



# Tall Timbers Farm Handbook

# CSA Guide to Success

Updated for 2025

Welcome to our CSA membership. We hope you will enjoy all the delicious fruits, vegetables, herbs and eggs that we produce. We have added a few new details to our CSA program so **please read through this handbook**, even if you are a returning customer.

#### **SHARES:**

Our farm offers a certain number of “shares” to our members, of our vegetables and fruits and it may contain other items such as eggs, herbs, soaps, nuts or flowers. Each week the members receive a bag with a variety of produce( worth \$20.00) that is ready for harvest that week. You will also receive an email prior to pick-up/ delivery (when we have time) as to what will be included in your box and some handy recipes and storage ideas. Eggs will be included every other week , otherwise eggs can be purchased for \$5.00 doz. You can also add an Egg Share onto your membership. If you would like more or less of anything please let me know. That’s no problem.

#### **CANNING/FREEZING ENTHUSIASTS:**

Depending on Mother Nature, I usually have an over abundance of some canning vegetable, such as tomatoes, beans, potatoes and a few others. I will let you know when this occurs and you can let me know if you are interested, otherwise they will be sold at the farmers market.

#### **REMEMBER TO BRING YOUR BAGS:**

We will bring your produce in a box for you to put in your own bag. I will have a few plastic bags (yuk!) available if you happen to forget yours.

#### **DELIVERY SITES: Please be on time! NEW TIMES!!!**

We deliver to **Cathlamet at Strong Park Wed. 5pm to 6pm** .If you are unable to pick up on this day, **PLEASE** let me know in advance. Missed pick-ups will be donated to the food bank if possible. You can send a friend or relative to pick up your share if needed, just let me know. Produce is picked the morning of your deliveries, and if they are not picked up then I have wasted some of my crops and my time. I cannot keep produce over even 1 day, as I have no way to refrigerate.

#### **WASHING PRODUCE/FRUIT:**

We wash everything upon harvest, but it is always a good idea to rinse everything before you eat it just as you would with produce purchased from a grocery store or market. Likewise, if it is a particularly hot day and greens are looking wilted, rinse and store them in a plastic bag. They should perk right up.

#### **RECIPES:**

I will try to add recipes to your box every week or in your weekly newsletter that go with what you may be getting in your box that week. As the season progresses and things get busy this may not be possible. However, if you check out our website Recipe Archives , you will find lots of tasty recipes to try for just about anything.

## FOR THE PICKY EATERS IN ALL OF US:

I implore you to try each item in your box several times, cooking it different ways before you totally write it off. If you are avoiding a veggie because it was poorly prepared and/or is /was a bland grocery store item, please do try it again. Freshly harvested produce is so sweet and flavorful. Try to be open and adventurous!

## CONTACTING THE FARM:

I do all of the harvesting and admin stuff for the farm. If you need to reach me , please email [talltimbersfff@gmail.com](mailto:talltimbersfff@gmail.com). Or text me at (360) 849-9775. Service is limited so phone calls get missed frequently but I do try to check for emails and texts all day long. Sometimes I can get voicemails. Sorry for the inconvenience , but they won't put in a landline phone for us because we are the only ones on our side of the road! Pfft!

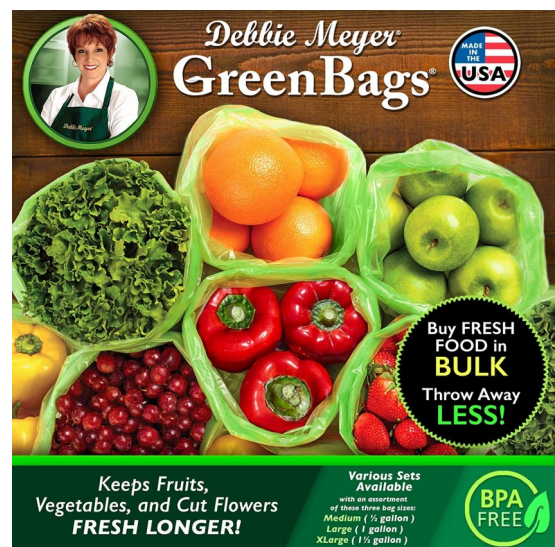
## NEWSLETTERS:

