



Getting The Most Out of Your Box!

SHORTCUTS & SUCCESS TIPS



We're here to help make it easy to eat lots of fruits & veggies!

**From the produce itself, to our tried & true shortcuts,
here's how to get the most out of your box!**

Supporting local farms is incredibly fun and rewarding! We want to help take away any overwhelm that could come with bringing a constant supply of fresh vegetables into your home every week. We'll show you tips & tricks to help you shorten the learning curve of belonging to a CSA so you can feel confident in the kitchen.

This guide is your shortcut to efficiently approaching your weekly bounty so you can feel good about what you are feeding your family.

You'll learn..

- 1. Storage tips**
- 2. Micro prepping**
- 3. Action plan for using it all**
- 4. Menu inspiration**
- 5. FAQ's**



Store produce well for maximum longevity

Proper storage of vegetables is essential! Veggies will last longer and you won't have to rush to use them. Many vegetables can last 1-3 weeks based on the quality of storage. Download this storage guide (bit.ly/storagetips123) to keep your produce lasting longer while preventing food waste.

Here are some of the basics to help you win the storage game!



1

Read your newsletter

Our "Good Picks" email on your delivery morning will always tell you everything you need to know about how and where to store things

2

Cut the edible green tops from things like carrots, beets, and radishes

If you fail to do this, the greens will drain moisture from the roots and make them wilt. Separate the roots from the greens and store them separately in a plastic bag.

3

Store fruit where you can see it

Keeping fruit where you can see it is an easy way to make sure it gets eaten. We suggest keeping most of your fruit in the fridge, where it will last the longest! And leave a small bowl on the counter with whatever fruit you plan to eat within the next couple days.

4

Keep 'em Bagged!

Storing vegetables loose in the fridge is recipe for wrinkly veggies. You should store most of your veggies (especially your greens!) in plastic bags in the fridge. That will keep them from getting dehydrated.

5

Take an inventory before your next box

Take a quick inventory of the veggies you still have laying around and try to eat, wash, prep, pickle or even freeze those things that you know you likely won't eat within the "fresh window."

6

Post a cheatsheet on the side of your fridge

Though our newsletter is a great resource, you won't always want to go look it up. Having a one-page veggie storage guide posted somewhere easy to see will save you time during busy weeks. bit.ly/storagetips123

Practice micro-prepping throughout the week

Whether you prep for 10 min when you open your box, or while you're waiting for a pot of water to boil, a lot of members find that certain quick-prep techniques, like peeling and/or cutting the carrots, leads to their family grabbing more veggies as snacks throughout the week.

These micro-prep moments help you stay on top of your produce:



1

Chop snacking veggies ahead of time

Chop carrots, cucumbers, celery & peppers and leave them available for snacking.

2

Cook extra when you've got the oven on or a pot of water boiling

If the oven is on for an entrée- I'll toss in some veggies like carrots or squash to roast- either as a side dish for dinner, or to add to a salad or a meal the next day.

If you're boiling water for pasta, you can add chopped broccoli or chard in the last 4 mins.

3

Get salad greens into the spinner

For me personally, chopping kale or lettuce and storing it in the salad spinner makes it 10x more likely that it will get used! I also find that the microclimate of the moist salad spinner keeps the greens very fresh!

4

Pre-sliced fruits lasts better with water

If you chop up apples or pears, give them a quick dip into water before storing. This will help them from turning brown for hours or sometimes even a couple days. Berries on the other hand shouldn't be rinsed until you're ready to eat them.



Use an action plan for using a lot at once!

If you ever find you have more than you know what to do with- here's a simple action plan of go-to methods that use up produce fast so you can prepare for the next bounty!

1

Make a stir-fry or soup

Soups and stir-frys allow you to use a ton of veggies at once, and you can use just about any kind! Take a look at our recipe library for inspiration or make it up as you go 😊

You can even use this technique to take advantage of pieces like stems or to use up odds and ends before the next box comes.

2

Roast it!

Whenever you don't know what to do with the last two vegetables left in your fridge, I urge you to give roasting a try. There is hardly a vegetable that doesn't taste amazing roasted and if you can turn it into a sheet pan meal, all the better! Google "sheet pan meals" if you aren't familiar. It is a serious game changer.

3

Play around with meals that can incorporate many veggies

Think quiche, pizza, pasta, chili, tacos, rice bowls, spring rolls, fried rice, soups, scrambled eggs, etc. You can use a ton of different veggies in one dish (which often lasts multiple meals)!

4

Freeze it

Soft fruits are excellent for smoothies. Simply cut off any bad parts and freeze the rest of the pieces for your next smoothie. For veggies you can make green cubes! Blanch a bunch of greens, puree them together, then put them into ice cube trays and add them to sauces or soups or smoothies as you please.

5

Make pesto

You can make pesto out of pretty much any green you receive from the farm (basil, kale, collards, spinach, arugula scallions, etc). And if you make too much, it freezes up great!

6

Juice 'em

Bust out that juicer from the closet and make veggie juice with carrots, celery, lettuce, herbs... you name it! If you have citrus fruits that have hardened, they are still juicy inside!



Get (and stay) Inspired

One of the most rewarding (and fun!) parts of being in a CSA is trying new vegetables & recipes! It's such a great excuse to experiment with new techniques, and an amazing way to get more variety into your diet.

To find the best & easiest recipes...

1

Check out our newsletter

for recipes that go with everything in your box each week. The newsletter arrives to your email inbox every delivery day at 9AM.

2

Reference our facebook group

see what your fellow "farm-ily" is making for dinner, get bonus recipes, or even ask questions. Go to bit.ly/GBOFoodies

3

Find favorite blogs or books that use lots of fresh, seasonal produce

Some of our favorites include:

- *Forest Feast* by Erin Gleeson
- *Oh She Glows* by Angela Liddon
- *AmbitiousKitchen.com*
- *MinimalistBaker.com*

4

Try new things

One of the best things about being a part of a CSA is the opportunity to try new vegetables you aren't familiar with and experimenting with different combinations of food and flavors. Don't be afraid to make a few mistakes either! This is the only way you will grow as a home chef.

Some of our more experienced CSA members like to intentionally select recipes that are outside their "standard wheelhouse" or that use a common vegetable in a different way. For example, instead of just roasting or grilling summer squash every week, opt for something unique like a squash pie.



Don't be afraid to ask questions

Our mission is to help our community eat healthier- one box at a time.

We're here to support you all the way from box to table!

Here are some answers to the most common Q's we see

- 1 If you aren't sure what something in the box is?**
Email us or hop over to our facebook group bit.ly/GBOFoodies
- 2 If something looks funny** and you're not sure if that's a normal blemish or a concerning one- just ask!
- 3 If anything arrives unusable** let us know! We're always happy to replace it!! Even better- send us a pic so we can relay to our quality control manager
- 4 If you're not sure if something is ripe?**
Check out the ripening and storage tips towards the bottom of your weekly newsletter- or just hit reply to any email from us to ask!
- 5 If you discover that you don't like something** just let us know. We will make a note on your account so you can swap it out for a different item in a future box.
- 6 Need to skip a week or change your box?**
Simply login to your dashboard or email us by the Wednesday night prior to your next delivery. Charges/Order processing happens at midnight between Weds and Thurs so just let us know before then.



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