



Pitchfork & Crow Summer CSA Member Handbook

Welcome to the 2023 Pitchfork & Crow Summer CSA!

We're set to begin the fourteenth season of the P&C Summer CSA! We're excited you've decided to join us for this summer and fall of eating local, seasonal, organic vegetables. Please know we're doing everything we can to ensure a successful CSA season.

Please read through the information below for important CSA-related details and keep it handy for future reference.

Many thanks from your farmers - Carri & Jeff

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= Picking-up Your Share: When, Where, & How

When does the CSA begin and end?

The 2023 Summer CSA season begins the last week of May or the first week of June, depending on whether you've chosen a weekly or biweekly share.

Weekly Members: The first Salem pick-up day is Tuesday May 30th and the first on-farm pick-up day is Wednesday May 31st. The weekly pick-up season will include 26 pick-ups and end on November 21st/22nd.

Biweekly Members: We will split biweekly share members into two groups. This will determine your CSA start date and help us even out our weekly harvests. *Please let us know if you don't know which group you've been assigned.*

Your start date depends on your assigned group.

- The Odd Week Group will begin the 1st week of the CSA season (*May 30th for Salem members and May 31st for on-farm members*).
- The Even Week Group will begin the 2nd week of the CSA season (*June 6th for Salem members and June 7th for on-farm members*).

Both biweekly groups will continue picking-up biweekly into November for a total of 13 shares.

*The odd and even groups refer to the week in the CSA season. Biweekly Odd Week Group members will pick-up weeks 1, 3, 5, 7 etc. Biweekly Even Week Group members will pick-up weeks 2, 4, 6, 8 etc. *The CSA week number is always included in the weekly member emails for reference.*

Everyone can reference the [Important CSA Dates page](#) on our website if you ever have any questions.

Where and when do I pick up my share?

Salem: Tuesday 4–6pm in the parking lot of the Mission Mill Museum at the Willamette Heritage Center, 1313 Mill St SE, Salem, OR.

Lebanon: Wednesday 3:30–6pm at the farm, 34077 Santiam Hwy, Lebanon, OR.

Picking-up your share – How it works

Please bring your own bags, box, or basket for taking home your veggies. We'll have bags available if you forget, but you won't want to forget.

Both pick-up locations are set-up in a 'market-style' and it will appear as though you're entering a farmers market booth. Instead of prices, each bin of vegetables has a quantity noted; this is the number of items you'll take from that bin. Shares are not pre-packed, but instead you get to choose your vegetables based on the quantity listed. (continued...)

When you arrive at your pick-up location:

1. **Check-in with Jeff or Carri.** We'll mark your name off the sign-in sheet so we know your share has been picked-up.
2. **Begin selecting vegetables from each bin available according to the quantity listed on the signage posted.** *We'll put the heavier items first and the lighter items at the end to help with bagging. Please try to choose your items visually when possible to avoid touching multiple items before selecting your choice.*
3. **Decide if you'd like to swap any items.** You can take extra or leave items behind in the Swap Box at the end of the line for other members.

I split a share. How does that work?

Members who split a single share can decide together how they want to divide the pick-up duties. Some splitting members pick-up the whole share every other week, opposite weeks from their splitting partners. Other splitting members pick-up the whole share and divide it in half each week, either dropping off the second half themselves or leaving the second half in bins we provide for the splitting partners to pick-up later during the pick-up window.

Either way, you'll want to discuss this ahead of time and have a plan in place. It's also helpful to know how your splitting partner expects vegetables to be divided and if there are vegetables they like a lot or not so much.

= What's in the Share & How Should I Use & Store Things?

Do I get to pick out what I want each week for my share?

Yes, and no. Each share consists of the same basic contents but you will get to choose within each vegetable category. For instance one week everyone might get cabbage, but you get to choose the size that will best fit your needs from those available.

Note that there is also a Swap Box at the end of the vegetable line where you can swap out vegetables you're unlikely to use for more of something else.

How will I know what's in my share each week?

A sample share photo and list of that week's vegetables are posted at the beginning of each weekly CSA newsletter on our farm blog. A link to the weekly post will be included in the CSA member email sent out Tuesday afternoon.

