



Shared Legacy Farms CSA Handbook

Revised June 12, 2025



Meet our CSA Production Team! Jose, Pedro, Noah, Asuncion, John, and Juan

Welcome to our farm family! We are looking forward to being your farmer this summer! We are passionate about growing delicious, organic vegetables for the people we care about, and sharing the story behind them! Our hope is that you will not only love eating our vegetables, but you'll experience the inter-connectedness of our membership community and learn from each other!

This is our CSA Handbook. We created it as a kind of "user manual" to help you understand what a CSA is, how it works and outline our shared commitments. We expect you to know the information inside this document. Please read this agreement to understand the Community Guidelines we both pledge to maintain!

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WHAT IS A CSA FARM MEMBERSHIP? THE PRODUCT PROMISE.

Thank you for becoming a part of our CSA for the season and sharing in our farm journey. Community Supported Agriculture (CSA) is a beautiful partnership in which the membership pledges to help support the farmer by sharing in the risks and rewards that come with being a working vegetable farm.

By paying for your share of the harvest BEFORE the season begins, you help us cover the early expenses of running a farm (when we need it most!), and provide us with a financial foundation that brings our business resilience no matter what the market or Mother Nature may throw at us. In return you receive a portion of the farm's crops every week of our 18 week season in the form of a veggie subscription box. Members are also able to purchase other types of products (called "add-on shares"). **Members are responsible for remembering to show up at their pick-up site on Tuesdays or Thursdays each week to pick up their shares.**

But the veggie box is just the means to a greater end. The longer you stay in our CSA, you'll notice that the veggies are the vehicle for many other powerful transformations (that are arguably even more valuable than the vegetables). I can virtually promise you that after being a member of our CSA for 2-3 years, you will notice some very specific changes happening in your life.

- **You'll start cooking more "fancy."** It's a gradual shift, but as you get exposed to many new types of vegetables, and the inspiration from your fellow CSA cohort, your culinary experience will expand. This keeps your cooking adventure fun and exciting as you constantly experiment with new ways to wow your family of eaters!
- **Your kids will start eating more vegetables,** and they'll be exposed to a wide variety of tastes and obscure veggies . (Careful! They may even become a food snob). Many of our CSA alumni talk about how once their kids grow up, they continue this value of local food into their eating habits.
- **You'll learn where your food comes from, how it's grown, and the many people involved** in bringing it to your kitchen. *When you know this information, it changes how you experience your food at the table.* Food becomes more meaningful. It tastes different. Test us on this - it's palpable.
- **You find your group.** "I belong here." CSA attracts people with similar values and interests. As you interact with other like-minded CSA members, you'll sense the deeper community identity that brings so much energy to our farm. I encourage you to share ideas with members in the Facebook group, visit the farm to volunteer, participate in our food challenges, and support our many

community projects that aim to unleash our collective power on the world around us.

- **You'll learn SO MUCH** - whether it's farming practices, how nature works, what a broccoli plant looks like, how to make pesto, what to pair with dill, or what a ground cherry tastes like. Our CSA has a heavy educational support system that will hold your hand as you learn how enjoy farm produce and eat with the seasons.
- **You'll get to know your farmers as real people!** Through our stories and videos and in-person interactions, you'll feel connected to your growers, and this somehow changes how you feel about your food when you sit down to eat it. (See if you notice this! It's a very cool thing).
- **You'll feel healthier.** This will be a big focus for 2025, as Corinna will be sharing her gut healing journey from last year. We understand what it feels like to see how your food is impacting your health, and we are committed to being a part of your solution to healthy lifestyle. Food is medicine ← truly.
- **Your food will taste better.** We can't explain why this is true, but when you know the story behind your food, it just tastes... different. Better. We think it's also because our veggies are grown in top-quality soil (which enhances taste).

It takes a few years for this transformation to happen. I feel like I need to say this every year to our new members. The first few weeks of CSA membership will feel very exciting. But don't be surprised if you "hit a wall" mid-season, where you start to feel overwhelmed and veggies start piling up in the fridge. It happens to everyone in their first year. This is because you are asking your brain to create a new habit, and it's looking for the easy way out. I want to encourage you to be patient with yourself, realize that this setback is par for the course, and even *necessary* to get to the other side. Just keep at it. Don't give up!! Do the best you can. Don't make it mean that you're a failure. It's all part of the journey. **We find it takes about 3 years** to find your groove with CSA and see a significant transformation in the way you eat.

