



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.