Written by Claire Perkins



EXTRA EXTRA!

Last Chance! A Maya's Farm CSA Membership is up for grabs on our new Fitness Blog!

In case you're wondering, a CSA Membership is the gift that keeps on giving. Each week between January 12 and March 30, you'll get a bag of fresh, naturally grown, hand-picked goodies from Maya's farm, a seven-acre plot nestled up to South Mountain. That's 12 weeks of seasonal produce, eggs, fresh herbs, flowers—they even have cooking classes—all packed and ready to pick up in Maya's trademark burlap bag (you get to keep the bag too!). And there are plenty of pickup sites, from the Phoenix Public Market to Ahwatukee.

How To Enter

*Follow @AZFoothillsFit on Twitter.

*Tweet this message: I just entered to win a winter CSA membership from @MayasFarm, courtesy of @AZFoothillsFit http://ow.ly/g1dGj #FEELTHEBURN

The contest ends December 19, so get following!