OUR GROWING PRACTICES

At Shared Legacy Farms, we see ourselves first and foremost as stewards of the soil. We practice certified organic growing methods that create a thriving soil bed. You'll find us maximizing the use of crop rotations, cover crops, minimum tillage, and soil balancing techniques. We buy in local certified organic compost to amend our soil naturally and increase our organic matter. We also partner with local tree trimmers and the city of Elmore to recycle our city resident's leaf mulch and wood mulch. We raise chickens primarily for building our soil's nitrogen levels. And we promote beneficial insects as alternative forms of pest control.

ARE WE CERTIFIED ORGANIC?

YES. Our farm has been USDA certified organic since 2017 through OEFFA and the Real Organic Project. Our organic produce is grown without the use of synthetic pesticides, herbicides, or fertilizers. Based on organic standards, the use of GMOs are also strictly prohibited on our farm. We believe that when we grow healthy soil, we'll be able to grow healthy plants with greater disease resistance and higher nutritional content for our consumers. If you have any questions about how we grow our food, we invite you to contact us. We are happy to give you a tour and talk transparently about how we grow your food.

DO WE EVER BUY IN PRODUCTS FROM OTHER FARMS? YES.

There are occasions when we "buy in" vegetables from other farms -- for products that are cost-prohibitive to grow (for instance green beans, potatoes, and sometimes carrots). When we do this, we purchase them from other local, certified organic partners in our cooperative - Great River Organics (GRO).

Please note this exception to certified organic: our fruit share and our sweet corn are not organic. This sweet corn is bought in from our parents David and Cindy Bench, and it is a non-GMO, hybrid variety. However, conventional pesticides and herbicides are used. You will find that we do not pack the sweet corn into the veggie box. The corn will always be packed separate in a plastic bag and handed to you during pickup.

UNDERSTANDING THE RISK OF CSA

As a member, you share in the abundance of our harvest, as well as in the risks that come with farming. We cannot stress this part enough! Although we have learned how to avoid or manage around most problems, it is likely that EVERY year, Mother Nature will throw us a curve-ball, and we may lose a certain crop to drought, flooding, disease, bugs, hail, poor germination or seed quality, or other acts of God. This may mean that you will not receive that particular affected crop for that season.

If this occurs, we will do our best to make up for the financial value of the share by substituting something else in its place or buying in produce from one of our organic partners. Another option is to make up the value of your share on the back end of the season as we attempt to quickly plant "quick-turn" crops to recoup our losses. We will communicate regularly to keep you informed of our Plan B, and we ask that you be patient with us as we do our best to mitigate the consequences.

However, we reserve the right to lean into the spirit of the CSA agreement in the off-chance that our farm should suffer a catastrophic loss due to extreme floods, tornado, or hail. In the case that we have nothing to provide for you, you would forfeit your box share value that week.

WHAT'S INCLUDED IN A CSA MEMBERSHIP?

Your membership in our CSA includes the following deliverables:

- a weekly box or 'share' of produce - usually about 7 items. Sometimes more!
- access to our [CSA's Facebook group for idea sharing and coaching](#)
- weekly recipes via our e-newsletter to help you use the food we give you
- access to our online [CSA Membership Academy](#) - digital resource library with cooking videos, veggie storage guides, recipes, and veggie e-books. To get into the Academy, you must request access. Just let Farmer Corinna know.
- first dibs on any additional produce for sale in our online store
- a 5% off discount code through December, 2025, to shop at [CitizenSalmonAlaska.com](#) - our Community Supported Fishery partner in Homer, Alaska, using coupon code **SLF2025**.
- an invitation to participate in our farm events, dinners, and contests (farm to table dinners involve an additional fee)

ADD-ON SHARE TYPES

We offer the following add-on share types. We partner with local businesses to bring you high quality food in every food group!

- Eggs - Brian and Stacey Anderson at Anderson Farms
- Cheese - MacKenzie Creamery, Canal Junction, Blue Jacket Creamery, Black Radish Creamery, Tulip Tree Creamery, Urbanstead Cheese, Turkey Foot Creek Creamery, and more
- Whole Bean Roasted Coffee - Maddie & Bella Coffee Roasters
- Flower Bouquet - Clay Hill Organic Farm
- Wild-caught salmon & halibut - Citizen Salmon Alaska
- Montly Chicke Shares - Brian and Stacey Anderson at Anderson Farms in Bowling Green.

