



Fall 2021 CSA PICK UP GUIDE

1. Locate the sign in sheet and your name

- Check off your name.
- Item(s) delivered for you will always be listed in your row. If you believe the sign-in-sheet is incorrect, email us at csa@lancasterfarmfresh.com or call 717.656.3533 x2.

Name	Vegetable Share	Mini Custom	Eggs	Meat	Chicken	Fruit	Flower	CSM	Herb	Cheese
John Adams	LG Vegetable					Fruit	Flower			Cheese
George Washington	MD Vegetable		Eggs			Fruit				Herb
William Tell	SM Vegetable			Meat	Chicken		Flower			Cheese
Franklin Roosevelt		Mini Custom	2 x Eggs			Fruit		CSM		
Andrew Jackson	LG Vegetable					Fruit				Herb
Thanks for your support!										

2. Locate your item(s)

- Before your first pickup, review the detailed explanation of our shares on the next page!
- Shares are packed in boxes or in the plastic cooler/insulated cardboard cooler boxes.



3. Unpack your shares and break down your box(es)

- You can take home your shares as they are delivered or load your items into reusable bags.
- If you leave your box, please unfold it as a courtesy for your host.
- Boxes left at your CSA site will be returned to the Co-op for reuse.



FAQs

What if I am going on vacation? If you provide us with at least a week's notice, we can "pause" your delivery for one week. You can choose to receive replacement items in a future week, or store credit on your online account to be used toward any future CSA purchase.

What if I want a friend/family member to pick up my share? You are responsible to pass along all pickup instructions to them. Most CSA mistakes occur when members send substitutes – please help us avoid mistakes that cost our farmers money by sharing this pickup guide with anyone you send on your behalf!

What if my share is missing? Please contact your site host and LFFC (csa@lancasterfarmfresh.com or 717.656.3533 x2). You can find your site host's contact information in the welcome email we sent you the week before the start of the season. We will do our best to help you locate your item(s).

VEGETABLE SHARES

For fall, there are three vegetable share sizes (small, medium and large). Please be sure to take the correct size share. Veggie shares are individually boxed – one box per share.



FRUIT SHARE

2 fruit items

Fruit shares are bulk packed, so **DO NOT TAKE AN ENTIRE BOX!** Always be sure to follow the fruit share instructions provided on the bulk boxes so that you take the correct amount of fruit.



OMNIVORE SHARE

1 meat item + 1 cheese item + 1 pantry item

Take 1 meat item (labeled **omnivore meat**) and 1 cheese item (labeled **omnivore cheese**) from the cooler/insulated cooler box and 1 item from the **pantry box**.

VEGAN SHARE

1 block tofu + 1 vegan cheese item + 1 pantry item

Take 1 bag labeled **vegan share** (includes 1 tofu block and 1 Conscious Cultures vegan cheese item) from the cooler/insulated cooler box, and 1 item from the **pantry box**.

BREAD/GF BREAD

Collect one loaf of the appropriate bread per share out of correct box or cooler.



Refrigerated items are sent in a white cooler OR in an insulated cooler box. If you do not see a plastic cooler at your site, please look for a cardboard cooler box(es) instead.

CHEESE, CHICKEN & MEAT SHARES

These shares are **bagged and labeled with the customer name**.

Always make sure you are taking the bag with YOUR name. Cheese shares are bi-weekly only.



EGGS

One dozen per share. **Bi-weekly egg shareholders:** always double check the sign in sheet before collecting an egg carton.

YOGURT

One quart per share. Pay careful attention to **low fat vs. original please!**

MILK

One half gallon per share. Pay careful attention to **whole vs. 2% please!**

CSM *This special share only delivers one seasonal package during the fall CSA season, unlike most fall CSA shares. More info will be emailed to CSM shareholders prior to the winter CSM package delivery in December.*