



VOLUME V ISSUE VII

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## Community Supported Agriculture

Community supported agriculture, commonly known as CSA, is prevalent across the nation and Upper Peninsula of Michigan. In fact, CSAs have been a unique and popular way to gain access to fresh, seasonal and local produce for the last 25 years. Many questions exist regarding what exactly CSAs are and how they benefit both the farmer and consumer. CSAs came into popularity when the consumer began seeking fresh and local produce and the farmer was looking for a guaranteed outlet for the items they produce on their farms. Typically, how CSAs function is that a farm will have a number of shares per season. The consumer has an opportunity to purchase the share and in turn receives a weekly box filled with fresh produce directly from the farm. Many positive benefits exist for both the consumer and farmer.

### Benefits for the Farmer

- Build relationships with those who are consuming their goods.
- Develop an early seasonal cash flow to aid in year round expenses
- Spend time marketing goods early in the season as opposed to later in the season when time is dedicated to harvest

### Benefits for the Consumer

- Receive fresh food directly from your local community
- Gain access to a variety of produce that may also come with recommendations on cooking and preparing the items
- Potential for visiting the farm in which your items are coming from



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*The purpose of the "Wildcat Wellness Connection" newsletter is to keep you informed about wellness related issues. Please note that information in this publication, along with other similar materials, is meant to complement the advice of your physician, not replace it. Before making any major changes in your medications, diet or exercise, please consult your physician.*

**Questions and Comments**  
**Please feel free to contact the Employee Wellness Graduate Assistant, Rhian Dalgord.**  
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With over 4000 CSAs nationwide, the variety of options that shares present are numerous. Many CSAs will have a prefilled box that is arranged with a variety of products each week. Other CSAs may offer a mix and match format in which the consumer can pick out produce that best meets their tastes and needs. It is possible that farms will also offer dairy items, eggs, bread and cheese along with the prefilled boxes

## Dukes Farms

**Contact: Gabriel Caplett**

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**Skandia, MI**

## Rock River Farms

**Contact: Rowan Bunce**

**Phone: (906) 439-5233**

**Address: N6302 Rock River Rd**

**Chatham, MI**

## Flannel Duck Gardens CSA

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# Eating Healthy On a Budget

Eating healthy often gets the bad wrap of being expensive and time consuming. However, with a bit of preplanning and some unique tips, eating healthy and fresh can in fact decrease your weekly grocery store bill by up to 50%. Listed below are several tips and tricks that can aid in healthy and cost effective trips to the grocery store

1. Meal Prepping: Taking the time to plan ahead has multiple benefits. First, by planning ahead you are given time to reflect on your food choices for the week. Are these foods serving you the best for your nutritional goals? Also, by planning ahead you are able to look in your pantry for what items you already have on hand. This simple tip can add up to major savings once you get to the store.
2. Cell Phone Apps: Take a look online for cell phone apps specific to your favorite shopping locations. Many stores offer apps that have electronic coupon clipping and access to weekly in store specials. By reviewing what the app offers, you can base your purchases on what the weekly specials may be.



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## Eating Healthy on a Budget: Continued

3. Perimeter Shopping: Try to avoid the center aisles when at the grocery store. This is the location of many processed items that lack great nutritional value. Stick to the perimeter where the produce, fresh meats and dairy items are located.
4. Cell Phone Calculator: Use your cell phone calculator to keep a tally on your purchases as you work your way through the store. This allows you to keep track of your purchases and see the impact of those last minute items tossed into the cart. Those extra cookies or chips sure do add up in the end!

## Summer Salad Recipes

### Tomato Cucumber Salad

#### Ingredients

- 2 cucumbers
- 1 lb. green zebra tomatoes
- 2/3 cup pitted castelvetran olives
- ½ cup green onions
- 1/3 cup feta cheese
- 2 teaspoons oregano
- 3 tablespoons EVOO
- 2 Tablespoons white wine vinegar
- ½ tablespoon cracked peppercorns
- 1/8 teaspoon kosher salt



Shave cucumbers into long strips using vegetable peeler. Add in tomatoes and olives. Sprinkle with green onion, feta and oregano. Drizzle with oil and vinegar. Sprinkle with salt and pepper

### Summer Melon and Ham Salad with Mozzarella

#### Ingredients

- |                                      |                          |
|--------------------------------------|--------------------------|
| 1 teaspoon of crushed red pepper     | 1 small cantaloupe       |
| 2 tablespoons white balsamic vinegar | 1 small honeydew melon   |
| ½ teaspoon minced shallots           | 2 oz. ham, thinly sliced |
| ½ teaspoon of honey                  | 4 oz. fresh mozzarella   |
| Dash salt                            | ¼-teaspoon black pepper  |
| 2 tablespoons canola oil             |                          |

**Steps:** Combine red pepper, vinegar, shallots, honey and salt in bowl and whisk. Add in oil. Cut each melon into quarters. Arrange melon and ham slices on platter. Top with mozzarella, cracked black pepper. Drizzle with dressing.



## Summer Salad Recipes

### Spinach Salad with Grilled Shrimp

#### **Dressing**

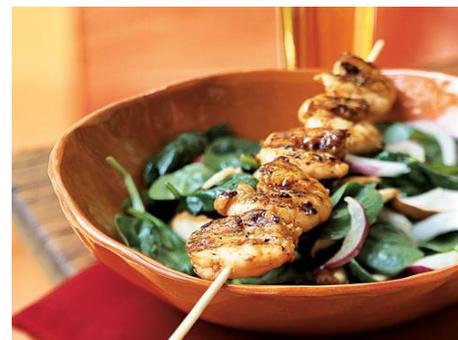
2 tablespoons rice vinegar  
 2 tablespoons orange juice  
 1 ½ tablespoons EVOO  
 1 tablespoon honey  
 1 tablespoon soy sauce  
 ½-teaspoon fresh ginger  
 ½-teaspoon salt  
 1/8 teaspoon crushed red pepper

#### **Salad**

8 cups of Spinach  
 2 cups sliced shitake mushrooms  
 ¾ cup sliced red onion

#### **Shrimp**

2 teaspoon EVOO  
 1 teaspoon fresh ginger  
 ½-teaspoon ground cumin  
 ¼-teaspoon salt  
 ¼-teaspoon black pepper  
 2 garlic cloves minced  
 2 lbs. large shrimp, peeled  
 and deveined



**Steps:** Prepare grill. Combine 8 dressing ingredients in large bowl and whisk, Combine 2 teaspoons of olive oil and shrimp ingredients in large bowl and toss. Thread 5 shrimp onto wood skewers. Coat grill rack with cooking spray. Grill for 3 minutes.

### References

BuzzFeed. (2018). Retrieved March 28, 2018

CookingLight, (2018). Retrieved March 28, 2018.

LocalCSA. (2018). Retrieved March 28, 2018.

## NORTHERN MICHIGAN UNIVERISTY

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