

Go organic, enjoy fresh food

Memberships still available for Path Farm Co-op participation

Special to the Chronicle

Interested in fresh food grown locally using organic methods? Consider membership with The Path Farm Co-op, now signing up new members for the fall/winter growing season.

Keeping farms in a community can be a positive for

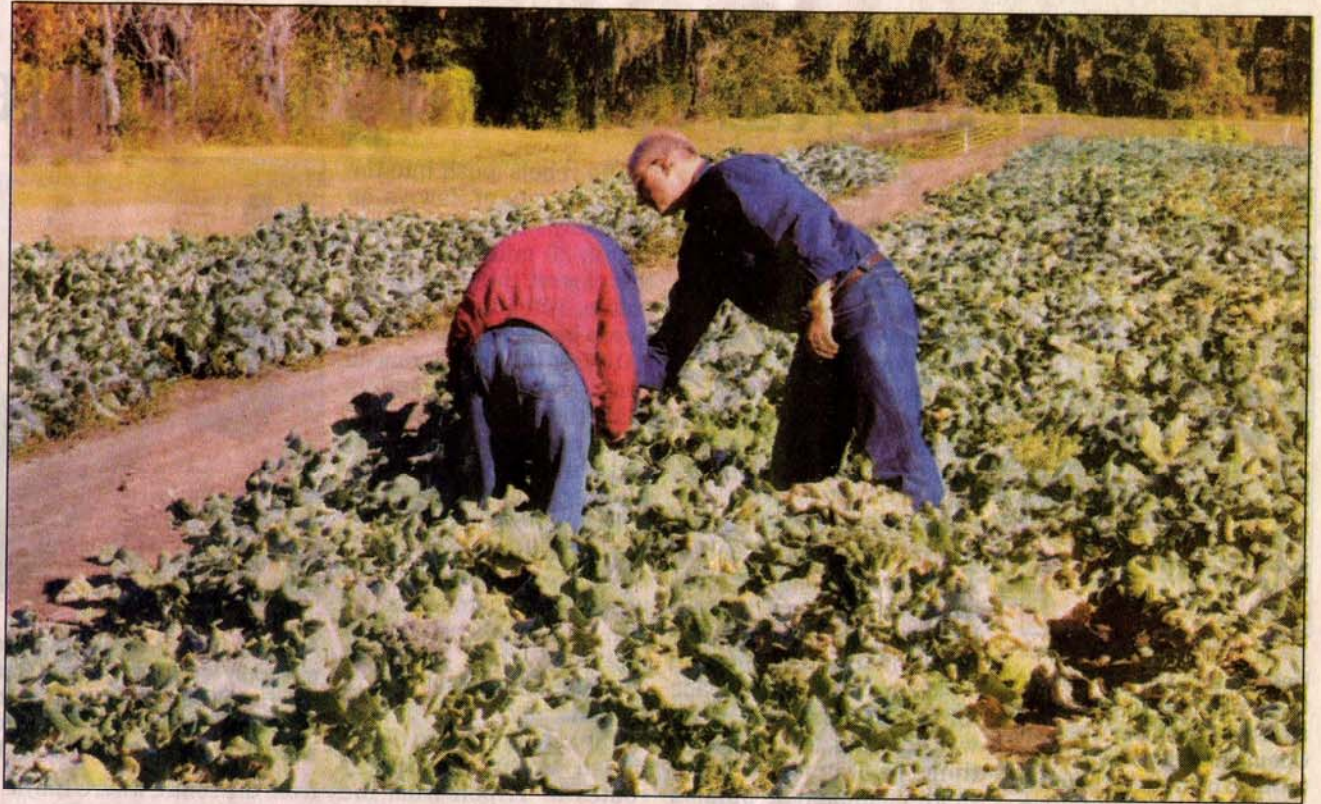
the community, but why would your family want to join the Farm Co-op? Mainly, for the fresh vegetables. Most of them are harvested within 24 hours of the time members receive them. That means they have less time to lose their flavor and nutritional value, and they last longer once members get them.

Members also have a chance to cook with vegetables that are difficult to buy in other stores, and maybe the family will be willing try some they may not have eaten before. The vegetables are high quality and low cost. The Path provides seasonal vegetables weekly to co-op members, plus opportunities to learn simple organic farming using environmentally friendly methods, easily adapted to any scale.

Get a basket of freshly picked, seasonal produce every Friday, September 2011 through March 2012. Pick-ups are at the Hernando Farmer's Market on U.S. 41, south of Chicken King.

Support of Farm Co-op members provides work, job opportunities, plus healthy, organically grown food for the community. Joining helps The Path's clients make a positive change in their lives.

Call (352) 527-6500, ext. 5, for more information, payment options or to sign up, or attend The Path Farm



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Path Executive Director DuWayne Sipper, right, and one of the men at The Path check on the broccoli, greens and other vegetables grown organically on 10 acres loaned by Hernando Church of the Nazarene. These and other seasonal vegetables will be harvested for Path Farm Co-op members, The Path shelter and other feeding programs in Citrus and Marion counties.

Co-op members meeting from 6 to 7:30 p.m. Friday, Aug. 19, at the College of Central Florida Citrus Campus.

For more information about The Path and the farm, visit the website at www.pathofcitrus.org. The Path is a nonprofit in operation for more than a decade in Citrus County as a rescue mission: a shelter for displaced or homeless men, women and their children with a program to strengthen life skills promoting self-sufficiency.



The Path Farm Co-op member Ron Lundberg gets his box of harvested vegetables at the pickup site, Hernando Farmer's Market on U.S. 41. "I joined The Path Farm Co-op because it is a great win-win venture. A work program is provided for Path clients, and my family can eat healthier, fresher food," said Lundberg. "I always liked the bok choy vegetable, but I didn't know it by name. Now we enjoy it several times a week."