



2020-2021 Winter CSA Member Handbook

Welcome to our Winter CSA! Community Supported Agriculture is an incredible way to access the vegetables and meats we raise here at Rainshadow Organics. We have spent our summer and fall growing and harvesting certified organic, nutrient-dense storage crops and planting fresh winter greens to feed you all winter long. We are looking forward to getting to know you, sharing ideas with you, and keeping you connected to local food over the next 7 months. Your membership is INVALUABLE to the farm and we wouldn't trade our CSA members for the world.

This document details out what to expect as a CSA member for the winter season. Please take time to review these logistics and guidelines to help our winter CSA run smoothly and efficiently.

CSA pick up/Delivery Dates:

Our winter CSA pick up/delivery dates will be on the first Thursday of each month. We recommend putting these dates on your calendar right now so you don't miss a date later in the season!

November 5, 2020
December 3, 2020
January 7, 2021
February 4, 2021
March 4 or 11, 2021 (TBD)
April 1 or 8, 2021 (TBD)
May 6, 2021

Rainshadow Organics Contacts

On the first Thursday of each month, the best way to reach us is through our cell phones. Sarahlee Lawrence and Alison Holland are your primary contacts for the winter CSA. Use these numbers to contact us on our delivery route if something comes up.

Sarahlee: (541) 279-0841

Alison: (435) 230.2417

On other days of the month, please EMAIL US with questions or other CSA pick up information.

info@rainshadoworganics.com

What's Included

Our farm is unique. We work to provide our community with food year round and our winter CSA experiences the bounty of storage crops and winter greens grown in hoop houses. WOur food ebbs and flows with the farm and all the external and environmental factors that may affect it. Choosing to eat from the farm connects you to the earth in many unexpected ways. **At Rainshadow, we celebrate abundance, but we also honor lack.** Central Oregon can be harsh, both hot and cold, as well as unpredictable. We have been farming for ten years now and have built infrastructure and developed practices to get by in this wild place, but you never know what it will throw at us. You'll get the full story and all the food that comes, no matter what!

Each month you can expect your share of veggies to be filled with storage beets and carrots, multiple kinds of potatoes (our famous purple vikings, fingerlings, and sweet potatoes), an assortment of winter squash, onions, garlic, parsnips, and fresh winter greens including kale, chard, cabbage, scallions, and more!

Our monthly meat shares include 10lbs of assorted pasture raised beef, pork, and chicken. You may also find the occasional pint of lard or quart of farm-made broth. You will receive at least 1 whole chicken or pork cut/month, 2-3 lbs ground beef, and another beef cut when poundage allows.

Your meats and vegetables are pre-packaged based upon the bounty of the farm, freezer, and storage. For the winter CSA we do not have substitution options.

Rainshadow is a full-diet farm and we try to provide our community with access to all the things we raise. We do not include value added items into our shares, but we want you to be able to access our flour, honey, jams, sauces, and pickles. We will have these options available at our Bend pick ups. For the Redmond & Sister's pick ups, you can send us an email and we can have it packed for you.

Pick up/Delivery Information

*This section details out the pick up information for all our delivery locations.
Please read the location that pertains to YOU.*

If you communicate with us the Wednesday before pick up, you may change your pick up location for THE MONTH. If you need to come to the farm on Saturday to pick up your share, or know you'll be at a different pick up location, instead of your selected location, please email info@rainshadoworganics.com the TUESDAY before so we can have your box in the correct location for the month.

IF YOU MISS your pick up, you are more than welcome to come to the farm store the Saturday after pick up, 11-3, for your share. We will have your food for you.

BRING YOUR REUSABLE GROCERY BAGS AND COOLERS! You will transfer your share from the already packed crates into your bags.

Please note, we are only at these places for the short time delineated below.

SISTERS 2:30-2:40PM (Thursdays)

We'll be across the street from Oliver Lemon's Market. *Note: we are not affiliated with Oliver Lemon's. Please do not ask them for anything related to the CSA.*

REDMOND 3:30-3:40PM (Thursdays)

We'll be parked at the Centennial Park downtown.

BEND 4:30-5:30PM (Thursdays)

We will be at the Deschutes Main Services Building north parking lot at 1300 NW Wall Street.

ON FARM pick up (SATURDAYS) 11:00-3:00PM

Saturday pick up is at our Farm Store and is two days after the deliveries to Sisters, Redmond, and Bend. 71290 Holmes Rd, Sisters OR 97759. *Note: if you signed up for On Farm pick up, that is only available on Saturday!*

If You Miss the CSA pick up

WE DON'T OFFER REFUNDS OR CREDITS FOR MISSED CSA PICK UPS. If you know you are going to miss a CSA pick up, we recommend sending a friend or family member to pick up your share. This can be a great gift or fun way to share food with more people!

You are also welcome to come by the farm store on the Saturday following the pick up date between 11am and 3pm. Just be sure to send us an email reminding us that you are planning on picking up that month at the farm!

Storing Your Produce

Keeping your storage crops and fresh winter greens for an entire month takes effort. We are incredibly mindful about when we harvest your produce and how we store your vegetables to ensure it will nourish you as long as possible.

Here is some advice about how to manage and store your winter vegetables:

1. We encourage you to bring a cooler or insulated bag with ice packs to pick up your produce. You can then transfer your items into your bag and get them home in a temperature controlled container.
2. Potatoes, carrots, winter squash, and beets store for a few months in the fridge. If you are running out of room in your fridge, these vegetables also store well in a cool garage, ideally around 40F in a bag or crate off the ground.
3. Rinse and store your greens right away.
4. If your greens (kale, lettuce heads, chard, herbs) begin to wilt, place their stems into a glass or bowl of cold water for about 2 hours, they will perk right back up! Then wrap them in a damp towel and put them in the crisper drawer of your fridge.
5. If you are unsure about how to store a particular vegetable, email us at info@rainshadoworganics.com with your questions and we will respond with the best way to manage them!

Email

Email is our primary form of communication. We INSIST that you add info@rainshadoworganics.com to your contact list so that our emails don't get bumped to your spam or promotions tab. This is CRUCIAL as our communication relies on your inbox!! If you notice that you haven't been getting emails from us, CHECK your promotions tab. Most likely they have been siphoned off there.

Each month before pick up, we will send you a weekly newsletter with happenings on the farm, upcoming events, member appreciation dates, recipes and inspiration! We love connecting you with the land and the people who grow your food. This newsletter is exclusive to our CSA members!

Facebook Group

We are so excited to announce our NEW facebook discussion group for CSA members! Every year we are looking for better ways to connect our CSA members with each other.

If you are on facebook and would like to become a part of the discussion, search "Rainshadow Organics CSA Member Group," request access, and we'll let you into the discussion! You can also find the discussion group here:

<https://www.facebook.com/groups/627783947689013/>

Our Facebook group is intended to be an inclusive space to share creativity, information, and celebrate our foodie community. As we enter the adventure of a Facebook discussion group together remember that this is your space to ask questions, comment, post, and share your creations using Rainshadow Organics food in the kitchen! If you have any feedback about the Facebook group or ideas about how to make it better, just let us know.

Thank You!!!

Thank you for choosing to be a part of our farm community this summer. We are forever grateful for you and your commitment to wellness through food. In joining our community you have chosen to support the earth in the best way possible: conscious and engaged decisions about how what you eat is grown. Be proud of your commitment to local, certified organic food, and share it with the world!