

CSA Member Tips

HOW TO GET THE MOST OUT OF YOUR FARM SHARE



CREATE A WEEKLY REMINDER FOR YOUR CSA PICKUP OR CUSTOMIZATION WINDOW.



USE FLEXIBLE RECIPES THAT MAKE IT EASY TO SUBSTITUTE DIFFERENT VEGGIES EACH WEEK.



FREEZE ANY PRODUCE YOU CAN'T USE RIGHT AWAY TO ENJOY AFTER THE CSA SEASON.

KEEP VERSATILE STAPLES, SUCH AS RICE, NOODLES, OR BEANS, FOR QUICK MEALS.

SEARCH FOR RECIPES THAT HIGHLIGHT SPECIFIC VEGETABLES AND USE RESOURCES FROM YOUR CSA FARM.

TRY RECIPES THAT "SNEAK IN" VEGGIES LIKE SAUCES OR SMOOTHIES TO BOOST NUTRITION.



INVOLVE FAMILY OR FRIENDS IN MEAL PLANNING FOR THIS WEEK'S CSA PRODUCE TO GET EVERYONE EXCITED.

WHEN YOU UNPACK YOUR SHARE, TAKE 10-15 MINUTES TO PROPERLY STORE EVERYTHING SO IT'S EASY TO USE LATER.

For more CSA resources visit www.kyfarmshare.org and follow @kyfarmshare.