

# 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.



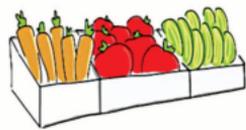
Eat what is abundant



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!