. It gives you access to some of the freshest farm items (i.e. produce, meat, eggs, flowers, herbs, etc.) and supports farms as they prepare for the upcoming growing season. CSA is more than food. It's about cultivating a relationship with a farm. You become a subscriber for a season and get to know more about who is growing your food and how it is grown. It is also one of the best ways to champion a thriving local food system and support a family farm in your area.

[Watch the OAK "What is CSA" Video](#)

## Celebrate KY Proud CSA Week



# KY PROUD CSA WEEK

FEBRUARY 20-24, 2023

## 2023 PARTNER FARM GUIDE



It's the final day of KY Proud CSA Week! Now is a great time to check out all the CSA information that's been shared in the [CSA in Kentucky Facebook Group](#). OAK is co-organizing this celebration with Kentucky Proud, Edible Magazine, Kentucky Horticulture Council, and The Food Connection. Learn more [here](#).

This online promotion is featuring 70+ CSA farms across the state. KY Proud CSA Week is focused on helping more Kentucky consumers learn about CSA, how to find one in their area, and what to do with their share. Check out the partner farm guide to find participating farms in your area and head over to the Facebook Group to ask questions about CSA with other local food lovers in the state!

Search the KY Proud CSA Week Partner Farm Guide:

On a desktop: Open the PDF in a new tab. On your keyboard hold down "Ctrl" and click "F" to open the "find box" in the upper right corner and type in your desired county. The PDF will show you where that county name is mentioned in the document. Press enter or arrow down to find all the listed farms that serve your county (or nearby county).

On a phone: Open the PDF in your browser. Tap the Up Arrow, then tap Find on Page. Type in your desired county. Tap to find other subsequent listings of farms.

[Download the Partner Farm Guide](#)

## Explore the OAK Directory for a CSA Share



Spring is almost here. Now is the perfect time to connect with local farms in your area. There are over 30+ CSA farms on the OAK Find-A-Farm Directory. Check out their offerings by selecting the "Find a CSA" box to browse options OR search OAK member farms in your area by simply typing in your zip code to get a full list of family farms near you!

[Search the OAK Directory](#)

## Learn About the Roots of CSA

The origins of Community Supported Agriculture are firmly rooted in black history. **Dr. Booker T. Whatley** was a horticulturalist and agriculture professor at the Tuskegee Institute in Alabama. He worked to support black farmers during the height of the Civil





handouts to help CSA members master their share and will continue to add to this list in 2023. You can bookmark this tab and also take a look at the "[Using Your Share](#)" page for other great CSA-focused websites and resources.

[View CSA Handouts](#)


# KOHLRABI

**How to store:**  
Remove leaves and store roots in crisper drawer of the fridge.

**How to prepare:**  
Kohlrabi can be eaten raw, sauteed, steamed, roasted, or pickled. Greens can be used similar to collards greens.

**Use it up:**  
Make kohlrabi fries, slaw, or roast with other root vegetables.

Find in your spring and fall CSA share!



KENTUCKY FARM SHARE COALITION

Follow [@kyfarmshare](#) for more resources:

[Instagram](#)

[Facebook](#)



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