Tips for Eating Organic on a Budget

Buy directly from local, organic farmers

Cook from scratch

Plan meals around seasonal ingredients

Transition gradually to familiarize yourself with prices and products.

Eat what is abundant

Preserve what is in season.

Buy in bulk.

Join a Community Supported Agriculture (CSA) farm for weekly shares of the harvest.

Grow your own.

For more on organic, local and seasonal eating in Maine, please visit MOFGA.org/buyorganic

Look for the logo!