

Dear IKARites,

We are thrilled to announce that IKAR has joined forces with Tierra Miguel Farms to participate in their CSA Project (Community Supported Agriculture). CSA is not just a great way to buy healthy, organic produce, but it is also an opportunity to actively support local farmers and ensure that they can sustain their livelihood (*parnasa*) throughout the year.

Why is it important that we, as Jews and members of the IKAR community, join a CSA? At IKAR, we believe that food and community go hand in hand. Sharing food together helps us connect to each other as individuals and binds us as a community. As Jews, we make blessings over our food before and after we eat, thus requiring us to understand where our food comes from.

By joining the CSA, we can actively participate in what it means to live in a sustainable world, delve into Jewish study on what it means to be an environmentally conscious Jew, and simultaneously support those who still make their living from the land.

As Rabbi Eleazar ben Azariah wrote: *"Im ein kemach, ein Torah, im ein Torah, ein kemach"* (If there is no flour, there is no Torah, and if there is no Torah there is no flour).

If you are interested in becoming a part of IKAR's CSA, Tierra Miguel will deliver its produce to the Westside JCC every Wednesday, and you can pick up your box of organic, sustainable produce between 1 and 7 pm.

Participants can sign up for weekly or bi-weekly deliveries and you can join up with others to share a box. To participate, please sign the Tierra Miguel pledge form, which can be downloaded here:

<http://www.tierramiguelfarm.org/csa-forms.htm>

Deliveries will begin in May. More information on Tierra Miguel can be found at their website: [www.tierramiguelfarm.org](http://www.tierramiguelfarm.org)

L'shalom,

Kelly Hartog

CSA Coordinator

**IKAR • עיקר**