Our farm newsletter "Timber Tales" will go out 4 times a year via email. This is a great way to keep up with happenings on the farm, special events and CSA updates. We consider you as part of our farm family and love sharing "farm life" with you. It sometimes includes recipes and fun projects as well. And of course photographs.

## SOCIAL MEDIA:

Please follow us on Facebook at Tall Timbers Farm and on Instagram. You can also follow my Blog on our website. There is a lot of fun information about our farming journey, farm projects, what's a CSA all about, raising farm animals and "how to" projects. Members should also join the Tall Timbers CSA Member Forum Facebook page. You will be sent an invite when you become a member.

*Debbie Meyer Green Bags are highly recommended for produce storage!*



# Food Storage Tips

## Where to Store Your Seasonal Produce

### ON THE FRIDGE SHELF

- Asparagus– Place stems in glass jar with water and cover tops with a plastic bag (4 days)
- Bell Pepper– Place in a plastic bag (1 week)
- Beets– Place in plastic bag (2 wks) remove green tops
- Mushrooms– place in paper bag (3 days)
- Radish– Place in plastic bag with a dry paper towel (2 wks)
- Ginger– unwrapped (1 month)
- Summer Squash— place in plastic bag (5 days)

### COUNTERTOP

Tomatoes

### DARK PANTRY

- Onions– unwrapped ( 1-2 months)
- Potatoes– paper bag (1 –2 months)
- Garlic– unwrapped whole ( 2 months)
- Sweet Potatoes– paper bag (2wks)
- Winter Squash—unwrapped (1 month)

### CRISPER DRAWER

- Head Lettuce— Place in plastic bag with damp paper towel (5days)
- Broccoli– Wrap in plastic (5 days)
- Carrots– place in plastic bag (3 wks) remove green tops
- Cabbage—wrapped in plastic (2wks)
- Cauliflower– wrapped in plastic (5dyas)
- Celery– wrap in foil (2wks)
- Green Beans– place in plastic bag with dry paper towel (1 wk)
- Cucumbers– wrapped in plastic (1 week)

# Vegetable Exit Strategies

Take inventory and set priorities straight before your next CSA delivery. When you are receiving a box of veggies every week, things can pile up , so here are a few “Exit Strategies”- quick Go-to methods to help you use up those extras



## Roast or Grill Everything!

I take any vegetables I have left, wash and trim them , generously coat them with Olive Oil, sprinkle with salt and pepper, then cook them on a baking sheet at 425 degrees until crispy on the edges . Grilling them is also a favorite . They make great Kabobs. Roasted veggies can also be refrigerated or frozen to use in soups or salads.

## Make Pesto

There are so many Pesto recipes out there to choose from . Find one for the veggies you have left.

## Sheet Pan Meal

Add some Olive Oil to those veggies and spread in a baking pan, add some cut up chunks of chicken on the other side, sprinkle with salt and pepper and any of your favorite seasonings, like garlic, and bake . An instant meal all in one pan!

## Vegetable Broth

Some of those veggies make a great broth to save for soups, gravy’s and more. Check out our Recipe Archive for some great Broth recipes .

## Pickle them

Pickling is easy and can be done with a lot of different vegetables. Look for recipes in the Recipe Archive.

## Freeze Them

Freezing vegetables and fruits before any signs of spoilage, is a great way to save them. For tasty meals or even later this winter.

## Smoothies

Maybe it’s time to try those veggie smoothies you’ve been hearing about!

Stir Fry It’s a great way to use up odds and ends.

Compost or Chicken Feed- If not for you, maybe your neighbors.



# