

Home Field Advantage: Grown Here, For Here

There's a reason food that's grown well and harvested at the right time tastes so different. At The Farm at SOU, we pay close attention to soil health and harvest cycles to get it right. What ends up in your share reflects that care in a way you can taste. Free of synthetic pesticides, ethical labor standards, and a focus on quality, we make sure your CSA share includes the best of the best.

Being local matters too. When your food travels a few miles instead of a few hundred, it arrives fresher and with far less environmental cost. Short routes mean less waste, less packaging, and produce that hasn't been sitting in a truck for days - that's home field advantage. There's something reassuring about knowing where your food comes from and who grew it. A CSA share is a way to be part of a local food community, where good produce comes with a side of knowing you belong to sustainable practices.

If that sounds like something you want to be part of, you can sign up at farm.sou.edu/csa-at-the-farm. The 2026 season runs Wednesdays, June 24 through September 9, with pickups in the heart of Ashland. We'd love to have you.