

What Is A CSA?

Community Supported Agriculture refers to a particular network of individuals who have pledged to support one or more local farms, with growers and consumers sharing the risks and benefits of food production.



Why Vitality Bucket?

There are a lot of traditional CSA's that have aging adults as members who receive a share of whatever vegetables are being grown on the farm. Vitality Bucket is dedicated to providing local, fresh, nutritionally dense, healthy, organic foods to aid in the basic nutritional need of the aging adult age 50 and older.

The value in eating healthy foods:

- Self Sustainability
- Better quality of life
- Functional food
- Accessibility to local fresh foods

What We Grow

Month Harvested	Expected Crops
May-June	Lettuce, Kale, Spinach, Beets, Greens (Collard, Turnip, Mustard), Peas, Radishes, Swiss Chard, Leeks, Arugula, and more
July-August	Beets, Broccoli, Carrots, Peppers, Greens (Collard and Mustard), Bok Choy, Cabbage, Summer Squash, Spinach, Peas, Potatoes, Celery, Zucchini, Tomatoes, Beans, Cucumbers, Garlic, and more
September-October	Squash, , Greens (Mustard and Collard), Cabbage, Butter Beans, Egg Plant, Broccoli, Peppers, Swiss Chard, Carrots, Onions, Pumpkins, Watermelon, Cantaloupe, Corn, Okra, and more

Nutritional Foods for Adults 50+

Calcium: Okra, Collard Greens, Spinach Broccoli, Celery, Kale, Turnip Greens, Garlic, Arugula, Mustard Greens, Potatoes, and Beets.

Potassium: Beets, Peas, Carrots, Asparagus, Lettuce, Cucumbers, Spinach, Swiss Chard, Cabbage, Eggplant, Celery, and Bok Choy.

Magnesium: Spinach, Collard Greens, Kale, Swiss Chard, Summer Squash, Turnip Greens, Peas, , Broccoli, Asparagus, Carrots, Corn, Tomatoes, and Okra.

Vitamin A: Cabbage, Carrots, Lettuce, Spinach, Celery, Okra, Red Peppers, and Mustard Greens.

Vitamin C: Yellow, Green, and Red Bell Peppers, Kale, Broccoli, Tomatoes, Peas, Mustard Greens, Spinach, and Leeks.

Vitamin E: Spinach, Broccoli, Pumpkins, Potatoes, Swiss Chard, Turnip Greens, Kale, and Tomatoes.

Folate or Folic Acid (Vitamin B9): Asparagus, Bok Choy, Broccoli, Brussel Sprouts, Cabbage Okra, Peas, Potatoes, Spinach, Collard Greens, Turnip Greens, and Lettuce.

Omega 3 Fats: , Kale and Spinach

Your commitment to local organic farming is vital to our success. We look forward to growing nutrient enriched foods for you.

Thank You!

Vitality Bucket

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Vitality Bucket

Community Supported Agriculture



- For Maturing Adults Age 50+
- Affordable Prices
- Certified Organic Vegetables
- Healthy Food For Our Customer Needs