



2021-2022 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 for this CSA. 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 the 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 4, 2021

December 2, 2021

January 6, 2022

February 3, 2022

March 3, 2022

April 7, 2022

May 5, 2022

Rainshadow Organics Contacts

If you have general questions about your CSA, need to let us know about changes to your CSA pick up plan, or anything else Rainshadow related, please send us an email. info@rainshadoworganics.com

On the first Thursday of each month, if you have last minute changes, are running late, or anything else that we need to know, 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

What's Included in you CSA

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 eleven 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 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 during the winter months. Our food ebbs and flows with the farm and all the external and environmental factors that may affect it.

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, celeriac, and fresh winter greens including kale, chard, cabbage, scallions, and more!

Our monthly meat shares include 10lbs of assorted pasture raised beef, pork, and whole chickens. You may also find the occasional pint of lard or quart of farm-made broth. Each month you can count on receiving 2-4 lbs of ground beef.

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 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.*

Please let us know the Wednesday before pick up, you may change your pick up location for THE MONTH. If you need to come to the farm on Friday or Saturday to

pick up your share, or if you know you'll be at a different pick up location instead of your selected location, please email info@rainshadoworganics.com 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 during our regular hours the Friday (10-5) or Saturday (10-3) after the first Thursday of the month.

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 3-3:30 PM (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.*

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 (FRIDAY, 10-5, OR SATURDAY, 10-3, after the first Thursday of the month)

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

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!

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 to pick up your produce. You can then transfer your items into your bag and get them home in a temperature controlled container. Winter is funny, you could be protecting things from freezing!
2. Carrots and beets store for a few months in the fridge. Potatoes, winter squash, and onions store best in a cool garage or cabinet, around 40F, off the ground but with good airflow. *When you put your potatoes in the fridge it increases their sugar production and they don't cook the same.
3. Make sure you store your potatoes in the dark. When potatoes are exposed to light, their skin turns green and could indicate the presence of solanine, a toxin. It is meant to protect potatoes from insects and bacteria, but it isn't something you want to eat. If, however, your potatoes are exposed to the light and turn green, just peel them.
4. Rinse and store your greens right away. 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!

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!