



SLO Farmers Co-op
Northeast Wisconsin



CSA IMPACT REPORT 2024



THE DIFFERENCE YOU MAKE

Where you source your food matters! Let's take a look at how your support of the family farms in SLO Farmers Co-op has an impact on our air, water, soil, local economy, and atmosphere.



So far this year, you received*:

bacon
beef sticks
bone-in chops
bratwurst
breakfast links
breakfast patties

chuck roast
deli sliced ham
ground beef
ground pork
hamburger patties
hock

NY strip steak
pastured chicken
ribeye steak
shoulder roast
sirloin steak
stew meat

summer sausage
t-bone steak
tenderlion steak

**Roughly
124 lbs of
meat!**

Throughout the summer season, you received*:

arugula
basil
beets
bell peppers
blueberries
broccoli
cabbage
carrots
celery
chard
cherries
cilantro
cucumbers
delicata squash

dill
fennel bulbs
garlic bulbs
garlic scapes
green beans
green onions
jalapeños
kale
kohlrabi
lettuce
marjoram
microgreens
mushrooms
oregano

parsley
peaches
pears
peas
poblano peppers
red radishes
rhubarb
salad turnips
shishito peppers
strawberries
sweet carmen
sweet corn
sweet peppers
slicer tomatoes

cherry tomatoes
heirloom tomatoes
watermelon
yellow onions
zucchini

**Roughly
165 lbs of
produce!**

*These items & quantities are the pre-loaded contents of the Meat CSA shares & weekly Summer Standard CSA.





YOU CHOSE ORGANIC OVER CONVENTIONAL.

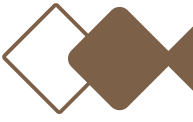
By choosing organic produce, you've reduced the demand for conventionally grown produce and therefore reduced the amount of chemical fertilizers and pesticides applied. This means we have fewer chemicals in our soil, in our waterways, in the air, and on our plates!

	Nitrogen Applied to an Acre of Conventional Land*	Phosphate Applied to an Acre of Conventional Land*	Total Synthetic Chemicals Applied to SLO Land
Carrots	58	58	0
Garlic	123	72	0
Onions	136	187	0
Tomatoes	172	75	0

*Quantities are pounds per acre per year on average sourced from the USDA National Agricultural Statistic Service.



Regenerative Organic Alternatives



Instead of using synthetic fertilizers, herbicides, and pesticides, we use other organic methods to foster soil health and nourish crops:

- Annual compost
- Animal/green manures
- Row crop rotation
- Cover crops for fields and beds
- Fallowing fields and beds

These practices help us meet the needs of the current generation without compromising the needs of future generations.

Other Sustainability Initiatives

Several of the member farms of SLO have taken on other projects to increase the sustainability of their farm.

Both Valentine Gardens and Full Circle Community Farm have planted pollinator habitats.

Full Circle created buffer zones along their creek with native plants to house wildlife and keep the water clean.

Valentine Gardens shares their knowledge through both adult and kid farm camps and workshops.



“How and what we eat determines to a great extent the use we make of the world - and what is to become of it.” - Michael Pollan



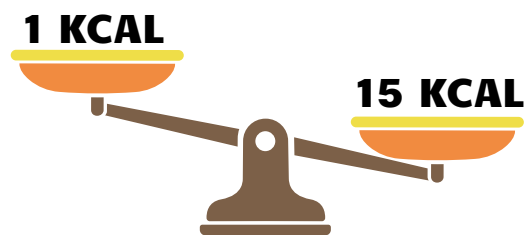


YOU CHOSE LOCAL OVER DISTANT.

Studies estimate that fresh produce in the United States travels over 1,500 miles before it reaches the end consumer. As you can imagine, this burns a lot of fossil fuels!

It takes 15 calories of fossil fuels to bring 1 calorie of food to your table.*

Tomatoes, for example, travel great distances with Florida and California producing 2/3 of the U.S. tomatoes. This means tomatoes are often picked while still green because they do not bruise or split as easily during transport. They are later ripened at their destination with ethylene-rich gas, leaving you with a tomato that not as flavorful as a vine-ripened tomato.



