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

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Look for the logo!