



2023 Summer CSA Member Handbook

Welcome to our 2023 Summer CSA! Community Supported Agriculture is an incredible way to access the vegetables and meats we raise here at Rainshadow Organics. We provide GMO and chemical free pasture raised meats and certified organic, nutrient-dense vegetables for your table. During this 20 week CSA, we look forward to getting to know you, sharing ideas, and working together for wellness through food.

Your membership is INVALUABLE to the farm and we wouldn't trade our CSA members for the world!

This document details out what to expect as a CSA member for the 2022 20 week Summer CSA. Please take the time to review these logistics and guidelines to help our summer CSA run smoothly and efficiently.

Rainshadow Organics Contacts

During CSA pick up **on Wednesdays**, the best way to reach us is through our cell phones. Sarahlee Lawrence and Alison Holland are your primary contacts. Use these numbers to contact us on Wednesdays if something urgent comes up during the CSA delivery.

For Bend Farmers Market pick ups, Sarahlee: (541) 279-0841

For Farm Store pick ups, Alison: (435) 230-2417

On other days of the week, please **email us** with any questions you might have.

info@rainshadoworganics.com

CSA Timeline

Meat & Veggie and Veggie Only shares: Our 2023 Summer Meat & Veggie and Veggie Only CSA begins on **Wednesday, May 31st**. The CSA will run for 20 weeks with pick up every Wednesday. The final CSA pick up will be on **Wednesday, October 11th**.

Meat Shares: Our 2023 Summer Meat CSA begins on **Wednesday, May 31st**. The CSA will run for 20 weeks with pick up every **other** Wednesday. (2nd meat share on June 14, 3rd meat share on June 28, etc...). The final Meat CSA pick up will be on **Wednesday, October 4th**.

What's Included

We want you to know that our food ebbs and flows on the farm as a result of all the external and environmental factors that may affect it. Choosing to eat from Rainshadow Organics connects you to the earth in many unexpected ways. **We celebrate abundance at Rainshadow , but we also honor lack.** Central Oregon can be harsh as well as unpredictable. We have been farming for twelve years now and have built infrastructure and developed practices to get by in this wild place, but you never know what it will throw at us. No matter what, you'll get the full story with your food!

Veggie Shares: We offer a market style approach to our Vegetable CSA in the summer. Instead of providing boxes that are pre-filled, we set up a market stand and **you get to choose** what vegetables you would like. We set certain parameters such as amounts, and required vegetables, but leave the rest up to you.

Small shares will receive 5-7 types of vegetables/week

Large shares will receive 8-11 types of vegetables/week

At the start of the summer CSA, you will find that the CSA consists of lots of herbs and many greens (kale, chard, lettuce, braising mixes, giant mustard, etc.) along with lots of other surprises. As the CSA continues we begin to have fruits such as cucumbers, tomatoes, peppers, and eggplants. Broccoli, cabbages, and cauliflower come on strong mid-summer along with more root vegetables such as carrots and beets. As the fall rolls in you will begin to see winter squash, potatoes, and maybe even dry corn. We embrace eating seasonally and trying new, more obscure vegetables and guiding you through how to use them in the kitchen. Each week will be different and exciting!

While Market Style is the goal, depending on weather or seasonal issues (early/late frost, excessive smoke, etc.) we may go back to a set box with the same number of items (small, 5-7; large, 8-11).

Meat Shares: All our meat is pasture-raised and fed a diet of non-GMO, locally sourced food. Our beef is 100% grass fed Pitchfork T Beef! Our chickens are pastured and fed certified organic feed. Our pork is pastured and fed GMO and Chemical free feed as well as

all the farm plants they can handle. You will receive your meat share every other Wednesday starting Wednesday, May 31 and ending Wednesday, October 4. Each share will be different. *50% of every cow that goes to butcher is ground, so it has a prominent place in our meat CSA.* Your share will be made up of a variety of different meat cuts from our cows (including lots of ground beef) and pigs, whole chickens, lard, and/or broth.

Small Meat Shares: 5lbs of meat bi-weekly

Large Meat Shares: 10lbs of meat bi-weekly

Pick Up Locations

Your CSA will be at the pick up location you indicated when you placed your CSA order with Food4All. Let us know if you need to change your pick up location for the CSA.

Please communicate with us by the **Tuesday** before your CSA pick up if you need to change your pick up location for **that week**. If you need to come to the farm to pick up a share instead of the Bend Farmers Market or vice-versa, please email and let us know. Our Farm Store is open for CSA pick ups Wednesday-Sunday. Our email address is: info@rainshadoworganics.com.

Bend Farmers Market

CSA pick up will be at our Farmers Market Stand on Brooks Alley every **Wednesday from 11am - 3pm**. You will meet Sarahlee at the North end of the market. She will check your name off the list and help you select your vegetables from the market stand and make sure you have your meat share. We keep your food in coolers so it is fresh for the duration of the market. No need to hurry. Come whenever is convenient for you, 11 am – 3pm. Per Farmers Market rules, we can't help you before 11 pm even though we really want to :)

Bend Farmers Market Address: The length of Brooks Alley in Bend. Our stand is located on the north end.

