



## Winter 2022 CSA Shares Overview

**Vegetable (produce) shares are individually boxed.** For winter, there is only ONE vegetable share size (6 – 8 items in a medium box).

*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 white plastic cooler or insulated brown cardboard cooler boxes. Please be sure to check bag labels to take the correct share(s) intended for you.

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

**Veganize It! shares** include 1 bag labeled **vegan share** from the cooler (includes **1 block of tofu** and **1 Conscious Cultures vegan cheese** item), and **1 pantry item** (from the bulk **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 due to critters. GF bread shares are one GF bread item per share.

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

**Biweekly egg shares deliver on odd CSA weeks only (week 1, 3, 5, etc) of the season.** *If you’re not sure if it’s pickup week, check your contents email or the sign-in sheet at your site.*

**Yogurt shares include both whole and low fat options.** Please check the label when collecting your quart, to ensure you take the type of yogurt for which you’re signed up.

**Milk shares include both whole and 2% options.** Please check the label when collecting your half gallon, to ensure you take the type of milk for which you’re signed up.