

## 2018 CSA Delivery Calendar - Lunds & Byerlys Store Location - Fridays

MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
May 4 Green	June 1 Green	July 6 Brown	Aug 3 Brown	Sept 7 Green	Oct 5 Green	*Nov 2 Green and Brown	Dec 7 No CSA
May 11 Brown	June 8 Brown	July 13 Green	Aug 10 Green	Sept 14 Brown	Oct 12 Brown	Nov 9 No CSA	*Dec 14 Green and Brown
May 18 Green	June 15 Green	July 20 Brown	Aug 17 Brown	Sept 21 Green	Oct 19 Green	*Nov 16 Green and Brown	Dec 21 No CSA
May 25 Brown	June 22 Brown	July 27 Green	Aug 24 Green	Sept 28 Brown	Oct 26 Brown	Nov 23 No CSA	
	June 29 Green		Aug 31 Brown			*Nov 30 Green and Brown	See you in the spring!

**FLEX SHARE CSA MEMBERS:** You may choose delivery dates for your Vegetable Flex boxes on delivery days between May and December. Selected dates may be changed after the start of the season. If you would like to make a change, contact our CSA Coordinator by Noon on Monday the week of the desired change.

### Vegetables

### Fruit: Green Week Delivery

#### WEEKLY Vegetables

30 deliveries May - December  
 May 4, 11, 18, 25  
 June 1, 8, 15, 22, 29  
 July 6, 13, 20, 27  
 August 3, 10, 17, 24, 31  
 September 7, 14, 21, 28  
 October 5, 12, 19, 26  
 November 2, 16, 30  
 December 14

#### Peak Season Vegetables

20 Weekly deliveries June - October  
 June 15, 22, 29  
 July 6, 13, 20, 27  
 August 3, 10, 17, 24, 31  
 September 7, 14, 21, 28  
 October 5, 12, 19, 26

#### Every other Week Vegetables

##### GREEN Week Delivery

17 deliveries May - December  
 May 4, 18  
 June 1, 15, 29  
 July 13, 27  
 August 10, 24  
 September 7, 21  
 October 5, 19  
 November 2, 16, 30  
 December 14

#### Every other Week Vegetables

##### BROWN Week Delivery

17 deliveries May - December  
 May 11, 25  
 June 8, 22  
 July 6, 20  
 August 3, 17, 31  
 September 14, 28  
 October 12, 26  
 November 2, 16, 30  
 December 14

#### Summer Fruit Shares

10 deliveries  
 June - October  
 June 15, 29  
 July 13, 27  
 August 10, 24  
 September 7, 21  
 October 5, 19

#### Autumn Fruit Shares

4 deliveries  
 November - December  
 November 2, 16, 30  
 December 14

**Full Fruit Shares** receive 14 deliveries on both Summer & Autumn fruit delivery dates **June - December**.

### Coffee: Brown Week Delivery

Delivery on **Thursdays** to any of our residential CSA sites

#### Full Coffee Share

17 deliveries  
 May - December  
 May 10, 24  
 June 7, 21  
 July 5, 19  
 August 2, 16, 30  
 September 13, 27  
 October 11, 25  
 November 1, 15, 29  
 December 13

#### Once a Month Coffee Share

9 deliveries  
 May - December  
 May 10  
 June 7  
 July 5  
 August 2, 30  
 September 27  
 October 25  
 November 15  
 December 13

### \*ATTENTION ALL MEMBERS

Please note our delivery schedule changes starting the first week in November. Deliveries will be every-other-week in November and December. Both Green and Brown week shares (vegetable, fruit and coffee) will be delivered in the same week.

Please make note of this change in the schedule so you do not miss out on any shares. We will not issue credit or replace missed or forgotten shares.

### Meat: 3 Delivery Dates

Delivery on **Thursdays** to any of our residential CSA sites

May 17 - **Beef Only**  
 November 8 - **Beef & Pork**  
 December 6 - **Beef & Pork**

Our meat share offerings and package descriptions are outlined on our **Meat Sign-Up Form**. Please visit our website for more information.

