



Full Diet CSA Handbook

Our Full Diet Intention

Rainshadow Organics is a full-diet farm with dozens of varieties of certified organic vegetables, herbs, berries, flowers, pork, chicken, eggs, beef, and grains. Our Mission is to promote widespread regenerative farming and eating. This includes providing sustainable, nutrient dense food to our community year round. Our Full Diet CSA is the primary CSA of Rainshadow Organics, but we also grow food for a Summer and Winter CSA and various wholesale partners in the community.

This CSA is a culinary adventure where you eat like your farmer. Our Full Diet CSA is a very special, very unique year long weekly CSA program. Every week you get to come out to the farm and select the vegetables, meats, and grains you would like to cook with for the week. Each week is slightly different from the week before, and through the course of this year-long CSA you engage wholly with this place: Central Oregon, Rainshadow Organics, home.

We are dedicated to our Full Diet CSA. While the abundance and variety of food ebbs and flows with the season at Rainshadow Organics, there will always be food for the Full Diet CSA. When you join this unique CSA we at Rainshadow are committing to help you achieve wellness through food. You are provided with the full story of everything in your diet as well as an opportunity to make a positive impact on the planet. Eating locally and seasonally can be challenging. It is a major shift away from conventional grocery stores. We'll provide the ingredients you need for a well-rounded, sustainable diet.

Choosing to eat from the farm connects you to the earth in many unexpected ways. At Rainshadow we celebrate abundance, but we also honor lack. Central Oregon can be harsh and unpredictable. It is hot and then cold, windy and then calm, rainy and then dry, clear and then smokey. We have been farming for 12 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. You'll get the full story and all the food that comes, no matter what.

We strive to provide our Full Diet members with inspiration and recipes to achieve success in the kitchen using mostly Rainshadow ingredients. We will work to guide and teach you through your seasonal eating and cooking experience. Options can be "limited." But a limitation based upon seasonality and availability creates room for creativity and a major increase in food connection.

We understand the desire to eat well. We've made it our life's work to grow food you can trust. We consider it an honor to be part of your journey.

What's included in your weekly share

Both farming and eating are year round endeavors. We are dedicated to bringing you food that is nutrient dense, sustainably harvested, and grown with care and dedication:

- Certified Organic vegetables
- Certified Organic heirloom grains
- Chemical and GMO-free pastured chickens and pork from Rainshadow Organics
- Grass fed and finished beef from our beef operation, Pitchfork T Beef
- Raw milk
- Humanely raised, non-GMO, free-range, pastured eggs

Inherent in this approach is a seasonality – egg numbers that fluctuate with the amount of daylight, tomatoes starting in July or August – and the sure knowledge that we are at the mercy of nature. These natural ebb and flows directly affect what we can offer when and in what amounts.

Veggies and Herbs: This CSA is based around seasonal vegetables and herbs. This includes everything you will eat fresh in a given week but also access to extra veggies for preserving and storing when in season and surplus. Everything will be harvested in advance of your pick up. If you have seasonal favorites, you are welcome to request that we harvest extra for you. We will accommodate when we can. When the canning/preserving season comes on, you are welcome to request flats of your favorite vegetables.

Meat: We follow a whole animal eating experience in our Full Diet CSA. This includes pork, beef, and whole chickens. All our meat is pasture-raised. Our animal's diet consists primarily of Rainshadow Organics feed and is supplemented with non-GMO, and locally sourced feed. Our meat selection varies with the month and our butcher dates. Sometimes we have abundance in pork cuts, sometimes beef cuts. Be ready to try many different meat cuts and cooking techniques! You can generally expect the meat portion of your CSA to consist of: around 5 chickens/adult and roughly 30% pork, and 70% beef. But these are slippery variables and they change depending on the year.

We will provide you with an “average cut sheet” so you know many of which cut you might be able to take over the course of the CSA. How much of what specific beef and pork cuts you can take weekly over the course of the year will depend on a variety of factors including how many are in your household, how much of what cut the average animal has, what you have taken previously, and what we have available. We will tally what you take each week to make sure that we are all respecting the whole animal in our cooking and shopping experience.

How many chickens your household gets in a year will be based on the total number of chickens we process on the farm and the size of your CSA household. Our hope is that it will be about 5 chickens/person/year.

The allotted amount of meat per family per week varies by how many people are in your household and which Full Diet CSA you signed up for:

Meat Lovers Share:

- 4lbs of meat for the 1st household member
- 3lbs of meat for the 2nd household member
- 2lbs of meat for the 3rd (and each additional) household member

Meat Likers Share:

- 3lbs of meat for the 1st household member
- 2lbs of meat for the 2nd (and each additional) household member

We ask that Full Diet members only take as much meat as they will need for the given week.

If you go over or under your poundage allotment, you can choose to carry the deficit or surplus over to the next week. For example, if you get a 7lb meat share and are at 7.39 lbs for the week, then next week you could just pick up 6.61 lbs of

meat. If you are at 6.61 lbs one week, the next week you could pick up 7.39 lbs of meat the following week.