On Farm pick up

Pick up will be at our Farm Store every **Wednesday, 11am–3pm**. You can come pick up your share any time in that window of time. Alison or Melody will check your name off the list and help you select your vegetables from the Farm Store and make sure you get your meat share. Come whenever is convenient for you, 11am–3pm.

Farm Store Address: 71290 Holmes Rd., Sisters, OR 97759

Pick Up Details

Make sure to **BRING YOUR REUSABLE GROCERY BAGS AND COOLERS** when you pick up your CSA. **Please wash and sanitize your bags before each pick up.**

If you have a Meat CSA, we will hand you your share and we will assist you in choosing your vegetables.

A note on our salad mix/bulk greens....

****Our CSA program works hard to reduce waste and single use plastics. We do not pre-package any of our salad mix or bulk greens for our CSA members. We require our CSA members to bring their own salad mix containers for us to fill at pick up.** We have found that large tupperwares, mesh produce bags, or your own ziplock bags work best for a quick and efficient pick up.

PLEASE DO NOT FORGET YOUR BAGS OR COOLERS FOR pick up. We don't have spares.

If You Miss the CSA pick up...

We don't offer refunds or credit for missed CSA pick ups. If you know you are going to miss a CSA pick up, we recommend sending a friend or family member to pick up your share. This can be a great gift or fun way to share food with more people!

If you let us know that you will be missing your pick up, we can have your share available Thursday-Sunday at the Farm Store for you to pick up. Just let us know so we can be ready.

If you miss a pick up and don't have someone come pick up your share or organize with us for a Thursday-Sunday pick up at the Farm Store, we will donate your box to High Desert Food and Farm Alliance's (HDFFA) Grow and Give program.

Washing/Storing Your Produce

Our vegetables are **NOT READY TO EAT**. This means that our wash and pack standards do not meet the "ready to eat" standards set by the County Health district. As a CSA member with Rainshadow, **you are responsible for washing your produce when you arrive at home.** Rinsing or soaking your produce with cold water is the best way to clean your produce at home. As a CSA member, you are required to acknowledge the standard of our produce and take the appropriate measures to clean your veggies at home.

Keeping your vegetables fresh for an entire week takes effort. We are incredibly mindful about when we harvest your produce. We strive to ensure that we pick vegetables at peak ripeness and in ideal harvesting weather conditions to keep it lasting as long as possible.

If you want to extend the life of your produce, it is important that you get your vegetables and fruits into a fridge ASAP. Leaving your share in a hot car will make your produce spoil quickly.

Here is some advice about how to manage and store your vegetables:

- We encourage you to bring a cooler or insulated bag with ice packs to pick up your produce during the summer months. You can then transfer your items into your bag and get them home in a cool container. This will extend the life of your produce.
- Take the tops of your carrots, radishes, and beets right away when you get home. Both the tops and the roots will store better. (Carrot tops are great for making broth and radish and beet tops are great sautéed, so don't forget to use them!)
- Rinse and store your greens right away. We recommend storing greens in tupperwares lined with a damp towel.
- If your greens (kale, lettuce heads, chard, herbs) begin to wilt, place their stems into a glass or bowl of cold water for about 2 hours. They should perk right back up! Once they have perked up, wrap them in a damp towel and put them in the crisper drawer of your fridge.
- If you are unsure about how to store a particular vegetable, email us at info@rainshadoworganics.com with your questions and we will respond with the best way to manage them!

CSA Add-On Items

We do not include value added items in our shares, but we want you to be able to access our flours, honey, meats, and preserves. Rainshadow Organics is a Full Diet farm and we try to provide our community with access to all the things we raise. As CSA members, you get first dibs.

You will have an opportunity to order "add-on" items every week, but we need your order by Tuesday evening. This way we can pack your order on Wednesday so it will be ready for pick up with your CSA!

Check out your Sunday CSA newsletter for how to order and what is available!

Email

Email is our primary form of communication. Please add info@rainshadoworganics.com to your contact list so that our emails don't get bumped to your spam or promotions tab. This is CRUCIAL as our communication relies on your inbox!! If you notice that you haven't been getting emails from us, CHECK your promotions tab. Most likely they have been siphoned off there. If you're still not sure where emails from us have gone, just email us and we'll make sure everything is set on our end.

Each week we will send you a newsletter with happenings on the farm, upcoming events, member appreciation dates, recipes and inspiration! We love connecting you with the land and the people who grow your food. This newsletter is exclusive to our CSA members!

Payment Plan Information

If you put down a deposit when you purchased your CSA, you are automatically on the payment plan. First payment will be 3 days before the first July pick up. (Your deposit is your first month's CSA!) You will be charged the same amount 3 days before the first pick up in July, August, September, and October.

In order for the payment plan to work, you also need to save your credit card information on the Food4All portal:

1. Log in to your Food4All account
2. Select "setup my payment"
3. Save your credit card information here

Please note that each payment through Food4All incurs a community supported software fee of \$0.95 + 2.5% of each payment.

THANK YOU!!!

Thank you for choosing to be part of our farm community this summer! We are forever grateful for you and your commitment to wellness through food. In joining our community you have chosen to support the earth in the best way possible. Be proud of your commitment to local, certified organic food, and share it with the world!