

# HOW TO CHOOSE THE RIGHT CSA SHARE

All our Spring, Summer and Fall Shares are 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. Since the food is harvested fresh, CSA members find that even items like salad greens last 2 weeks in the fridge. This is much fresher than produce from the store!

## **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? Note that our spring and fall share feature more greens and also a greater variety of less common vegetables than summer shares. But all our shares allow you to swap items or add on vegetables each week too!
- 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.
- Aside from food what motivates you to participate in CSA? Supporting a farmer, being healthier, budgeting for groceries better, learning about new food?

Note: Every Other Week shares can be rescheduled and are the most flexible option if you travel. As a farm our Absolute favorite share is the Full season share which saves you the most money but is the largest commitment.

***Once you have your notes read on.***

# CHOOSE A SHARE

## **Weekly Shares (Spring, Summer and Fall)**

- A great fit for families of 2-4 who eat regular vegetables and/or eat most meals at home.
- A good fit for a 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 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 you can add on weekly produce via our online CSA Store Weekly.

## **Full Season Share**

- This is the same as choosing all three season of weekly shares covering the whole 31 week season. This is the best value per week (with 1 extra share provided at no cost - 31 weeks for the cost of 30 weeks).

## **Every Other Week Shares (Spring, Summer and/or Fall)**

- Perfect for individuals who eat vegetables regularly & cook 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.
- NEW TO CSA? Many people find that this works well as a first-year membership to explore CSA. Summer is also the "easiest" season to try CSA as spring and fall shares feature more greens and more unusual vegetables.

***Travel regularly? Every other week shares are the most flexible and can be rescheduled.***

# CHOOSE A SHARE CONTINUED..

## **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

# SEASONS & MORE..

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.

Spring (weekly 6 weeks) – 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 may include maple syrup or honey.

Summer (Weekly or every other week over 18 week season) - 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.

Fall Share (6 weeks)– Salad and hearty fall greens but with some additions of fall favorites like hearty roots; squash; cabbage family vegetables and lots of bunched and baby greens.

## **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.
- You can always use the online store to order veggies to increase the amount for each delivery or to fill in for a busy week too.





**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**

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