WHEN DO WE START?

Sylvania and Elmore sites will pick up on June 24, 2025. Perrysburg clients will pick up on June 26. You will receive a weekly box from us for 18 weeks consecutively thereafter.

When do the cheese, fruit, flower, egg, and coffee begin? All share types begin the same week that we start our vegetable CSA. Cheese shares are always delivered on the “A” (odd) weeks of the 18 week season - week 1, 3, 5, etc. Because the fruit share is only 16 weeks long, it will end on week 16. There will be two more weeks of vegetable boxes after that.

Chicken shares begin the week of June 24th and June 26th, and fall on the 4th week of every month, for 5 months in a row.

WHAT’S IN THE VEGGIE BOX?

We continue to try and expand our operation to include most annual crops that do well in NW Ohio, so that our members receive a full spectrum of local, seasonal food. We strategically plant for our CSA so that you get a balanced amount of produce throughout the season with heavier greens early on, more fruiting crops midseason and more root vegetables and storage crops to end the year.

We spend a lot of time before the planting season even begins mapping out your box content plan for each of the 18 weeks. Our goal is to provide you with a “core” **pre-packed** box of 7 items each week. SLFarms is a “traditional” CSA, meaning, your farmers decide what goes in your share (not the member). Notice that items switch from week to week based on what’s in season. The items we choose are a mix of predominantly “popular” staples, but we also try to include one unusual variety to push you to try new things.

As the season progresses, you’ll notice that the types of veggies in your box each week change. For example, garlic scapes will only appear in June; sweet corn appears mid-July and runs through early September. Winter squashes show up in the later weeks of the fall shares. Part of being in a CSA is learning how to eat with the seasons.

The early CSA boxes will not be quite as bountiful. This is how it is every year in the early weeks, and there’s a good reason for it: There just aren’t as many veggies that will grow in the early months of the season. We do our best to provide as much variety as we can in the early weeks, but you may see a lower amount of product in those first 4 weeks.



Veggie Seasonality Calendar

When can I expect to receive certain crops in my CSA box?

VEGETABLE VARIETY	JUNE	JULY	AUG	SEPT	OCT	STORAGE
ARUGULA	✓				✓	
ASIAN GREENS	✓	✓	✓		✓	
BASIL		✓	✓			
BEETS (RED, GOLDEN, CHIOGGIA)	✓	✓		✓	✓	✓
BOK CHOY	✓				✓	
BROCCOLI/ BROCCOLINI	✓				✓	✓
BRUSSELS SPROUTS						✓
CABBAGE (RED OR GREEN)	✓	✓	✓	✓	✓	✓
CARROTS	✓	✓	✓	✓	✓	✓
CAULIFLOWER						✓
CELERY		✓	✓	✓	✓	✓
CHERRY TOMATOES		✓	✓	✓		
CHIVES	✓	✓	✓	✓		
COLLARDS			✓			
CUCUMBERS		✓		✓		
DILL	✓					
EGGPLANT		✓	✓	✓		
FENNEL			✓			
GARLIC BULBS			✓	✓	✓	✓
GARLIC SCAPES	✓					
GREEN BEANS			✓	✓		
HERB, CILANTRO	✓			✓	✓	
HOT PEPPERS		✓	✓	✓		

VEGETABLE VARIETY	JUNE	JULY	AUG	SEPT	OCT	STORAGE
KALE		✓	✓	✓	✓	✓
KOHLRABI	✓	✓	✓	✓	✓	✓
LEEKs			✓	✓	✓	
LETTUCE (MIX OR HEAD)	✓	✓		✓	✓	✓
NAPA CABBAGE					✓	✓
ONIONS	✓	✓	✓	✓	✓	✓
PARSLEY	✓	✓	✓	✓	✓	
PARSNIPS						✓
POTATOES			✓	✓	✓	✓
RADISHES	✓	✓		✓	✓	
RAINBOW CHARD		✓	✓	✓		
RUTABAGA						✓
SCALLIONS	✓	✓		✓		
SNAP PEAS	✓					
SPINACH	✓				✓	
SWEET CORN		✓	✓	✓	✓	
SWEET PEPPERS			✓	✓	✓	
SWEET POTATOES					✓	✓
TOMATILLOS			✓	✓		
TOMATOES (PLUM, GLOBE, HEIRLOOM)			✓	✓	✓	
TURNIPS	✓	✓		✓	✓	✓
WINTER SQUASH VARIETIES					✓	✓
ZUCCHINI/SUMMER SQUASHES	✓	✓			✓	

HOW DO BI-WEEKLY SHARES GET ASSIGNED? KNOW YOUR WEEK!