**Note that although we'd love to get you a list sooner, we often don't know the exact share contents until this photo is taken on Tuesday afternoon just after the harvest is complete.*

What vegetables are you growing this season?

You can find a 2023 Projected P&C Summer CSA Harvest Calendar on our website (<https://pitchforkcrow.files.wordpress.com/2023/01/csa-2023-harvest-calendar.pdf>). This calendar lists the number of times we expect to harvest each crop per month throughout the season.

We also include basic information on all the vegetables we grow under the Secret CSA Member Resources section of our website. (<https://pitchforkandcrow.com/secret-csa-member-resources/produce/>)

Are you growing anything new this season?

After so many years of doing this, we've pretty well narrowed down the list of crops to what we know we'll have success with. If you've checked out the Projected Harvest Calendar mentioned above, you'll see some 60+ crops listed! Whoa! We do try out new varieties of vegetables each year though. Here are some of them:

- We're trying out a handful of new **sweet peppers** including Red Sword F1, Rio Grande F1, and Escamillo F1. In search of adaptable sweet peppers with good leaf coverage we're giving these a go in addition to some other sweet bell and Italian frying pepper types.
- For many years we've had success with multiple successions of two types of **sweet corn** varieties, Delectable F1 and Sweetness F1. This year we're adding a new-to-us variety called Latte F1 to the mix in hopes of slightly larger early season ears.
- In an attempt to diversify the **cucumber** offerings we've added Tasty Green F1, a long green burpless slicer.
- We've added five new-to-us **tomatoes** to the mix this season. They include a yellow slicer called Pork Chop, a pink striped slicer called Pink Berkeley Tie-Dye, and the red slicers Jet Star F1, Carole F1, and Rambler F1.
- Finally, we're trying out a pinkish bell-shaped **eggplant** called Rosita. In addition to this new variety we also moved the eggplant planting out of a field house and into the field. Fingers crossed for a good eggplant season.

Is everything in my share certified organic? Is everything grown by P&C?

All of the vegetables and fruit you receive that we've grown are USDA certified organic by Oregon Tilth. We very rarely supplement the share with an item from another farm and we'll be sure to let you know if it is grown somewhere else and if it is not also certified organic.

How do I know what to do with the veggies you give me?

- We'll include tips within the list of vegetables available at the top of each week's newsletter post.
- We'll also include a few relevant recipes at the bottom of each week's newsletter post.
- If you're stumped regarding a specific vegetable we suggest looking it up in the Vegetable Encyclopedia in the CSA member section of our website (<https://pitchforkandcrow.com/secret-csa-member-resources/produce/>). You'll find storage information, recipes, and more there.
- Also, don't forget to browse the recipes on our website that are sorted by vegetable (<https://pitchforkandcrow.com/recipes/>).
- Check in with the [P&C CSA member Facebook page](#) to see what other members are doing and ask them for their favorite ways to prepare that week's vegetables.
- Finally, review the tips on how to get the most from your share on the 'How to LOVE My CSA Share' page on our website (<https://pitchforkandcrow.com/secret-csa-member-resources/how-to-love-my-csa-share/>).

How do I store the veggies?

First, you'll want to get your produce home as cool and as fast as possible. Leaving your produce in your hot car will lead to faster spoiling.

Second, different types of vegetables require different storage locations. Winter Squash does best on the counter, onions and garlic do well in the dark pantry, and leafy greens and roots (including potatoes) should go into the crisper in your refrigerator. Also, you'll want to remove the greens from things like beets and carrots to avoid the roots going limp.

You can find storage tips for each of the vegetables we grow in the Secret CSA Member Resources section of our website (<https://pitchforkandcrow.com/secret-csa-member-resources/storage-tips/>).

Bonus Suggestion: We've dedicated the bottom shelf of our fridge to a Rubbermaid bin for vegetable storage. Often we run out of space in the crisper drawers and we've found that the Rubbermaid keeps vegetables fresh without needing to be in plastic bags.

= Pick-up Reminders & Scheduling

Could you send me a reminder when it's time to pick up my share?

As a matter of fact, yes! Sign up for our text reminders and we'll text you at the beginning of the pick-up each week. *This is an excellent way for biweekly members to remember if it's their week to pick up vegetables.*

You can find all the details for signing up on our website here: <https://pitchforkandcrow.com/csa-member-text-reminders/>.

