

# 2019 What to Expect With Choice CSA

When you arrive at the site, your farmer will check you in and walk you through the process of choosing your food. This year we have multiple levels of participation, so we will review what program you are signed up for and what foods are available to you and help you to choose what you need. Your job is to remember to bring a bag or container to pack your groceries in.

## **Veggies:**

Every week you can expect a nice variety of seasonal veggies, usually grown at LotFotL, but we will also work with a few other local farms to make sure that we have a good variety of food. Members will be able to choose what they need for the week from these items. As long as members agree not to take more than what they need for the week, we feel confident that we will have enough for everyone to take what they want and will use. If we have a limited supply on something it will show a max quantity available.

## **Meat:**

Each week we have a selection of sustainable meat (beef, pork, chicken, lamb, and specialty items). Popularity and inventory will be factors that contribute to what we bring each week. We are suggesting that members take about **\$15-20** worth of meat per adult/wk.

## **Cheese:**

We will have cheese available from Cedar Grove (both organic and hormone/antibiotic free varieties) and Clock Shadow. We suggest members take up to 1 block/adult/wk. But, talk to us about that if it doesn't feel like a good fit for your family.

## **Eggs:**

Eggs will be organically fed. We suggest 6-12 eggs/adult/wk, but again, talk to us if this won't fit your needs.

## **Bread:**

We plan to bring in bread from Rocket Baby Bakery. We will take bread orders for each week. This will help us to confidently provide you with what you want and need and eliminate waste within the system.

## **Others:**

Note that items like honey, maple syrup, soap, are outside of any of the programs and will be available for a la carte purchase each week. Examples include:

- **Maple Syrup:** Locally sourced from Rolling Meadows Sorghum Mill
- **Honey:** From LotFotL hives or locally sourced beekeepers that we know by name.
- **Soap:** Made in part from the fat of LotFotL pigs and herbs grown at LotFotL
- **Other:** Other fun surprises are sure to show up from time to time.

## Best Practices for Members

These requests will help make the program flow well and assure that our entire community eats well. We are so excited to be working with you. As always, if you have any questions we look forward to addressing them.

1. **Pick up food every week.** This program is designed for members to take what food they need for the week. You will get the most variety and options by coming to visit us each week. In addition, we, your farmers, will be able to plan our harvests and orders more accurately when we know we can expect you.
2. **Tell us if you won't be picking up:** If you don't plan to pick up that week, please let us know at least 48 hours in advance via email, text, or telephone. 262-951-0794. We can arrange to have you pick up double on a different date.
3. **Set an Alarm.** We all get busy and no one wants to miss out on their food. Setting an alarm or using post-it note reminders can help you to make sure you get your weekly items.
4. **Pick up within the published hours:** Our truck will be at multiple drop sites/day, so it is very important for us to keep to our schedule. Please make sure to arrive during the published hours.
5. **Talk to your farmer:** We will encourage conversations around your needs, your impressions, your concerns, and your joys. In a nut shell, we want to know what is working and what is not. This contributes to our mission of having deeper relationships and helps us build a strong program for you.

**See You Soon!**