If you ordered a *biweekly* fruit, flower, egg or coffee share, you will receive that item every OTHER week for a total of 9 times. How do you know which week is your week?

Before the season begins, you will be assigned to either A Group or B Group.

“A” week refers to “odd-numbered” weeks of the season (Week 1, 3, 5). “B” week refers to even-numbered weeks. Each week in our email, we will remind you which group week it is. Our site checklist also keeps track of this information for you. You will only get your bi-weekly share on your assigned week.

WHAT ARE THE CHICKEN SHARE DELIVERY DATES?

Beginning in June, monthly chicken share disbursements always happen on **the 4th week of every month** (shortly after their butchering dates, so your birds are freshly frozen). We will transport these in special bags every month in a chest freezer on the truck. You will need to bring back the insulated bag the following week, so we can return them to Andersons.

If you are getting a chicken share, you can write these pickup dates down:

- June 24 (Sylvania, Elmore), or June 26 (Perrysburg)
- July 29 (Sylvania, Elmore), or July 31(Perrysburg)
- Aug 26 (Sylvania, Elmore), or Aug 28 (Perrysburg)
- Sept 23 (Sylvania, Elmore), or Sept 25 (Perrysburg)
- Oct. 28 (Sylvania, Elmore), or Oct. 30 (Perrysburg)

The Andersons are transitioning their chicken operation to *non-GMO, pastured poultry to meet the demands of this program.* This means your chicken will be raised in a way that’s better for the land, better for the animals, and better for you. By joining this share, you’re not just feeding your family; you’re supporting a farming family making a huge leap toward sustainability.

So, what’s included in the Chicken Share *each* month?...

If you ordered a chicken share, each month, your frozen bag will include the following.

- ✓ **1 Whole Chicken** (about 4.5 lbs)
- ✓ **3 Packages of Boneless Skinless Chicken Breast** (6 breasts total, about 3.9 lbs)

✓ **1 Package of Specialty Chicken Sausage** (Farmer's choice, about 1 lb) - Could be Cheddar Cheese, Apple, Chorizo, Sweet Italian, or another delicious flavor! (click on link to see ingredients)

✓ **1 Package of Chicken Patties** (4 quarter-pound patties, about 1 lb) - Think Tomato Basil, Sausage Patties, or Ground Chicken!

✓ **1 Package of Chicken Drumsticks** (4 drums, about 1.2 lbs)

✓ **1 Package of Chicken Thighs** (4 thighs, about 1.5 lbs)

✓ **2 Packages of Chicken Wings** (6 wing/drumette combos per package, about 2.8 lbs)

That's a total of **15.9 pounds of non-GMO, pasture-raised chicken.**

HOW TO PICK UP YOUR CSA PRODUCTS:

OUR PICK-UP SITES

Where and when do I pick up my share each week? When you signed up, you chose from 3 pick-up locations. (If you need to change it prior to season start, you may do so by emailing sharedlegacyfarms@gmail.com). All pickups are done drive-through style. Please hold up a LARGE sign in your car window with your last name easily visible from 2 car lengths away. Our site hosts will deliver your entire share order into your car's trunk or back seat. It always helps to double-check that they got everything. With long lines, our crew can feel pressured to hurry - -and that's when mistakes are made. So help them out!

Elmore at Shared Legacy Farms, [3701 S Schultz Portage Rd, Elmore](#): Tuesday, 5:30-6:30 PM Our farm is located at 3701 S. Schultz Portage Rd, Elmore, OH 43416. Drive down the long ¼ mile driveway to the big red barn and line up. We will ask you to pull forward to our two stations and place your order in your car. You can then exit the turnaround.

Sylvania, 5 Lakes Church on [4765 N. McCord Rd, Sylvania](#) : Tuesday, 5:15-6:30 PM -Enter the parking lot at the church entrance driveway and circle around the back. Follow the line of cars. You will split into two lines at some point. Once you are done, continue to drive out the OTHER driveway exit.