If you want to purchase extra meat, the bulk rates for Full Diet members are:

- Chickens: \$11/lb
- Pork: \$13/lb
- Beef: \$12/lb

Raw Milk: Our Full Diet members are members of our Raw Milk Herdshare. We shoot for ½ gallon of raw milk per person per week, but cows are finicky. Their milk amounts vary with feed, weather, and time of year. Milk amounts, like eggs and everything else, will vary with the season. We are incredibly meticulous and use only the most sanitary milking practices. It is your responsibility to pasteurize the raw milk that you receive if you choose to. We recommend that you use the milk given to you within 7 days. Make sure to keep it in the coldest part of your fridge so it can maintain its freshness the longest.

Our milk comes in ½ gallon canning jars. Please return your jars clean and dry each week. We will only provide you fresh milk when/if we get your previous week's jars back. Please make sure that jars are scrubbed clean inside and out and including the lid.

Grains: We grow soft white winter wheat, hard red spring wheat, Tibetan Black Barley, corn, buckwheat, and beans. As part of your CSA you get freshly milled flours as well as dried beans and whole Tibetan Black Barley.

Eggs: Eggs will be available in seasonally appropriate numbers. We are increasing the number of hens we have, but egg numbers will still ebb and flow with the time of year. When the days are short and cold or long and hot, eggs laid numbers decrease and so will your egg allotment numbers. When the days are temperate and long, egg numbers will be higher. We will shoot for ½ dozen per person/week, but that is a goal and the chickens will decide how much we each ultimately get.

Monthly: On the 1st pick up of every month we will provide your household with 1 pint of honey per person. (2 person households will receive 1 quart jar.)

All other edible goods in the store: these are available to Full Diet members at 25% off. This includes pickles and value added items that Rainshadow makes as well as the other foods we sell: pasta, olive oil, beverages, salmon, etc. The goods we sell in the store will fit within the ethics of Rainshadow: organic, GMO-free, chemical free, and sourced as locally as possible. You also have access to our lard and various bone broths, which can be included in your weekly meat allotment or purchased by the quart.

2025/26 Pricing (July -June)

Meat Lovers Share

- First/only person: 4 lbs meat @ \$125
- Second person: additional 3 lbs meat @ \$115
- Third person (and each additional person after): additional 2 lbs meat @ \$105

Meat Likers Share

- First/only person: 3 lbs meat @ \$115
- Second person (and each additional person after): 2 lbs meat @ \$105

Kid Shares: age 3 through 10

- \$33/week and includes: 2/3 lb meat, 1 pint milk, 2 eggs, 1/2 pint honey (monthly)
- The average “kid” serving is roughly 1/3 of an adult serving, and we feel this share size honors kids as the eaters that they are for the length of time they are eaters of that size while still honoring the philosophy of our Full Diet CSA.
- Kids eat for free until they turn 3 and at 11 they transition into adult shares.
- If your kiddo is a big eater, you can always step up to a whole share.

Payment

Payment is collected every week when you come to pick up your Full Diet CSA. We accept SNAP benefits in addition to most other payment methods.

Weekly commitment: Our Full Diet CSA is intended for members who can commit to coming every week to the Farm Store for a full year. We understand that sometimes it is difficult to come to the farm store on a given week because of the weather, vacation, or other reasons, but we crop plan, harvest, and assign milk and eggs based upon your commitment to come each week. Please let us know if you can't make it. The earlier the better. Life happens, but if you are a no show too many times, we will end up having to cancel your membership and let someone on the waitlist in. Food waste is one of the worst parts of American Culture. We harvest specifically for Full Diet and want you to take your vegetables home, not send them to the compost pile.

We will record the weeks you come to pick up your CSA. If you make it to all the pick ups in a month, you will get a 30% discount on the first pick up of the next month. *In order to receive the 30% member discount on the 1st of the month, you are required to come each week the previous month.*

Pick Up Information

Pick up is weekly. We vary our hours with the season. Currently our hours are: June-mid October, we are open Thursday, 11-3; Friday, 11-5; Saturday, 9-3. Mid October-May, we reduce our hours based upon the needs of the farm and our CSA members and are open Friday, 11-5 and Saturday, 9-3.

Every now and then we close for various reasons around the holidays and other unique situations. When this happens we will make sure you know well ahead of time. We appreciate your cooperation and patience when these things occur.

Cancellation Policy

We require Full Diet CSA members to sign a commitment contract through the end of the current CSA. If you need to cancel your membership for any reason during the year, please notify us ONE MONTH in advance to your last share pick up date.

If you decide to cancel, we would love to know why. This will help us improve our program for future households.

Inspiration and Support

We at Rainshadow are so grateful you have chosen to eat exclusively with us. Taking the step to infuse your life with nutrient-dense, local food EVERY WEEK is definitely something worth celebrating. We will always provide you with food

you can trust throughout the full year. We are so excited to have you as a part of our foodie community!

Almost weekly we will send you seasonal recipes and a harvest list as well as some tips and tricks. We are also always here when you come shopping to answer any questions you may have about how to prepare your food to achieve maximum use of everything we have available.

We will always stand behind the primary philosophy of the Full Diet CSA: eating seasonally available, nutrient dense, sustainably grown organic vegetables & grains, pastured chemical and GMO free meats, raw milk, and eggs sourced from a real farm where you know the animals, the farmers, and the land. We are beyond grateful for your support and continued involvement in our Full Diet CSA.

Contact

The best way to contact us is through email: markets@rainshadoworganics.com.