## FREQUENTLY ASKED QUESTIONS and IMPORTANT CSA INFORMATION

**All CSA members** should keep a copy of this delivery calendar for easy reference throughout the season! It is your responsibility to know your delivery dates. Hang a copy on the refrigerator and take a copy to work - you can never have too many!

**Attention sharing households**, please remember that we pack only one share for you to split any way you see fit. This means that if you signed up for the Weekly vegetables, there will only be one box of vegetables available for you each delivery. It is very important that you have clear communication with your share partner. Some sharing households decide to alternate pickups so each household gets a full box every other delivery and some take the box home and split it up after each delivery. Your share(s) will be labeled with the Household 1 member's name. All sharing partners must request their shares using the Household 1 member's name when picking up shares at any of our Lunds & Byerlys locations.

**Have fun, try new things and be resourceful.** Don't let unfamiliar vegetables intimidate you! Use friends, family, the library and the internet for ideas & answers about produce preparation! Our website has great information as well as recipes and a newsletter archive. Our Facebook page is a great way to keep up-to-date with things that are happening at your farm! 'Like' us at [www.facebook.com/harmonyvalleyfarm](http://www.facebook.com/harmonyvalleyfarm). If you still have questions regarding how to use the contents of your box, contact us for recipes and suggestions: 608-483-2143 x2 or [csa@harmonyvalleyfarm.com](mailto:csa@harmonyvalleyfarm.com).

### Where can I find ...

**...what shares I am signed up for?** Your receipt/invoice (included with your welcome packet) will have this information on it. Save this in a safe place. You also will have received a copy of your receipt/invoice via email from our bookkeeper.

**...a calendar with my delivery dates?** Your welcome packet includes this calendar outlining delivery dates for our various shares. We also provide you with a colored wall calendar full of useful information and resources. These calendars are available for you at the beginning of the season.

**...a best guess of what is coming in my vegetable box this week?** Every Monday we post our "best guess" of your box contents on our website, [www.harmonyvalleyfarm.com](http://www.harmonyvalleyfarm.com). Please refer to the newsletter that accompanies your delivery, as the final contents of your box may vary slightly.

**...information on how to prepare and store my produce?** We encourage you to read the newsletter that accompanies each delivery and refer back to previous newsletters for additional storage and preparation information. All of our newsletters are archived on our website or you can refer to the newsletter included in the "What's In the Box?" email each week. You can also refer to the storage guide in the back of your wall calendar.

**...additional recipes for the items in my box?** Our website has a recipe database that allows you to search by ingredients for recipes that we have featured in previous newsletters. The internet houses many great recipes as well. We also recommend investing in a good cookbook or two. We recommend FairShare's *From Asparagus to Zucchini* and *Farm-Fresh and Fast*, Mark Bittman's *How to Cook Anything*, and the Rodale *Whole Foods Cookbook*. Any vegetable cookbook that includes pictures or descriptions of the vegetables to help you identify them, storage and preservation tips & a multitude of recipes will suffice.

### I am unable to pick up my share this week. What should I do?

If you are unable to pick-up your box, you may:

- Arrange to have another person pick up your share(s). If you will be out of town, you may want to give your box to someone who may be interested in joining the CSA next season! **If you have a friend, neighbor or family member pick up your share(s) for you, make sure they know where to go and what to do, as well as what shares you are signed up to receive.**
- Contact the farm by Monday of delivery week and ask us not to make a box for you that week. The farm does not give credit or replace canceled deliveries.

### How to contact the farm

If you have any problems with your box or anything else, please call or email. We will do our best to assist you with the situation. Also, contact us to update your phone number, email or mailing address should they change.

**CSA Coordinator: (608) 483-2143 x2 or [csa@harmonyvalleyfarm.com](mailto:csa@harmonyvalleyfarm.com)**