



Winter 2021 CSA Shares Overview

Vegetable (Winter Produce) shares are individually boxed. For the winter, there is only one vegetable box size. One box equals one share.

Please note: Unite for HER participants must take a box with the Unite for HER label.

Meat, chicken, and biweekly cheese shares are bagged per share and labeled with specific customer names. These are kept in the cooler or cooler boxes/bags.

Site hosts: if you hand out shares, please be sure to check the labels to give the correct shares to the correct shareholders.

Omnivore shares include **1 omnivore meat** item (labeled as **omnivore meat**), **1 omnivore cheese** item (labeled as **omnivore cheese**) and **1 pantry item** (from the pantry box or cooler if bread/pantry are stored in the cooler at your site). **Note: omnivore items do NOT have customer names.**

Vegan shares include **1 block of tofu**, **1 loaf of bread** (from the bread box or cooler), and **1 pantry item** (from the pantry box or cooler if bread/pantry are stored in the cooler at your site) **Note: vegan items do NOT have customer names.**

Bread shares are bulk packed in the box labeled "Bread Box". Some sites keep bread in the cooler due to critter issues. Bread shares are one loaf per share.

Gluten-free bread shares are bulk packed in the box labeled "Gluten-Free Bread Box". Some sites keep bread in the cooler. Bread shares are one GF loaf per share.

Weekly egg shares deliver each week of the season. Eggs are in the cooler.

Biweekly egg shares deliver on odd CSA weeks only (weeks 1, 3, 5, 7, 9, 11, 13 and 15) of the season. If you are not sure if it is a pick-up week, check the sign-in sheet or your Contents email. Eggs are in the cooler.

Milk Shares: We have both whole and lowfat (2%) milk shares. Please check the label. Hosts: if you are handing out shares, please be sure to give the correct milk type.

Yogurt Shares: We have both whole and lowfat yogurt shares. Please check the label. Hosts: if you are handing out shares, please be sure to give the correct type of yogurt.

OMNIVORE SHARE

PICKUP INSTRUCTIONS

Please note that there may also be meat and cheese shares at your site. These shares are bagged in the cooler and labeled clearly. DO NOT take a full meat share or cheese share!



1 MEAT ITEM

located in cooler or cooler bag



1 CHEESE ITEM

Located in cooler or cooler bag



1 PANTRY ITEM

located in pantry box

LANCASTER FARM FRESH COOPERATIVE

VEGAN SHARE

PICKUP INSTRUCTIONS



1 BLOCK OF TOFU

located in cooler or cooler bag



1 LOAF OF BREAD

Located in bread box or cooler



1 PANTRY ITEM

located in pantry box

LANCASTER FARM FRESH COOPERATIVE