Grace United Methodist Church, [601 E. Boundary Rd, Perrysburg](#): Thursday, 5:00-6:30 PM -- This site happens at the same time as the Perrysburg Farmer's Market, so you can zoom in, grab your items and continue on to the market. We are in the large, wide-open parking lot of the church adjacent to the park. Look for our tent,

trailer, and tables! Follow the two lines of cars around the box truck. Then exit out the same entrance driveway.

TAKING CARE OF YOUR CSA CONTAINER:

Each member is allotted 2 REUSABLE plastic veggie totes for their CSA season. Our crew washes and sanitizes all bins every week before re-use. Please bring your used plastic container back the next week (rinsed out), and we will swap it out with a new one. **If you fail to remember your box, you will not be allowed to take home the container the next week** - our site host will have to place the contents into your car without the box. Fruit and egg containers do not need to be returned.

If you get a "LARGE" vegetable share, you will receive TWO of these filled bins per week - a double portion. You are responsible for bringing BOTH containers back the following week.



BROKEN BINS:

Please be gentle with our bins. They are an investment! If you lose, break or crack your CSA bin due to negligence, you will be charged \$10 for its replacement. You will not be charged due to normal wear and tear.

RINSE OUT YOUR BIN (+HOW WE CLEAN YOUR CSA BIN):

Washing and sanitizing the boxes is an important step we take each week to insure that your produce is safe to eat. With over 400 boxes to fill each week, it is more costly for us to pay someone to scrub bins that are caked with dried-on dirt. We ask you to help us out by pre-rinsing the bin before you return it.

HOW TO ORDER MORE STUFF FROM THE ONLINE STORE

Each week, we may have additional items to sell through our [online store](#) - things like bulk vegetable or fruit orders, additional bundles of high-ticket retail items (like carrots), syrup, honey, eggs, or flour. You can order additional items and we'll deliver them to your CSA pick-up site.

To place your order, you must visit our [online store](#)

(SharedLegacyFarms.com/store). Select items to put in your cart, choose the correct CSA pickup site, and then pay with a credit card. A confirmation email will be sent to your email address. **You must order by the deadline listed on the store page - usually 36 hours before that site's pickup time** - giving us time to harvest it.

Sylvania and Elmore pickups should order by Sunday night. Perrysburg has a little longer until Tuesday night.

CAN I SPLIT MY SHARE WITH SOMEONE?

If you are a single person who can't eat all the vegetables in a Standard Share, by all means, split the share with another person. If you do split a share, we need to know with whom you are sharing, so they also get a weekly email. You are responsible for how the share will be divided and we prefer one payment for both parties. **We ask that no more than 2 people split a share.**

CAN I SWITCH MY PICK UP SITE?

With 400 members in our CSA, it would be very difficult for us to manage pick-up site change requests on a regular basis. However, we know that life can throw you a curve ball so we try to be a little flexible. If you need to make a one-time adjustment due to vacation or a work difficulty, please let us know 3 days before your desired change so we can make adjustments to our packing numbers. To do so, you must email us at sharedlegacyfarms@gmail.com or text Corinna at 419-344-7092. We cannot accommodate last minute site switches.

Our administrative system is not able to handle repetitive requests for pick-up site changes. If we notice that you're making a repeat request for a pickup change, we will

remind you of this handbook agreement, and ask you to make other arrangements – like asking a friend to pick up your box for you.

CAN I SEND SOMEONE ELSE IN MY PLACE TO PICK UP FOR ME?

Yes! If you cannot pick up your share yourself, simply send a substitute! All they have to do is give us your name during pickup. Please make sure that the bin gets back to use the following week.

IN CASE OF INCLEMENT WEATHER ON PICKUP DAY

We define “inclement weather” as hail, tornado warning, scary lightning storms – anything that would prevent us from safely standing outside. If it’s dangerous to leave your house, do not leave to pick up your veggies!

Check your email to find out what to do next. If we had to leave the site for safety reasons, then we will schedule a second drop off time the following day to redeliver the boxes. We may also just delay the pickup until the storm passes.

WHAT IF I MISSED MY BOX?

Email us. We always bring back all the unclaimed boxes to the farm. If there is a pick-up site later that week, we can throw it on our truck and you can grab it from that other pick-up site. Unclaimed boxes are donated to the Food Bank the following week.

