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Vegetable Consumption and Food Waste Trends of Common Ground Garden CSA Members in Central Minnesota

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Vegetable Consumption and Food Waste Trends of Common Ground Garden CSA Members in Central Minnesota



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Background

- Community Supported Agriculture (CSA) in the US has increased in popularity to over 4000 programs. (Local Harvest, 2017)
- Nutrient-dense produce consumption increases with CSA participation, including in low-resource communities. (Uribe et al, 2012)
- 30-40% of the US food supply is wasted each year. (USDA, 2017)



Results

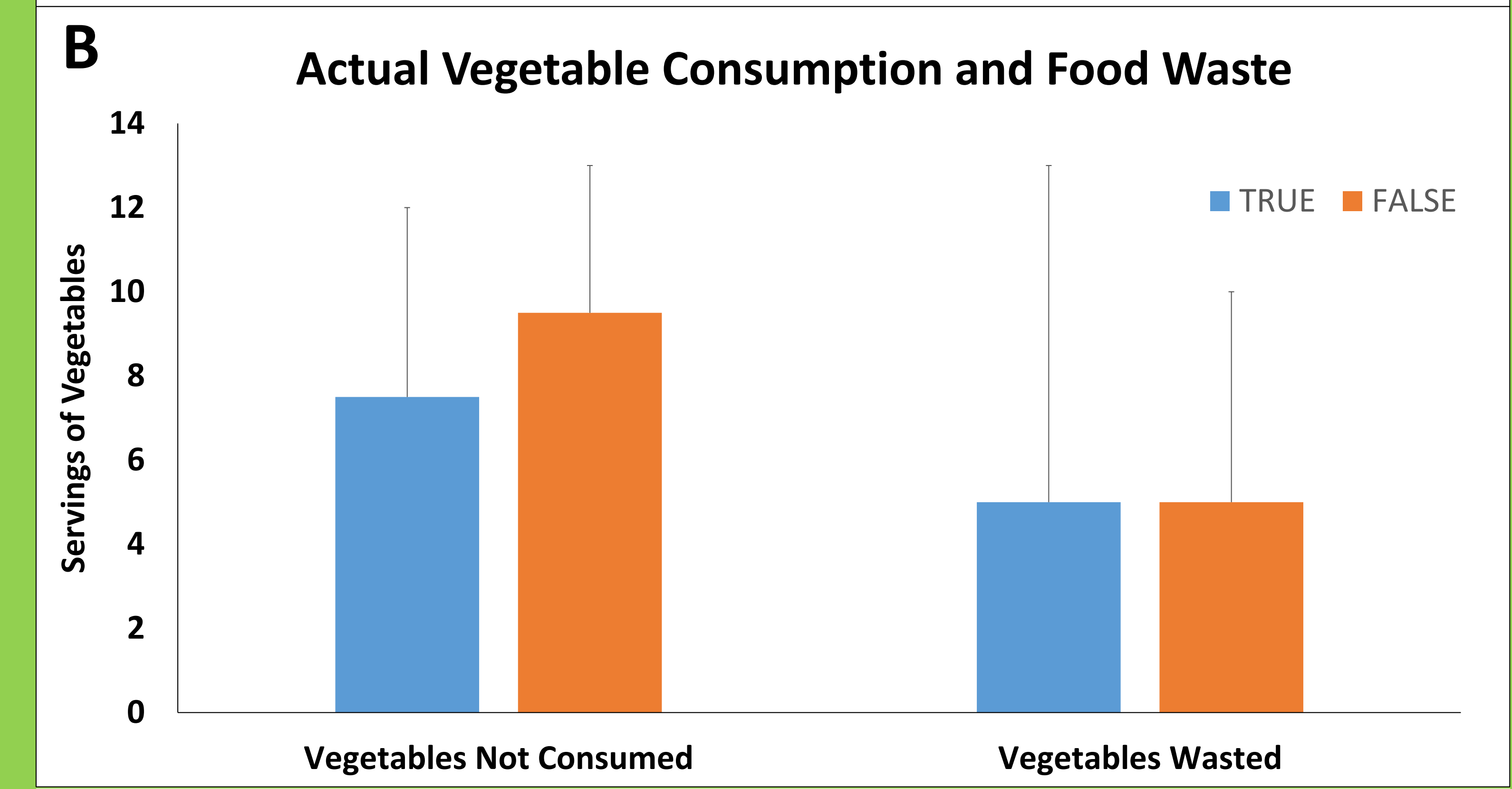
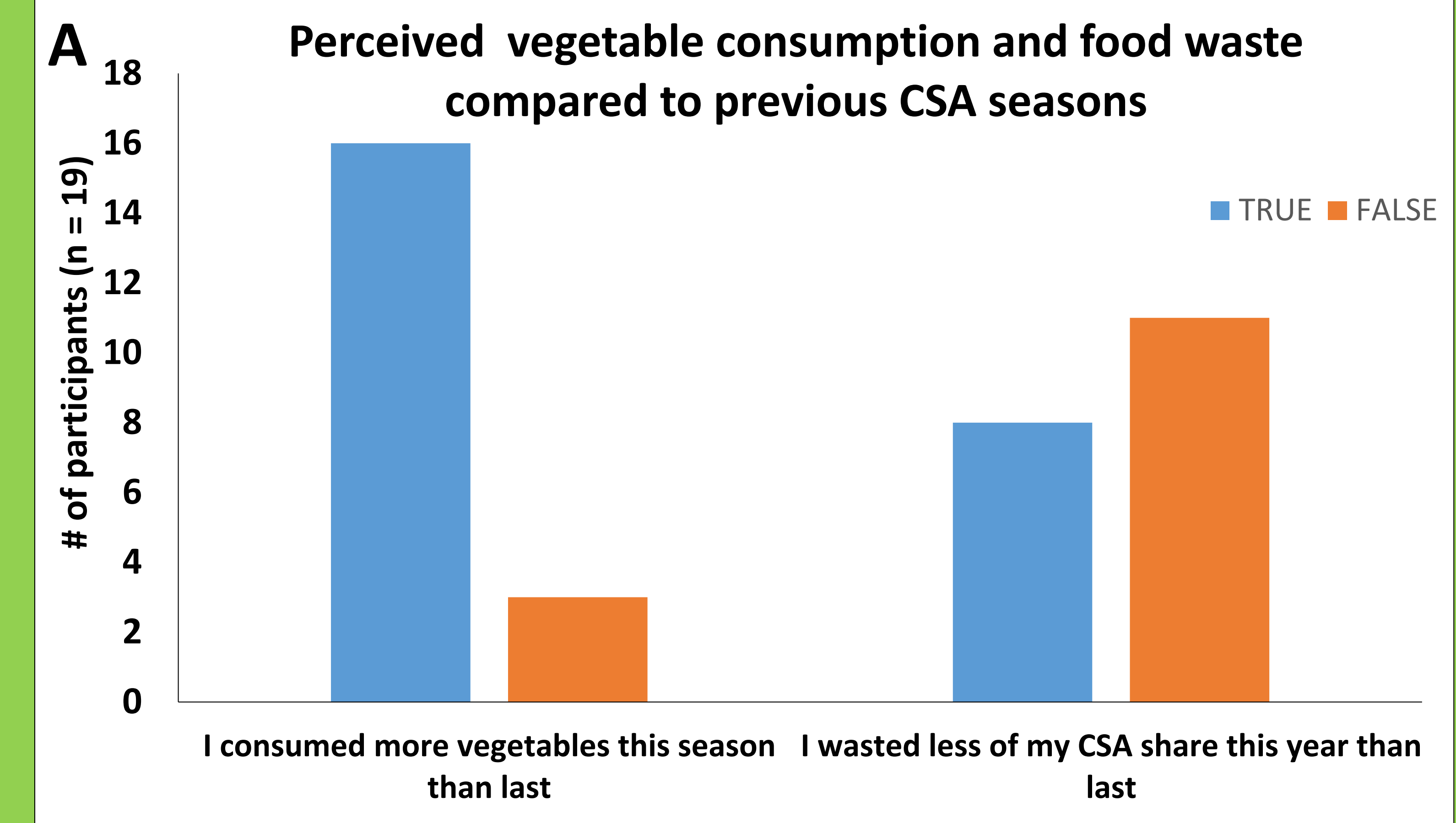


