



Full Diet CSA Handbook

Our Full Diet Intention

Our Mission at Rainshadow is to provide sustainable, nutrient dense food to our community. The Full Diet CSA is the primary CSA of Rainshadow Organics, but we also grow food for a Summer and Winter CSA and various wholesale partners in the community.

Rainshadow Organics is a Full Diet farm. With intention we raise an array of certified organic vegetables; wheat, corn, and buckwheat crops (and new this year, oats and Tibetan Black Barley); chickens, pigs, and cows. Our goal is to provide Central Oregon with a full diet grocery store full of our locally grown vegetables, products processed on site, and other opportunities for organic and responsibly sourced goods to round out your shopping experience.

This CSA is a culinary adventure. You are provided with the full story of everything in your diet as well as an opportunity to make a positive impact on the planet. Eating locally and seasonally can be challenging. It is a major shift away from conventional grocery stores. We'll provide the ingredients you need for a well-rounded, sustainable diet.

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 and unpredictable. It is hot and then cold, windy and then calm, rainy and then dry, clear and then smokey. We have been farming for 11 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.

We strive to provide our Full Diet members with inspiration and recipes to achieve success in the kitchen using mostly Rainshadow ingredients. We will work to guide and teach you through your seasonal eating and cooking experience. Options can be “limited.” But a limitation based upon seasonality and availability, creates room for creativity and a major increase in food connection.

When you join this unique CSA we at Rainshadow are committing to help you achieve wellness through food. We understand the desire to eat well. We've made it our life's work to grow food you can trust. We consider it an honor to be part of your journey.

What's included in your weekly share

Both farming and eating are year round endeavors. We are dedicated to bringing you food that is nutrient dense, sustainably harvested, and grown with care and dedication:

- Certified Organic vegetables
- Certified Organic heirloom grains
- Chemical and GMO-free pastured chickens, beef, and pork butchered in Central Oregon
- Raw milk
- Humanely raised, non-GMO, free-range, pastured eggs

Inherent in this approach is a seasonality—egg numbers that fluctuate with the amount of daylight, tomatoes starting in July—and the sure knowledge that we are at the mercy of nature. These natural ebb and flows directly affect what we can offer when and in what amounts.

Veggies and Herbs: This CSA is based around seasonal vegetables and herbs. This includes everything you will eat fresh in a given week, but also access to extra veggies for canning and storing when in season and surplus. Everything will be harvested in advance of your pickup. If you have seasonal favorites, you are welcome to request that we harvest extra for you. We will accommodate when we can. When the canning/preserving season comes on, you are welcome to request flats of your favorite vegetables. Our farm is veggie forward, and we hope your meals can be veggie forward as well!

Meat: We follow a whole animal eating experience in our Full Diet CSA. This includes pork, beef, whole chickens, and a turkey at Thanksgiving. All our meat is pasture-raised. Our animal's diet consists primarily of Rainshadow Organics feed and is supplemented with non-GMO, and locally sourced feed. Our meat selection varies with the month and

our butcher dates. Sometimes we have abundance in pork cuts, sometimes beef cuts. Be ready to try many different meat cuts and cooking techniques!

How much of what specific beef and pork cuts you can take weekly over the course of the year will depend on a variety of factors including how many are in your household, how much of what cut the average animal has, what you have taken previously, and what we have available. 50% of every cow that goes to butcher becomes ground meat. This means that approximately 1 lb of ground beef needs to be taken by each household member weekly. When you check out each week we will be marking down cut as well as animal type to make sure that we are all respecting the whole animal in our cooking and shopping experience.

How many chickens your household gets in a year will be based on the total number of chickens we process on the farm and the size of your CSA household. Our hope is that it will be about 5 chickens/person/year.

The allotted amount of meat per family per week varies by how many people are in your household.

4lbs of meat for the 1st household member
3lbs of meat for the 2nd household member
2lbs of meat for the 3rd household member
2lbs of meat for the 4th household member
2lb of meat for the 5th household member

We ask that Full Diet members only take as much meat as they will need for the given week.

If you go over or under your poundage allotment, you can choose to carry the deficit or surplus over to the next week. For example, if you get a 7lb meat share and are at 7.39 lbs for the week, then next week you could just pick up 6.61 lbs of meat. If you are at 6.61 lbs one week, the next week you could pick up 7.39 lbs of meat the following week. Each pound of meat is valued at \$8/# no matter the cut if you would rather pay for your overage weekly.

