



QUICK FACTS

ABOUT FOOD AND HEALTH

CLEAN UP.

Vegetables contain antioxidants that help prevent certain cancers.

CALM DOWN.

Antioxidants help your body repair after long bouts of stress and illness. They help protect your body for the future.

FILL UP.

The fiber in vegetables help you feel fuller for longer, curbing unnecessary snacking.

SLIM DOWN.

Snack on veggies! In addition to being vitamin and nutrient rich, most vegetables are full of water so they're generally fat free and low in calories.

TONE UP.

The high levels of fiber in vegetables keep your digestive system healthy and toned.

ABOUT PROSPECT LEFFERTS GARDENS COMMUNITY SUPPORTED AGRICULTURE

Prospect Lefferts Gardens Community Supported Agriculture is a partnership between people in our Brooklyn neighborhood and Woodbridge Farm in Salem, Connecticut. Each spring, members purchase a "share" in the farm. Each week during the growing season (May – November) the farm delivers a portion of the harvest to members. Members receive a variety of freshly picked organic vegetables throughout the season.

PLG CSA is one of over 50 CSA's in New York City. For a list of CSA's, and more information about CSA in general, visit Just Food's website at www.justfood.org/csa.

OUR MISSION

PLG CSA is committed to providing an affordable source of fresh, healthy, and organic food to the diverse community of Prospect Lefferts Gardens. We support local family farms and sustainable agricultural practices. We are dedicated to connecting our members with the source of their food and with each other.

Produced by:
PROSPECT LEFFERTS GARDENS
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KNOW YOUR FOOD

NOT ALL FOOD IS EQUAL



PROCESSED FOODS VERSUS FRESH FOODS

Almost all foods involve a process, but 'processed foods' typically refer to those which are significantly altered from their natural state—particularly with chemicals such as preservatives, flavorings, and additives. There is a major difference between a "cheese puff" and a piece of real cheese.

Processed foods often contain chemicals, synthetics, and other non-organic elements that our bodies cannot process. Studies link certain chemicals to a wide variety of health issues.

Fresh foods are healthier for you as they still contain all their natural nutrients.

Organic food is produced without the use of synthetic substances or pesticides. Organic farming techniques produce food using natural fertilizers and no chemicals. In general, these farming techniques are better for the soil and the environment. Food is even fresher when it is locally grown, because it doesn't have to travel a long way from the farm to your table. Buying locally means less fuel burned to transport food, which also helps reduce pollution.

Organic and local food means healthier air, healthier planet, and healthier you!

DIET AND EXERCISE

Fresh, healthy food goes hand-in-hand with exercise. Paired with a healthy diet, physical activity can help prevent heart disease, diabetes, and obesity. Exercise is also a stress reliever! Don't worry, you don't have to run marathons; there are a lot of easy ways to incorporate more physical activity into your life.



EAT HEALTHY. EAT RIGHT.

ACTIONS YOU CAN TAKE

There are a number of ways to connect with organic, local, and fresh food. Here are some ideas to get you started:

JOIN A CSA. Community Supported Agriculture (CSA) is a great way to get fresh, local, seasonal produce and other items. While many only accept members in the fall/winter for the following growing season, now is a great time to locate the CSA's in your area that might be accepting new members.

JOIN A FOOD CO-OP. This is a great way to plug into a new food community. Most

food co-ops require a modest investment of time, money, or both. In return, you get high quality products from a business you help to build.

FIND YOUR LOCAL FARMER'S MARKET. This is a great way to connect with what's being grown in your area and to meet the people growing it. There is a farmers market at Grand Army Plaza (Saturdays from 8 a.m. to 4 p.m.). Check out www.cenyc.org for more locations and times.

SEEK FRESH WHEN YOU SHOP. Try to buy produce that is in season. See www.agmkt.state.ny.us/HarvestCalendar.html for a local harvest calendar.

AREA RESOURCES

Added Value

Farm and non-profit in Red Hook
718-855-5531
www.added-value.org

Brooklyn Food Conference
brooklynfoodconference.org

CAMBA

Brooklyn-based non-profit: education, health, legal, social, business development, and youth
718-287-2600
1720 Church Ave., 2nd Fl.
www.camba.org

Carribbean Women's Health Association
Non-profit in Flatbush

focusing on health, immigration and social support
718-940-9501
21 Snyder Ave., 2nd Fl.
www.cwha.org

Council on the Environment NYC
Food advocacy and environmental non-profit; farmers markets
212-788-7900
www.cenyc.org

Edible Brooklyn
Local and fresh food magazine
631-537-4637
www.ediblebrooklyn.net

Flatbush Farm Share
CSA in Flatbush, Brooklyn
info@flatbushfarmshare.com
flatbushfarmshare.wordpress.com

Flatbush Food Coop
Community-owned grocery in Flatbush, Brooklyn
718-284-9717
1415 Cortelyou Road
www.flatbushfoodcoop.com

Just Food
Food advocacy non-profit
212-645-9880
www.justfood.org/jf

Park Slope Food Co-op
Member-run grocery in Park Slope
718-622-0560
782 Union Street
www.foodcoop.com

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www.plgcsa.org

WIC Farmer's Market Nutrition Coupons
WIC and senior food program for purchasing fresh foods at farmer's markets
www.health.state.ny.us/prevention/nutrition/fmnp/