

## **What to Expect as a CSA Member**

### **Factors to Consider When Choosing a CSA Farm:**

- Pick-Up Site – This is where you'll pick up your food every week so make sure it is a place that is convenient and fits into your life.
- Delivery Date – Find a day of the week that works for you
- Share Size – How much food can you and your family reasonably consume?
- Food Offered in Share – Besides vegetables, many farms offer eggs, cheese, fruit, meat, and other extras that you may want
- Farm Events – Are you interested in visiting your farm? If so, consider your farm's location and how far you want to drive.

### **Picking Up Your Share:**

When you pick up your share, you'll usually find one of two scenarios:

1) MOST COMMON: You'll find a big stack of packed boxes. You'll need to carefully open your box and remove all of its contents and place into your own bag. Some farms let you take the box home as long as you return it the following week.

2) You'll find a farm stand where you can choose the equivalent of a share from the available offerings. The farmer will tell you how much you can take.

Many pick-up sites will have a trade box where you can put items you don't want and take those that you do.

### **What Does a CSA Box Look Like?**

Carefully open your box – this may be a challenge at first but take care not to rip the box. The items inside will often be tightly packed, some loose and others in plastic bags. You may also find your newsletter inside.

### **How Does the Food Arrive?**

You will often find pre-washed products, some in bags, like lettuce, and others bundled like beets and carrots. Even so, many vegetables will still have dirt on them so you'll need to wash them again before consuming.

Most farms include a newsletter with your share. This will list the items in your box along with storage tips and recipes to help you make the most of your food. You'll also learn something about the farm and the farmers behind your food.

### **Joining a CSA is a Great Way To...**

- Get access to fresh, healthy local food as well as vegetable varieties you may not find in your local grocery store
- Get to know a local farmer. CSA is all about relationships.
- Get certified organic food that is free from pesticides.

- Support small farms and your local economy. CSA keeps small-scale diversified vegetable growers strong and in business.
- Learn to cook
- Get in touch with Wisconsin's growing season. You'll learn what is in season when and how weather can affect what is and is not included in your box. You may find yourself counting down the months until asparagus season or to get those first juicy tomatoes. Produce tastes best when it is local and in season.