



2024 Summer CSA Member Handbook

Welcome to our 2024 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 goes through what to expect as a CSA member for the 2024 20 week Summer CSA. Please take the time to review these logistics and guidelines to help our summer CSA run smoothly and efficiently.

In this document you will find information on:

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CSA Pick up Locations & Times

Your CSA will be at the pick up location you indicated when you placed your CSA order. 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 of Sisters Farmers Markets or vice-versa, please email and let us know. Our Farm Store is open for CSA pick ups Wednesday-Saturday.

- Wednesday: 11-3
- Thursday, 11-3
- Friday, 11-5
- Saturday, 9-3

Bend Farmers Market: Wednesdays, 11am - 3pm, May 29-October 9

The Bend Farmers Market runs the length of Brooks Alley, and our stand is on the North end. Check in with Sarahlee and the farmers and they 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 market. No need to hurry. Come whenever is convenient for you, 11am – 3pm. Per Farmers Market rules, we can't help you before 11am.

Farm Store Pick up: Wednesdays, 11am–3pm, May 29-October 9.

Our Farm Store is located at 71290 Holmes Rd. We are halfway between Terrebonne and Sisters on the corner of Holmes and Lower Bridge. Check in with Melody or Alison and they will help you select your vegetables and make sure you get your meat share. Come whenever is convenient for you, 11am–3pm.

Sisters Farmers Market *New for 2024***:** Sundays, 10am- 2pm, June 2-September 22 with the last 3 pick ups at the Farm Store (we will not be at the Sisters Farmers Market those weekends)

The Sisters Farmers Market is located in the Fir Street Park (behind the Sinclair and across the street from The Barn.) Meet Alison at the Market Stand and she will check your name off the list and help you select your vegetables from the market stand and make sure you get 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, 10am – 2pm. Per Farmers Market rules, we can't help you before 10am.

CSA Pick up Days

(Feel free to set those calendar reminders now!)

Meat & Veggie and Veggie Only shares:

Bend Farmers Market & Farm Store

May 29
June 5, 12, 19, 26
July 3, 10, 17, 24, 31
August 7, 14, 21, 28
September 4, 11, 18, 25
October 2, 9

Sisters Farmers Market

June 2, 9, 16, 23, 30
July 7, 14, 21, 28
August 4, 11, 18, 25
September 1, 8, 15, 22, ****9/29 pick up Saturday, 9/28 at Farm Store)**
October ****6, **13 pick up Saturdays 10/5 and 10/12 at Farm Store)**

Meat Only shares:

Bend Farmers Market & Farm Store

May 29
June 12, 26
July 10, 24
August 7, 21
September 4, 18
October 2

Sisters Farmers Market

June 2, 16, 30
July 14, 28
August 11, 25
September 8, 22
October ****6 pick up Saturday 10/5 at Farm Store)**

Pick Up Details

Make sure to **BRING YOUR REUSABLE GROCERY BAGS AND COOLERS** when you pick up your CSA.

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-Saturday at the Farm Store. 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 coordinate with us for a Thursday-Saturday pick up at the Farm Store, we will donate your box to High Desert Food and Farm Alliance's (HDFFA) Grow and Give program.

What's Included in Your CSA

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.

Large shares will receive 11-14 vegetable items weekly

Medium (the old large for our returnees) shares will receive 8-11 vegetable items weekly

Small shares will receive 5-8 vegetable items weekly

At the start of the summer CSA, you will find that the CSA consists of lots of herbs, radish, and many varieties of greens (kale, chard, lettuce, braising mixes, etc.). 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 and potatoes.

While Market Style is preferred and what we "always" do, depending on weather or seasonal issues (early/late frost, excessive smoke, etc.) we may have to return to a set box with the same number of items (small, 5-8; medium, 8-11; large, 11-14).

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 week starting with the first CSA pick up. 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.

Large Meat Shares: 15lbs of meat bi-weekly

Medium (the old large share size for our returnees) Meat Shares: 10lbs of meat bi-weekly

Small Meat Shares: 5lbs of meat bi-weekly

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.

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 afternoon. This way we can pack your order in time for you to pick it up with your CSA!

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

Rainshadow Organics Contacts

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

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

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

For Sisters Farmers Market pick ups: Alison: (435) 230-2417

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

Importance of 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. Your deposit is your first 4-weeks CSA payment! Your next payment will be on the Monday before your 5th CSA pick up. You will be charged the same amount every 4-weeks on Monday.

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!