This means a lot of fossil fuels were burned in order to bring sub-par fruits and vegetables to our plates!

*Data from Joan Dye Gussow (1991). Michael Pollan - an American journalist, professor, and author of The Omnivore's Dilemma - has written that this is a 10:1 ratio in 2008. We could not find any more recent studies on this.





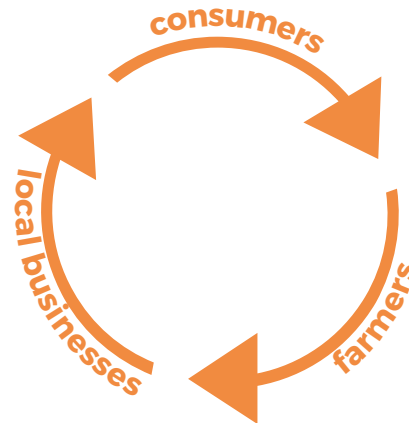
Building Food Resilience

Eating locally strengthens our food system by supporting the hard work of nearby farmers who provide fresh, nutrient-rich produce and meats.

You are shortening your supply chain which reduces your reliance on a few large, faraway entities. By choosing local foods, you gain greater control over where your food comes from and you enable our community to thrive through sustainable practices and many smaller and more diverse sources.

Keeping It Local

Our farms also strive to support other local businesses, including hatcheries, feed mills, butchers, and even non-ag businesses like print shops. This means more of your money continues circulating in the local economy,



Small and Diverse

There is greater diversity on small scale farms. Instead of huge machines that specialize in just one crop over huge areas, we use more human hands and produce a wide variety of produce. These diverse species and varieties can withstand different weather conditions and pests, meaning we are increasing our chances of harvest. Even if one crop suffers, others will thrive.

“The biggest thing you can do is understand that every time you're going to the grocery store, you're voting with your dollars. Support your farmers' market. Support local food. Really learn to cook.” - Alice Waters





Sequestering Carbon

Regeneratively grazing animals greatly increases the soil's ability to sequester carbon out of the atmosphere.

Full Circle Community Farm and Golden Bear Farm (SLO's sources for beef and pork) rotationally graze 310 acres, which is approximately 234.8 football fields.

Every year, this land is removing 287.29 metric tons of carbon from the atmosphere and storing it in the soil! Then it is taken up by plants to help them grow faster and stronger.

Bettering the Soil for Future Generations

Vegetables and fruits today have lost 5% to 40% or more of the minerals, vitamins, and protein they had 50-70 years ago.

One contributing factor to this nutrient loss is long-term mismanaged agricultural practices that have led to decreased nitrogen stores by 42% and phosphorus stores by 20%, as well as many beneficial trace minerals.

By using practices that foster soil health like compost, crop rotation, cover crops, managed perennial pastures, and animal/green manure as a nitrogen source, we can improve the nutrient content in our produce and meats now and for future generations!

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WHERE IS CARBON SEQUESTERED?

The carbon cycle is the movement of carbon through Earth where it flows out of carbon sources, into the atmosphere, and back into carbon sinks.

Carbon dioxide is released into the atmosphere by burning fossil fuels, deforestation, and even the tilling of soil.

The main carbon sinks are oceans, soil, and forests. Soil absorbs approximately a quarter of all human carbon emissions every year.

THIS YEAR, YOU...

reduced the amount of synthetic fertilizers and pesticides in our air, water, and soil

created pollinator habitats and natural waterway buffers

nourished the soil with sustainable, organic methods

drastically decreased your food mileage and fossil fuel emissions

kept more of your dollars in the local economy supporting small businesses and increasing jobs

increased the resilience of our local food economy

improved soil health to remove more carbon from the atmosphere

supported small family farms here in Northeast Wisconsin



Let's do it again!

The impact we've had as a community is significant. We can compound this impact every year and see more and more improvements in our food, our environment, and our community!

Invite your friends and family to subscribe to their very own CSA share! If a whole share is too much, consider splitting it with a friend or family member. Together we can do more than we can separately, all while enjoying delicious food and nourishing our minds and bodies!