



3 Visions Farm

Cocoagranola LLC

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Greetings, All!

So begins the Merrie Month of May! I plan to dance around a Maypole and celebrate this wondrous planet... how about you? In my region of the NC Piedmont our local farmers are busy harvesting things like; strawberries, asparagus, broccoli, carrots, arugula, sugar snap peas, turnips, and much more. For those lucky enough to be subscribers to local CSA farms, these freshly-picked delights will be showing up in their monthly boxes.



CSA, (Community-Supported Agriculture) is a system whereby people can make various forms of agreements with participating local farmers for an agreed-upon share of the harvest. Among the benefits are transparency

regarding who grows the crops and how it is grown, which gives a face to those who grow our food. Another important benefit of CSA is a much-reduced carbon footprint when we do not buy produce that has been shipped sometimes

thousands of miles and was bred for shipping, not for flavor or nutritive value.

Here are some helpful links. This Wikipedia entry is fantastic :

[Click Here](#)

Here is the link to what is being harvested in my area. Look for one for your area by typing in your zip code:

[Click Here](#)

3 Visions Farm has a vested interest in this method. By supporting our local farmers, we can help to strengthen our communities economically, reinforce growing practices that replenish the land, and connect with some wonderful people who share our concerns for healthy bodies, soil, water, and air.

Happy Spring!

Phoenixsong Stellamaris



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