

WHAT SIZE SHARE SHOULD I GET?

answer these questions

Are you trying the Farm Share CSA for the first time? Small
Are you just beginning to add more vegetables to your diet? Small
Are you a single, or a couple? Small
Are you not sure your family will help eat the vegetables? Small
Are you likely to choose only vegetables you are familiar with? Small

Do you eat vegetables at least once a day? Medium Do you have 3 - 4 vegetable eaters in your household? Medium Do you like eating salads often? Medium Are you willing to try a few new vegetables? Medium

Do you eat more than one vegetable per day? Large Do you desire extra vegetables to preserve for the off-season? Large Do you juice vegetables or make smoothies frequently? Large Do you often want more than one of each item? (2 bags of beans, 2 cabbages, etc.) Large

WEEKLY OR EVERY OTHER WEEK DELIVERY?

- Do you want the freshest veggies each week and not worry about what's left in the fridge from two weeks ago? Weekly
- Do you have time to get to a pick up site every week?
 - Yes. Weekly
 - Nope, I can't get to my pick up every week. I need to save time! Every other week
- Are you traveling frequently or taking more than three weeks of vacation during your season? Every other week
- Do you want 2 weeks to eat and use your box of veggies? Every other week

HOW MANY VEGGIES WILL BE IN MY BOX?

We calculate the contents of each box based on the real, monetary value of each crop. The contents of your particular share determine the number of items you receive and will vary from week to week. (If you have several higher value items like salad greens, cherry tomatoes, snap peas or corn, you'll have fewer items in your box than if you have lower value items like summer squash, potatoes, cabbage.)

EXAMPLES OF SHARE SIZES

- These summer shares represent the most abundant share of the season.
- For example, the first week of tomato harvest you may get **one** tomato but each week more will be available until tomato harvest thins out.
- Spring shares have less quantity and variety but start with salad greens and super greens.
- Fall shares are heavy with winter squash, sweet potatoes, and potatoes with greens reappearing.



box has 6 items - red and orange tomatoes are one item.



Red Chilis, Globe Eggplant, Tomatoes, Basil, Red Cabbage, Cherry Tomatoes, Colored Peppers, Garlic, Sungold cherry tomatoes. Every box varies because you'll customize. This box has 9 items - red and orange tomatoes are one item.





one item in this share.