



## Winter CSA Member Handbook

Welcome to our Winter CSA! Community Supported Agriculture is an incredible way to access the vegetables and meats we raise here at Rainshadow Organics. We have spent our summer and fall growing and harvesting Certified Organic, nutrient-dense storage crops and planting fresh winter greens for this CSA. We can't wait to share the bounty with you!

We are looking forward to getting to know you, sharing ideas with you, and keeping you connected to local food over the next 7 months. 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 winter season. Please take the time to review these logistics and guidelines to help our winter CSA run smoothly and efficiently.*

### CSA Pick Up/Delivery Dates:

Our Sisters and Bend Winter CSA pick up/delivery dates will be on the first Thursday of each month.

November 6

December 5

January 8

February 5

March 5

April 2

May 7

The Farm Store pick up dates will be the Friday and Saturday following the first Thursday of the month. We recommend putting these dates on your calendar right now so you don't miss a date later in the season!

## Rainshadow Organics Contacts

If you have general questions about your CSA, need to let us know about changes to your CSA pick up plan, or anything else Rainshadow related, please send us an email to [info@rainshadoworganics.com](mailto:info@rainshadoworganics.com). Sarahlee will get back to you as soon as she can.

On the first Thursday of each month, if you have last minute changes or are running late the best way to reach us is through our cell phones. Sarahlee Lawrence and Isabel Kiefert are your primary contacts for the Winter CSA. Use these numbers to contact us on our delivery route if something comes up.

Sarahlee: 541.279.0841

Isabel: 720.633.1181

## What's Included in your CSA

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 a harsh and unpredictable mistress. We have been farming for fourteen 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!

Each month you can expect your vegetable share to be filled with celeriac, Daikon radish, garlic, and carrots as well as an assortment of winter squash, onions, beets, and potatoes and fresh winter greens such as Siberian kale, chard, cabbage, scallions, leeks and more!

We work to provide our community with food year round and our Winter CSA experiences the bounty of storage crops as well as greens grown in unheated hoop houses during the winter months. Our food ebbs and flows with the farm and all the external and environmental factors that may affect it.

Our monthly meat shares include 5 or 10lbs of assorted pasture raised beef, pork, and whole chickens. You may also find the occasional pint of lard or quart of farm-made broth. We work our way through the whole animal in this CSA and your share will reflect that: more ground and slow cooking options than steaks.

Your meats and vegetables are pre-packaged based upon the bounty of the farm, freezer, and storage.

Rainshadow is a full-diet farm and we try to provide our community with access to all the things we raise. We do not include value added items into our shares, but we want you to be able to access our flour, honey, fermented items, and pickled items. We encourage everyone to use the Add-On option, but we will also have an assortment of these options available at our Bend pick up.

## Pick up/Delivery Information

*This section details out the pick up information for all our delivery locations. Please read the location that pertains to YOU.*

Please let us know as soon as you can if you need to change something about your pick up for the month. You are welcome to pick up at any of the pick ups if it works best for your schedule, but do let us know. If you need to come to the farm on Friday or Saturday to pick up your share, or if you know you'll be at a different pick up location instead of your selected location, please email [info@rainshadoworganics.com](mailto:info@rainshadoworganics.com) so we can have your box in the correct location.

IF YOU MISS your pick up, you are more than welcome to come to the Farm Store during our regular Farm Store hours the Friday or Saturday after the first Thursday of the month. If neither of these work for you, please reach out to Sarahlee at [info@rainshadoworganics.com](mailto:info@rainshadoworganics.com) to coordinate something specific. If that is a pick up the following week, no problem, but you might not get the same thing as everyone else.

**BRING YOUR REUSABLE GROCERY BAGS AND COOLERS!** You will transfer your share from the already packed crates into your bags.

**Please note, we are only at these places for the short time delineated below.**

### **SISTERS 3–3:15 PM (Thursdays)**

We'll be near the Fir Street Park wherever we can find a space.

### **BEND 4:30–5:30PM (Thursdays)**

We will be at the Deschutes Main Services Building north parking lot at 1300 NW Wall Street. Look around for the truck and trailer!

### **ON FARM pick up (FRIDAY OR SATURDAY after the first Thursday of the month, during normal store hours,)**

Friday and Saturday pick ups are at our Farm Store and are after the deliveries to Sisters and Bend. 71290 Holmes Rd, Sisters OR 97759. *Note: if you signed up for On Farm pick up, that is only available on the Friday or Saturday after the Bend/Sisters pick up!* Our Farm Store hours are:

Fridays, 11-5

Saturdays, 9-3

## If You Miss the CSA pick up

WE DON'T OFFER REFUNDS OR CREDITS 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 can't find anyone to pick up the day of, then you are welcome to come pick up your share at the Farm Store anytime that same month during normal Farm Store hours. It might not be the exact same as everyone else, but we will get you something good!

Our Farm Store hours are:

Fridays, 11-5

Saturdays, 9-3

## Storing Your Produce

Keeping your storage crops and fresh winter greens for an entire month takes effort. We are incredibly mindful about when we harvest your produce and how we store your vegetables to ensure it will nourish you as long as possible.

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

1. We encourage you to bring a cooler or insulated bag to pick up your produce. You can then transfer your items into your bag and get them home in a temperature controlled container. Winter is funny, you could be protecting things from freezing!
2. Carrots and beets store for a few months in the fridge. Potatoes, winter squash, and onions store best in a cool garage or cabinet, around 40F, off the ground but with good airflow. \*When you put your potatoes in the fridge it increases their sugar production and they don't cook the same.
3. Make sure you store your potatoes in the dark. When potatoes are exposed to light, their skin turns green and could indicate the presence of solanine, a toxin. It is meant to protect potatoes from insects and bacteria, but it isn't something you want to eat. If, however, your potatoes are exposed to the light and turn green, just peel them and you will be fine.
4. Rinse and store your greens right away. 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 will perk right back up. Then wrap them in a damp towel and put them in the crisper drawer of your fridge. Siberian Kale always stores best in either a plastic bag or an airtight container. Otherwise it will get limp in your fridge within a day or two.
5. If you are unsure about how to store a particular vegetable, email us at [info@rainshadworganics.com](mailto:info@rainshadworganics.com) with your questions and we will respond with the best way to manage them!

## Email

Email is our primary form of communication. We INSIST that you add [info@rainshadoworganics.com](mailto: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.

Each month before pick up, we will send you a weekly 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.

## Thank You!!!

*Thank you for choosing to be a part of our farm community this winter. 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: conscious and engaged decisions about how what you eat is grown. Be proud of your commitment to local, certified organic food, and share it with the world!*