

13<sup>th</sup> ANNUAL



SATURDAY  
**MARCH**  
**7<sup>th</sup>**  
2015

**LOCAL FARMER  
OPEN HOUSE**

**KNOW YOUR FARMER  
KNOW YOUR FOOD**

★ **11AM - 3PM** ★  
**FREE** ★

**Your connection to Community Supported  
Agriculture (CSA) Farmers**

**Meet and sign up with farmers**

Learn how you can subscribe to a CSA farm (purchase a share of the harvest) and conveniently get a box of fresh produce (and more) each week during the season.

A once-a-year opportunity to talk with local farmers and learn about their growing practices and subscription options.

**Why buy directly from local farmers?**

- » Enjoy fresh, tasty and healthy food
- » Ensure fair compensation for family farmers
- » Build a stronger local economy
- » Encourage sustainable growing practices

**Attend a Workshop**

- » **CSA Basics..... 11:30AM & 1:30PM**  
*Jamie Ferschinger, Urban Ecology Center*  
Learn how Community Supported Agriculture works and how to select the farm subscription that's right for you.
- » **Cooking Fresh Year Round . . 12:00PM & 12:45PM**  
*Annie Wegner LeFort, the Mindful Palate*  
How to find and prepare fresh food all year round. Using the contents of a weekly CSA box to prepare quick healthy meals, shopping farmers markets, preserving and more. Recipes, tips and resources.

**Lunch Available for Purchase**

*From Milwaukee Localicious*



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**urbanecologycenter.org**