Raw Milk: Our Full Diet members have an exclusive share of our dairy cows. We shoot for ½ gallon of raw milk per person per week, but cows are finicky. Their milk amounts vary with feed, weather and time of year. Milk, like eggs and everything else will vary with the season. We are incredibly meticulous and use only the most sanitary milking practices. It is your responsibility to pasteurize the raw milk that you receive. We ask

that you use the milk given to you within 7 days. Make sure to keep it in the coldest part of your fridge so it can maintain its freshness the longest.

Grains: Access to our soft white winter wheat, hard white winter wheat, hard red spring wheat flours and wheat berries. We also grow oats and are starting to cross Tibetan Black Barley.

Eggs: Eggs will be available in seasonally appropriate numbers. We are increasing the number of hens we have, but egg numbers will still ebb and flow with the time of year. When the days are short and cold or long and hot, eggs laid numbers decrease and so will your egg allotment numbers. When the days are temperate and long, egg numbers will be higher. We will shoot for ½ dozen per person/week, but that is a goal and the chickens will decide how much we each ultimately get.

Monthly: On the 1st pick up of every month we will provide your household with 1 pint of honey per person.

Value Added Items: Any other edible goods in the store are available to Full Diet members at 25% off. This includes pickles and value added items that Rainshadow makes as well as the other foods we sell: pasta, olive oil, beverages, salmon, etc. The goods we sell in the store will fit within the ethics of Rainshadow: organic, GMO-free, chemical free, and sourced as locally as possible. You also have access to our lard and various bone broths, which can be included in your weekly meat allotment or purchased by the quart.

Pricing and Payment

Our Full Diet shares are sold by household, not by individual.

\$65 for the first household member

\$55 for the 2nd household member

\$50 for the 3rd household member

\$45 for the 4th household member

\$40 for the 5th household member

Children under 3 years eat free

Payment is collected every week when you come to pick-up your Full Diet CSA. You are pay with cash, a check, or your card. *You can also pay for this CSA with your SNAP benefits!*

Weekly commitment: Our Full Diet CSA is intended for members who can commit to coming every week to the Farm Store for a full year. We understand that sometimes it is difficult to come to the farm store on a given week because of the weather, vacation, or

other reasons. Please let us know if you can't make it. The earlier the better. Life happens, but if you are a no show too many times, we will end up having to cancel your membership and let someone on the waitlist in. Food waste is one of the worst parts of American Culture. We harvest specifically for Full Diet and want you to take your vegetables home, not send them to the compost pile.

When you sign-up for your Full Diet CSA, we will issue you a punch card (kept at the farm store) where we will record the weeks you come to pick up your CSA. If you make it to all the pickups in a month, you will get a 30% discount on the first pickup of the next month. *In order to receive the 30% member discount on the 1st of the month, you are required to come each week the previous month.*

Pick Up Information

Pick-up is weekly on Thursday, Friday, or Saturday at our Farm Store, 11-3 pm. With this many people, we are asking folks to sign up for a day and time preference to pickup, if possible. Again, we recognize that folks have schedules that fluctuate, but we will start doing more of a planned harvest and will have the amount of vegetables needed for that day.

If you cannot come on the day you signed up for, shoot us an email letting us know as far in advance as possible. This ensures that you get the freshest milk and eggs.

Our Farm Store hours vary by season and every now and then we close for various reasons around the holidays and other unique situations. When this happens we will make sure you know well ahead of time if there is a change in our schedule or your pick up time. We appreciate your cooperation and patience when these things occur.

Cancellation Policy

We require Full Diet CSA members to sign a 12-month commitment contract. If you need to cancel your membership for any reason during the year, please notify us TWO WEEKS in advance to your last share pick up date.

If you decide to cancel, we would love to know why. This will help us improve our program for future households.

Inspiration and Support

We at Rainshadow are so grateful you have chosen to eat exclusively with us. Taking the step to infuse your life with nutrient-dense, local food EVERY WEEK is definitely

something worth celebrating. We will always provide you with food you can trust through the full year. We are so excited to have you as a part of our foodie community!

Almost weekly we will send you seasonal recipes and a harvest list as well as some tips and tricks. We are also always here when you come shopping to answer any questions you may have about how to prepare your food to achieve maximum use of everything we have available.

We will always stand behind the primary philosophy of the Full Diet CSA: eating seasonally available, nutrient dense, sustainably grown organic vegetables & grains, pastured chemical and GMO free meats, raw milk, and eggs sourced from a real farm where you know the animals, the farmers, and the land. We are beyond grateful for your support and continued involvement in our Full Diet CSA.

Contact

The best way to contact us is through email: info@rainshadoworganics.com. If something comes up and you need to chat with us, the Farm Store phone number is: (541) 977-6746. Additionally, if that doesn't work, Alison's cell is: (435) 230-2417.