Figure A) End of study participant perceived vegetable consumption and food waste. Figure B) Number of respondents answering true/false to questions in figure A and corresponding averages of vegetables not consumed and food waste for four shares.

Study Design

- Sought and received IRB approval from CSB/SJU
- Recruitment of Common Ground Garden CSA members via email and flyers
- Participants (n =36, 19 half vegetable shares) completed four online surveys over a total of eight weeks regarding vegetable consumption and waste from CSA shares
- Participants completed a beginning and end-of-season survey to assess demographics, anthropometric measurements, and perceived food waste habits
- Survey data was analyzed using SAS v9.0.

Results

Table 1. Vegetable Consumption (High vs. Low)

	July 14 (n = 19)	July 28 (n = 17)	August 11 (n = 14)	August 25 (n = 19)
Most Consumed	Zucchini (5)	Cucumber (3)	Sweet Pepper (3)	Zucchini (4)
Least Consumed	Cabbage (9)	Chinese cabbage (11)	Sweet potato leaves (8)	Potatoes (15)

Table 1. Comparison of vegetable consumption over the four shares surveyed. Most shares had 5-6 different vegetable options.

Acknowledgements

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Conclusion

- Income, education, and BMI had no significant impact.
- Overall, food waste among Common Ground CSA members was lower than the national average.
- Average percentage of vegetables not consumed over four shares was 36% ± 16% (Mean ± SD).
- Average food waste was 12.5% ± 6% (Mean ± SD) over four shares.
- No trends in vegetable consumption or food waste from this study, possibly due to limited sample size.
- Demographic data aligns with existing research.