

# Advice from Past CSA Members: Tips to Help Rookies Succeed at CSA



*Wish you could get advice from past and present CSA members on how to side-step common mistakes CSA rookies make? We asked them what advice they would give you if you were just starting out. And here's what they said....*

Watch the weekly unboxing video in the Facebook group. It will help you learn how to store and cook the items that week.

Ask yourself "What can we make for dinner?" Instead of "What do you want for dinner?"

Learn how to freeze things to use later in the winter. If you haven't used it by day 4, freeze it.

Trial and error is a part of this! Expect some mistakes!

Keep it simple — meal prep doesn't have to be fancy or time consuming. Veggies can be prepped quickly and taste good with simple cooking methods (bake, steam, sauce, roast, grill with just a few spices).

Act quickly when you get home from pick up and store your vegetables properly. Deal with the most perishable items first. Take the tops off your carrots ASAP!

*Eat* the most perishable vegetables first. This includes things like your lettuces, greens, and herbs.

Try to learn the 3 basic uses of each veggie.

Get those green bags! They really do extend the life of veggies once things are prepped and cleaned--it will lead to less waste and frustration in the long run.

Read the newsletter asap, ideally before your pick up date, so you have time to think about ways to use the veggies. Then look at the recipes to get ideas for what to make.

Plan ahead. I changed my meal planning and grocery day to take advantage of the newsletter announcing box contents for the week so I can incorporate as much as possible into planned meals.

Be willing to do recipe research and experiment with ingredient substitutions. Write down what you did and whether it was successful or not along with suggestions on the recipe page for future reference.

Look up recipes for veggies you are not sure of to see how you can work them into your meals for the week.

Grill EVERYTHING! Use marinades, spices, olive oil, balsamic vinegar or whatever else you like to jazz it up.

Try to clean and prep your veggies the night you get them. It will be a lot easier to incorporate them into meals on busy nights once this is done.

If you're not sure what to do with a vegetable, almost everything can be roasted.

Print out the guide to using & storing veggies prior to the season - and keep it in an easy to reach place in your kitchen so you can access it every week. If necessary, view it each week prior to veggie pick-up so you know exactly what to do with those vegetables when you get home.

Google is your friend. If you don't know what to do with a veggie, think of how you would use a similar veggie and do that. Don't be afraid to try new things or be creative.

Proper storage is the key to longevity and avoiding waste. If not used immediately, roast, bake, blanch or steam whatever possible and freeze for use later in soups or casseroles

Process the contents of the box to the extent possible as soon as you get it home. Doing this while you're still excited about the box, will help you get over the hurdle of much of the prep work later in the week. You'll be able to produce your meals that much quicker.

Invest in some containers made specifically for storing and extending the life of vegetables - and then use them. There are many options on Amazon, but I've found the ones made by Progressive are excellent.

Read the newsletter so you know what's coming in your box. You can then start choosing recipes and determine what other ingredients you will need. And I suggest making your trip to the grocery store for those items the day before your box pick-up.

It takes time to master the CSA Way. First season you are observing and learning the rhythm of the veggies. Second year you are more prepared.

The first year was tough. There was just so much food. And we didn't know what we didn't know. But you can do it! For it to work, you need to make a commitment. You have to say, "We want to do this."

Learn how to make those green cubes.

## Ready to try our 4 week trial CSA?

### Here are your next steps.

1. Visit this link to access our sign up page.  
[www.sharedlegacyfarms.com](http://www.sharedlegacyfarms.com) and get the sampler trial box.
2. Choose your pick-up location.
3. Pay online.
4. We send you your pick up dates and you grab your first box!

