



Winter 2022 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 the row with your name. If you believe the sign-in-sheet is incorrect, email us at csa@lancasterfarmfresh.com.

Name	Vegetable Share	Mini Custom	Eggs	Meat	Chicken	Fruit	Flower	CSM	Herb	Cheese
John Adams	LG Vegetable					Fruit	Flower			Cheese
George Washington	SM 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	Cheese

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 brown 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 SHARE

For winter, there is only one size vegetable share (6 – 8 items in a medium box). Veggie shares are individually boxed – one box per share.



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 brown 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!**