

How to Choose the Right CSA Share

Size: Each box is sized for a small (2-5 member) family. Our box is 3/4 bushels which is the size of a full paper grocery bag and the weight and loft change throughout the season.

We offer different frequencies of delivery to fit with your food needs

We don't do small shares because we find that the amount and selection many people want cannot be accomplished and the amount of each item would be too little for many recipes. Since the food is harvest fresh CSA members find that even items like salad greens last 2-3 weeks in the fridge. This is still much fresher than produce from the grocery store!



First: Determine what type of eater you are

- How many people do you plan to feed with your box?
- Do you plan to get other produce from a different place (store, garden, farmers market) or is CSA your main vegetable source?
- How much do you travel in summer June-August (or in the fall)?
- Are you new to CSA and/or local eating or a seasoned veteran?
- Do you think of yourself as eating a lot or just a few vegetables? If you are a vegetarian household note that more frequent deliveries are often a good fit.

Once you have your notes read on.

CHOOSE A SHARE

Full Shares (weekly)

- **A great fit for families of 3+ who eat regular vegetables or eat most meals at home.**
- **A good fit for couple who eat vegetable rich meals or eat most meals at home.**
- **The best option for people who split a share with a friend.**

We have many couples who use choose every week shares as well as larger families who find this to be the right amount so individual consumption varies a lot. If you have a large family (over 5 individuals) we can also offer you a discount for subscribing for 2 CSA shares or can help direct you to other food businesses to use to supplement additional produce when needed.

Every Other Week Shares

- Perfect for individuals who eat vegetables regularly and cook most meals at home.
- Perfect for couples/families who want to explore other shopping venues, love the farmers market but don't always make it, want try CSA.
- A Good fit for people who eat out regularly
- If you travel in summer or fall this is a good share because you can move pick up weeks as needed.
- NEW TO CSA? Many people find that this works well as a first-year membership to explore CSA.
- Travel in the summer? Every Other Week Shares can be scheduled for a different week or month when needed. **If you travel for 1 month a summer or have a changing schedule we can work with you to schedule your 10 pick-ups over 20 weeks.** Note: A school year share is often a better fit for families who are out of town most of the summer.
-

Monthly Shares AKA Samplers Shares

- The best for households of all sizes to try CSA without a large financial commitment.
- Are you a gardener or farmers market enthusiast? These shares offer a great way to support a local farm and get a variety of items you might not get other places.
- A good fit for small families or individuals who eat out or shop at other venues but want to incorporate some CSA/local produce into their diets.
- Single folks who love CSA but find other shares to be too much this share is for you!
-

School Year Shares – Weekly deliveries September-December (8 weeks or summer + 7 weeks of fall/winter)

- These are the best shares for families who travel a lot in the summer or are “barely ever home” but then return to a regular schedule when school starts.
- Great for teachers and parents who pack school lunches

Splitting a Share: You are also welcome to split a share of any type with another family but you arrange the pick up and split the produce yourself. Both families can receive the newsletter online and receive the other benefits like events associated with CSA.

SEASONS

Every season has its own unique flavors. Our spring and fall shares follow the constraints of our cold climate with lots of extra effort put into having diversity. Our summer shares focus on staples in the seasonal journey.

Spring (weekly) – Greens rich shares with the first vegetables and herbs and weekly micro greens. These are a good share for people who love all vegetables and are interested in exploring new unusual items. Also includes maple syrup or honey and mushrooms at least once

Summer - Designed for people with no prior CSA experience and are focused on “regular” vegetables plus a few additions, where spring and fall shares feature seasonal items which can be more outside the normal popular grocery items. Members receive mushrooms several times/season and maple syrup or honey at least once.

Fall shares (weekly only) – hearty roots; squash; cabbage family vegetables and weekly greens (yep even in December). This share is great for stew and roasted veggie lovers and people who want to ensure access to great greens into the late fall/winter.

School Season Shares include 8 weeks of summer and 7 weeks of fall shares.

WHAT IF I CHOOSE THE WRONG SHARE?

- We always recommend you choose the less frequent share if you are on the fence. We always allow members to increase share size and prorate the cost for upgrading at that time.
- In 2020 we will also be offering additional shares to our CSA members including extra deliveries and flowers. Each Week starting in July CSA members can add an extra box for a single week (if company is coming or you are planning to eat at home more) or can order a single bouquet of flowers. Each newsletter will have details. This also allows folks with a School year share to get more food in the main CSA season when you are in town!

Have questions?

We want you to choose the right share and love to help.

Call or Text Farmer Kat 715-432-4683

Reach us via Facebook messenger @cattailorganics

Email us cattailorganicfarm@gmail.com

OR invite Kat our for coffee ☺ I am happy to talk in person to help you choose the best share.