

3 TIPS & TRICKS TO MAKE THE MOST OF MY CSA BOX

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1. Wait to shop for other groceries until you receive your box

- Its easier to be creative with recipe ideas by seeing and knowing the quantities and selection of the items in the box.
- Protein to veggie pairings can be as important wine to cheese!
- Sometimes the best complimentary items aren't in the box or can be grown by the farm.
- Purchasing or making your own salad dressings can come in handy! When in doubt, make a big salad.



2. Write out a meal plan

- Your plan does not need to be complex but by writing it out, you are more likely to achieve it.
- Plan for weekday salads and at least one big meal for roasting or BBQ
- Soups can be inventive and utilize many crops, even in the summer

3. Be ready to preserve if you can't eat them all:

- Freezing, canning and dehydrating are all great ways to extend the shelf-life of your produce.
- Putting away a jar away every couple of weeks add up for winter enjoyment
- Not only does preservation extend self-life, but it can also change its utility in the kitchen



BONUS TIPS:

- Refrigerate your box contents as soon as possible to preserve their quality. However, do not refrigerate your tomatoes, squash, onions, or garlic unless they are ripening too fast or you have started to use them.
- Save bread bags to reuse to store your veggies in.
- Make friends with your neighbours and other members; sometimes you can trade items or have them pick up your box when you are away.
- Read the newsletter for recipe ideas! Don't forget to ask for ideas in the Facebook group too!
- Have an open mind to trying new foods or things you thought you didn't like.
- "Ask your farmer for help, he seems to know a recipe for any veggie!"
- **ENJOY!** You are supporting a great cause while eating amazing ingredients!