

# Tips for Eating Organic on a Budget



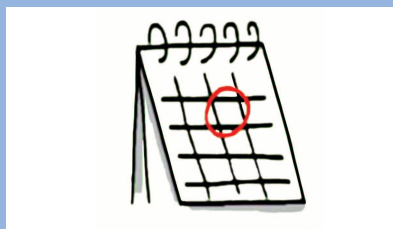
**Buy directly from local, organic farmers**



**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](http://MOFGA.org/buyorganic)**



**Look for the logo!**