What if I'm going to be out of town and need to skip a week?

If you know you're going to miss a week we suggest you send a friend in your place. This is an excellent opportunity to introduce other people to the CSA! With some notice we've also occasionally kept a share for a member in our walk-in cooler until the next pick-up and most items were still fresh enough to take home.

Please shoot us an email if you know you're going to miss a pick-up at farmers@pitchforkandcrow.com.

Biweekly Members: We request that you stick to your assigned dates. While we can't accommodate one-off week switches, we're happy to arrange for an alternate pick-up time at the farm so you don't miss out if you're unable to send a friend in your place.

What if I forget to pick-up my share? Can I get it later?

If you contact us within 48 hours of the pick-up we will keep your share in our walk-in cooler and you can arrange a time to pick-up at the farm later in the week.

Salem members can come to the farm during the on-farm pick-up Wednesday evening from 3:30-6pm if you miss the Salem pick-up Tuesday. Please give us a heads up so we know to expect you and have enough vegetables available.

Feel free to email farmers@pitchforkandcrow.com or text/call Carri at 503-999-7918 if you miss your pick-up.

Can I send someone else to pick up my share?

Yes! If there's any reason you're not going to make it to the pick-up, send a friend in your place to either store the produce for you or use it themselves. Just have them check-in with us when they arrive at the pick-up and we'll help them through the process.

= CSA Payments

I chose the 2-payment option. How do I pay for the 2nd half of my CSA share?

If you chose the 2-payment option at sign-up you can pay your second payment anytime before July 31st. The second payment will be \$406 (weekly share) or \$234 (biweekly share) if you paid for half of your share at sign-up.

You can bring a check or cash to a pick-up. You can also mail us a check or have your bank mail us a check to our mailbox in town: Pitchfork & Crow, 20 E Airport Rd #289, Lebanon, OR 97355.

Finally, if you'd like to use a debit or credit card you can pay via our website at: <https://pitchforkandcrow.com/csa-payments/>. Note that you can pay with cash or a check to avoid the card processing fees associated with the online payment option.

Do you take credit cards?

Yes, we do take credit cards. You can pay using a card here:
<https://pitchforkandcrow.com/csa-payments/>.

Please note that this option is more expensive due to the card processing fee. You can avoid this fee by paying with a check or cash.

= CSA Member Communication

How will you communicate with me during the season?

We'll email you each week as a reminder with a link to that week's farm newsletter and other important member information. We'll also include details on farm events and other member-only information in these short emails.

Please make sure you're receiving our emails correctly so we don't end up in your SPAM or Promotions folder. *(For Gmail, drag one of our emails into your primary tab. For other email providers, add our email to your address list.)*

Of course the CSA newsletters on the farm blog are also a form of communication so you can keep up with what's going on here on the farm. And we'll be at every pick-up so you can ask questions and check-in there too.

You can find farm newsletters here: <https://pitchforkandcrow.com/farm-updates/>.

Are there farm events?

Yes, we'll be planning for our annual pumpkin patch visit on October 7th. We'll have pumpkins for everyone, tractor rides, and any other shenanigans we can come up with. We think it's helpful for members to see where and how their produce is being grown. We'll update you in September with further details.

Let us know if you'd ever like to tour the farm. Let's plan a time to show you around!

Is the farm on social media?

Facebook: You can follow happenings at the farm at
<https://www.facebook.com/pitchforkandcrow/>.

P&C CSA Member Facebook Group: This group is for CSA members to share what they're up to with their P&C produce each week.
<https://www.facebook.com/groups/pitchforkandcrowcsamembers>

Instagram: We post photos of CSA shares and hopefully more photos of the farm this season at: <https://www.instagram.com/pitchforkandcrow/> (@pitchforkandcrow)

How do I contact my farmers?

Email is generally the best way to communicate as we're often out in the field with our hands full: farmers@pitchforkandcrow.com

Need to give us a call or a text at the pick-up? You can reach Carri at 503-999-7918.

Need to mail us a payment?

Our mailing address for our mailbox in town is 20 E Airport Rd #289, Lebanon, OR 97355.

Headed to the farm and need the physical address?

The farm is located at 34077 Santiam Hwy, Lebanon, OR 97355.