

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. The goal of the program is to allow members to take what they need for the week. There may be times that we will communicate limitations in inventory and set limits on how much of an item can be taken in order for everyone to have access to it. We also offer guidelines to help members feel confident in the amounts that they take. If your needs are outside of these guidelines just let us know.

Veggies: Every week you can expect a variety of seasonal veggies, usually grown at LotFotL, but sometimes other local farms, assuring a wide selection of food. Members choose what they need for the week. As long as members only take what they need for the week, we feel confident that we will typically have enough for everyone to take what they want.

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. *Guideline: about \$15-20 worth of meat per adult/wk.*

Cheese: We will have cheese available from Cedar Grove and Clock Shadow. *Guideline: up to 1 block/adult/wk.*

Eggs: Eggs will be organically fed. *Guideline: 6-12 eggs/adult/wk*

Bread: We order bread from Rocket Baby Bakery. We order tortillas from Gitto Farm and Kitchen. We will take orders for each week, eliminating waste within the system.

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

- Maple Syrup: Locally sourced
- 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.

