

City Fresh is a non-profit program of the New Agrarian Center

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## CITY FRESH

City Fresh is a unique food share program that provides a weekly bounty of seasonal, naturally-grown and herbicide and pesticide-free produce from farms within 75 miles of our markets. The produce is often picked the morning of distribution and loaded onto our truck, which runs on 70% waste vegetable oil.

Shares cost \$28 for a “Family Share” and \$15 for a “Single Share” For details about our 20 Fresh Stop locations in Cuyahoga, Lorain, and Summit Counties, please visit [www.cityfresh.org](http://www.cityfresh.org)

We face challenges at both ends of our food systems. Many urban neighborhoods in old rust belt cities like Cleveland, Lorain, or Youngstown have challenges accessing the foods needed for a healthy diet. Meanwhile, many farmers struggle at the edge of existence as rising land values and cheap food imports make for a challenging economic environment.

City Fresh seeks to address food access in inner-city neighborhoods by linking a network of urban and rural growers with neighborhood “Fresh Stops” which serve as food education and distribution centers. Fresh Stops work with churches, schools, community centers, libraries, community development corporations, hospitals, and new this year, grocery stores, to distribute food to a diverse mix of residents.

By serving wealthier and lower-income shareholders, City Fresh helps to equalize participation in the local food system, regardless of income, which we do through limited income share subsidies, multiple payment options, and graduated share costs based on monthly income.

## Sample \$28.00 Family Share Bag for July 28, 2010

- |                           |                        |                                  |
|---------------------------|------------------------|----------------------------------|
| 4 Peaches                 | 3 Banana Hot Peppers   | 2 Heads of Garlic                |
| 10 Apples                 | 1 Mild Flamingo Pepper | 1 Cantaloupe                     |
| 1 Bag of Sprouts          | 1 Green Bell Pepper    | 1 Head of Red Leaf Lettuce       |
| 1 Large Eggplant          | 1 Bunch of Beets       | 1 Pint of Mixed Tomato Varieties |
| 1 Pint of Cherry Tomatoes | 7 Ears of Sweet Corn   | 1 Large Heirloom Tomato or       |
| 2 Yellow Onions           | 1 Bag of Green Beans   | 2 Small Heirloom Tomatoes        |