



PITCHFORK & CROW

2018/2019 WINTER CSA

MEMBER RESOURCE GUIDE

Welcome to the 2018/2019 Pitchfork & Crow Winter CSA!

We're set to begin the sixth season of the Pitchfork & Crow Winter CSA! We're very excited you've decided to join us for a winter and spring of eating local, seasonal, organic vegetables. We're doing everything we can to ensure a successful CSA season. *Please read through the information enclosed for important CSA-related details and keep it handy for future reference.*

Pick-up at the Farm in Lebanon

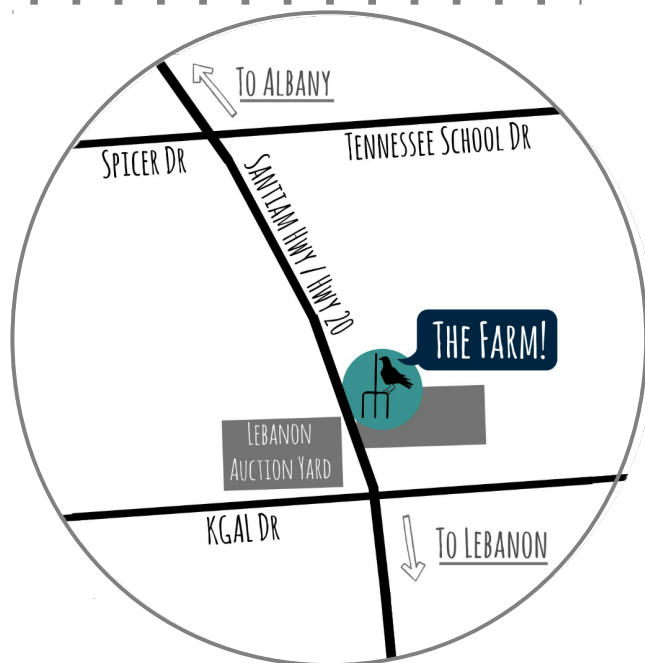
CSA pick-up will be Wednesday evenings, 4pm – 6pm

Meet us at the farm, located at 34077 Santiam Hwy Lebanon, OR. We're a few miles North of town on Santiam Hwy (aka Hwy 20) just past KGAL Dr. Look for our green barn and white box truck.

Sign-in first and then begin collecting your vegetables based on the amounts listed on the signage for each item. A **swap box** will be available if you choose to trade out a share item or donate items you don't want.

= Please remember your own bags for taking your vegetables home. We'll have bags just in case you forget. Also, if you have too many reusable cloth or paper bags in your life, we'd gladly make them available to other members who forget their bags.

= Also, remember to send a friend if you can't make it one week. We understand that sometimes you can't make it during the pick-up window and we can keep your share for pick-up later in the week if you let us know to do so. Otherwise your share will be forfeited at the end of the week.



Payments

Many thanks to everyone for your timely payments! Your support helps us pay for seeds, soil amendments, equipment, electricity, and fuel to name a few costs.

If you've selected the 2-payment option, please remember the second payment is due by **February 15th**.

Feel free to send a check, have your bank send a check, or pay online here: www.pitchforkandcrow.tictail.com.

Newsletters

Weekly newsletters will be posted on our website and will include information on what's in your share, recipes, and current farm happenings. Find them here: www.pitchforkandcrow.com/farmupdates

We'll be sure to send you an email reminder when the newsletter is available. *We'll also include details about on-farm events, payment reminders, and other member-only information in these weekly emails.*

Contact Us:

Carri Heisler & Jeff Bramlett
20 E. Airport Rd #289
Lebanon, OR 97355

Phone: 503-999-7918

Email: farmers@pitchforkandcrow.com

Website: www.pitchforkandcrow.com

Farm Visits

We're planning an on-farm event for this season in March. We hope you'll join us for the chance to visit the farm, see your vegetables in the field, and visit with other CSA members. More details to come closer to the event.

P&C CSA Member App & Social Media



= We'd like to introduce a **helpful resource for P&C CSA members** to access recipes, produce storage info, pick-up times/locations, and much more.

Check out the site here: <http://www.pitchforkandcrowcsa.herokuapp.com/>.
Save the url to the homescreen on your phone for easy access, like any other app.



= Consider joining the **Pitchfork & Crow CSA Member group on Facebook** to check in with other members on how they're using their vegetables and to share recipes you're enjoying. You can find the group here: www.facebook.com/groups/pitchforkandcrowcsamembers/.



= You can also follow the farm on **Instagram** here: www.instagram.com/pitchforkandcrow/ and on **Facebook** here: www.facebook.com/pitchforkandcrow.

How to Love Your CSA Share!

Here are some tips for enjoying the next 5 months of seasonal vegetables:

- Store your veggies for freshness and visibility in your fridge.
- Eat at home. Cook from scratch.
- Find a few quick recipes that are easy to prepare and try to keep key ingredients on hand such as pasta, rice, oil, butter, and salad dressing.
- Try setting up a themed weekly menu such as "Macaroni Mondays, Taco Tuesdays" etc. to use up CSA veggies in varied meals through the week and to make it easier to decide what to cook.
- Try new vegetables several times, prepared in multiple ways and be open to new tastes. Think smoothies, omelets, pasta sauces, soups, baked, sautéed, shredded, wraps, grilled...
- Preserve extra veggies by freezing, canning, or drying them for future use.
- Going out of town and can't get through your week's worth of veggies? Play "the vegetable fairy" and leave veggie surprises for neighbors and co-workers.

More good suggestions here: <http://www.greatist.com/health/csa-vegetables-tips-recipes>

We suggest these resources for more inspiration:

Cookbooks:

From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce, Fair Share CSA Coalition

Farm-Fresh & Fast Cookbook: Easy Recipes and Tips for Making the Most of Fresh, Seasonal Foods, FairShare CSA Coalition

Recipes on the Web:

Pitchfork & Crow Recipe Page (www.pitchforkandcrow.com/recipes/)

Cooking Light Magazine (<http://www.cookinglight.com/food/recipe-finder>)

Epicurious (www.epicurious.com)

Food52 (www.food52.com)