WHAT IF I GO ON VACATION?

We do not hold your box for you or credit your account or double-up on boxes later. But you have a few options:

1. **Send a substitute in your place.** Find a friend to take your share for you and either store it until you return OR eat it themselves! It’s a great way to expose others to our CSA.
2. **Let it flow into our Food Bank.** We bring unclaimed boxes to the Food Bank on Tuesdays. If you want this option, do nothing. It will automatically happen.
3. **Switch your pick up site.** You are allowed to switch your pick-up site for occasional circumstances. We just ask that this not become the norm. See if your box can be picked up on the later end of the week somewhere else (after you return).
4. **Ask us to hold your box at the farm.** We’ll label your box with your name. You can schedule a time to come to the farm to pick up your box. We’ll only

hold your box until Sunday night of the following week, when it is packed for donation.

CONTACT INFORMATION

If you need to reach us, we prefer you email us at sharedlegacyfarms@gmail.com. If it is an emergency, or you will be late to your pickup site, please call our cell phones.

PUT THESE IN YOUR CELL PHONE:

Corinna's cell phone: (Elmore site) 419-344-7092

Kurt's cell phone: (Perrysburg, Sylvania sites) 419-345-5659

HOW WILL I KNOW WHAT'S IN MY BOX EACH WEEK?

1. Each Saturday, we will email you the contents of your box for that week.

We will also post it inside our Facebook group and put it in our online newsletter. This list is usually about 90% accurate, but there are sometimes changes, since Mother Nature is fickle and we may not always have exactly enough of the same crop for everyone. This causes us to sometimes make adjustments based on site. We do our best to keep things fair and give you a premium item later to make up for it.

2. Our CSA Coach Cadie Jardin does a weekly live video unboxing inside our private [Facebook group](#) on Tuesday evenings. She shares tips for storage and prep in these videos. This video is cited as one of the top 2 most valuable resources each week by CSA alumni.

HOW WE STAY IN TOUCH:

Our primary form of communication with members is via EMAIL: We expect you to check your email inbox every week. Please be sure to "whitelist" our emails so we don't end up in your SPAM folder.

We also send some information via our [Private Facebook Group](#): We provide weekly unboxing videos in our private Facebook group which is for members only. A lot of group interaction occurs here between members as they share advice and tips for making the most of your box. Request free access at <https://www.facebook.com/groups/slfarms>

If you're not on Facebook, we also load up our weekly newsletter on our blog. You can find the latest version of the newsletter at www.sharedlegacyfarms.com/blog.

PAYMENT POLICIES

How do I pay for my CSA share?

We ask you to pay a deposit of 50% down once you sign up. Mail your payment to us via check. The remaining balance can be sent to us anytime before June 1. You can pay via cash or bank check.

Where to Send Your CSA Balance Payment

Full payment is due by June 1st. Mail your check (made out to Shared Legacy Farms) to 3701 S. Schultz Portage Rd, Elmore, OH 43416.

Do you take credit card payments or Venmo?

Sorry, not for the CSA shares. Payment can be made via check, cash, money order, or bank check.

What happens if I don't pay my membership fee?

Membership fees must be paid by June 1st. No shares will be distributed until payment is received. If payment has not been made by the time our CSA starts, we will consider this agreement null and void, and your membership will be cancelled.

Cancellation/Refund Policy

Not clicking with our CSA? No worries! We offer a money-back guarantee. If, after 5 weeks, you are dissatisfied with your membership and wish to cancel, or if you have to move out of the area and cannot continue your share, we will arrange a refund on a pro-rated basis.

EDUCATION/ COOKING TIPS

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

One of the strengths of our CSA is teaching you how to cook the CSA way. We have developed a mini course called "The Roadmap to CSA Success." You'll learn the checklist of basic cooking techniques you need to master, what kitchen tools are a must for CSA success, how to store your produce to keep it from spoiling, and common vegetable "exit strategies." You can access this mini course inside our CSA Academy. To join the Academy, please email Corinna. It's one of the perks of our CSA membership!

We also recommend that you download our **CSA Tips and Strategies Guide** for rookie members. This is a fantastic booklet that you can skim in 5 minutes, that shares all the CSA master “hacks” and secrets to fast track your own CSA learning curve. We share this with you during the onboarding process in June.

What is the Membership Academy and how do I join?

