

select simpler...

respect the body...



Be Choosy! News, Events and Tips

IT KEEPS GETTING BETTER...

For decades, my town has been organically limited. Local, organic food was slim pickings at best. Too few farm stands to choose from, and a rare CSA's was thirty minutes away. Out of desperation, our family drove an hour each way (I know, *not* very green) to a little piece of heaven in Concord, Massachusetts where we paid, joined, and volunteered at a community supported agriculture farm, commonly referred to as a CSA.

Our virgin seasons **revolutionized** my family's approach to food and mealtime. My children came to love fresh food. A cooler full of food on pick up day is now a family event. Blessings are spread out on the kitchen island to admire, praise, smell and nibble. Yes, the kids will grumble after ninety minutes of volunteering once a year in the fields. Months later, I will hear their immense pride as they describe how they burrowed their hands in soft clean dirt to unearth treasures of potatoes.

I am quite certain when my children move to college they will search not for a Safeway or Stop N Shop, but a Saturday morning farm stand. That makes me proud.

There is definitely a newbie learning curve. Surfing around to figure how to deal with buckets of tomatoes, garlic scapes, cilantro, and bouquets of fresh herbs, slowly I learned to take the abundance and chop, blanch, freeze or dry. Smugly, I can tell you I ate fresh organic vegetables in soups and smoothies until January.

THEN IT HAPPENED....

In May, a friend asked what is the "Langwater" I keep mentioning? I responded -a little too haughtily- *"It is the world's gift back to me. My new farm."* [Langwater CSA and Farm Stand](#) opened a half mile from my keyboard. I respect the four farmers, not just for taking up such a risky endeavor, but also for following their passion. Would it have been easier to graduate from college and work within a large agriculture institution? Still work outside yet steady benefits and a paycheck? Instead, our "Langies" lead the local organic movement, proving to suburbia that luscious ample food can be devoured without pesticides or synthetic chemicals.



Gently reminding us this was the way of life for centuries.

Watching Farmer Kevin is like watching a Hollywood movie horse whisperer. He seems at one with the land and it responds to his presence with its gifts. Kevin was first on my list to interview for my series **Celebrating Inspirational People** videos. Now that their farm stand is open. I would like to celebrate by [sharing my interview with Kevin](#) (CSA Farms.)

Please applaud their efforts by watching, and if you are close to Easton, MA, stop by Langwater to thank them in person for following their hearts.

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Tip: Being a CSA member doesn't start with the first pick up of the season, but in winter months when you commit to being a member. Surf www.localharvest.org for local options near you.

Until next time, ***Congratulations*** on your journey to choosing wiser, selecting simpler and respecting the body.

Take care,
Kristi Marsh

If you have received this from a kind acquaintance, please [subscribe for future editions](#).