VUMC has done our homework and narrowed it down to six of the best-in-class community supported agriculture (CSA) farms in the area. Since CSAs aren’t for everyone, here are a few things to think about — share size, pickup location, pickup day and any extras — to make sure a CSA is right for you and your family. Review the information below for a smooth introduction to a healthier lifestyle.

Many farms offer much more than just fruits and vegetables. Some encourage you to volunteer and learn first-hand how your food is grown. Others give back to the community by hiring individuals with disabilities. Still others host farm-to-fork dinners, cooking classes and social events for CSA members. To learn more about what each farm has to offer, visit https://www.vumc.org/cbmes/growing-good-health.