All our support materials and teaching tutorials are now housed inside a membership platform known as the SLFarms Membership Academy. Here you'll find veggie fact sheets, our cooking formula cheatsheets, video tutorials, canning tutorials, and even our 60 minute CSA Beginner's Course: Roadmap to CSA Success. It's also where we store our weekly recipes and newsletter.

In order to access this membership site, you will have to login to the [Membership Academy](#). If you would like to get this resource, please email Corinna at sharedlegacyfarms@gmail.com. Access is free, but it is by request only.

STORING YOUR PRODUCE

Keeping your vegetables fresh for an entire week takes effort. Part of that is our responsibility. We are very careful about when we harvest your produce, to insure that we pick it at its peak of ripeness and in ideal harvesting weather conditions to keep it lasting as long as possible. But part of it is your responsibility as well.

If you want to extend the life of your produce, it is imperative that you get your vegetables and fruits into a cool location ASAP. Leaving your box in your hot car is a very bad idea, and your produce will spoil very fast.

Please thoroughly wash all your produce and inspect your veggies before consuming.

Here are some suggestions for how to protect the life of your produce from the Pick Up site to your kitchen.

1. Learn how to store your produce the right way. This is your responsibility! You can download our [A to Z Storage Guide](#) which spells out exactly where everything should be stored. It also includes a picture of every item we might grow on our farm. Use this to help you identify and master each vegetable.
2. Purchase Debbie Meyer Green Bags from Amazon. These are around \$8, and are made of a special polymer that absorbs ethylene gas (emitted by vegetables causing them to spoil faster). They are reusable up to 10 times each. A great investment. I usually invest in a new pack of 20 every year.
3. Take the tops of your carrots and beets right away when you get home.

4. Wash and store your greens right away in a plastic bag and store in the fridge ASAP.
5. Plan your meals based on what will spoil the fastest!
6. Your produce may appear “wet” from condensation when you open it. Wipe them down before storage.

ON-FARM EVENTS OR VISITS

Can I come out to volunteer and help you harvest sometime?

Volunteering is not required as part of your CSA membership. But we do offer our customers the opportunity each week to come to our farm and help pack our boxes. We work Mondays and Wednesdays from 4-8 PM. Children are welcome to help, but must be at least 8 years old. **Simply let us know if you'd like to come, and we will have a job for you! Email us at sharedlegacyfarms@gmail.com.**

DO YOU OFFER FARM EVENTS?

Throughout the season, we will occasionally offer farm events to our CSA members – like our Flashlight Pumpkin Hunt and Campfire, Pesto Fest, Chili Cookoff, and Tomato Canning Classes. We will promote these events in our newsletters a few weeks in advance. RSVP is required to attend.

SAFETY ON THE FARM

If you come to the farm, here are a few things you should watch out for:

Driveway - We have a single lane driveway. Please drive slowly. If there is a car coming in the opposite direction pull over to make room.

Parking on the farm - Please angle park along the driveway. Please make sure that you are not blocking anyone's exit. Exercise caution when backing out.

Farm hazards - We do our best to minimize risks to you and your family when you are visiting; however, we are a working farm and it is impossible to eliminate all hazards.

- **Uneven ground:** Please exercise caution when walking around the farm—especially in the field and pack shed, where there may be potholes, slippery surfaces or other tripping hazards.

- **Electric fence:** We use electric fence to contain our chickens and protect them from predators. To avoid an unpleasant jolt you should assume that the fence is “hot” and don’t touch it without asking first.
- **Farm animals:** We raise chickens on the farm all year long. They are fascinating to watch and we encourage you to do so. However, we ask that you do not feed them, pet them or enter their enclosures unless one of the farm staff is present.
- **Farm equipment:** Please do not climb on, operate or move any farm equipment or tools.
- **Dogs:** We love dogs and you are welcome to bring them to your pickup site. However, because some CSA members and their children may not be comfortable around dogs, we ask you not to let your pet leave the vehicle.

CHILDREN VISITING THE FARM:

Visiting SLF is a wonderful experience for the entire family and we feel that every child should be able to see how their food is grown and how farm animals are raised. We try to make SLF as family friendly as possible; however, as outlined above, there are potential hazards for children. Please supervise your children at all times. If you have older children, please discuss these guidelines with them. When time permits, we enjoy taking the kids on tours of the farm—remind your kids that you or a farm staff member must be with them at all times whenever they leave the distribution area.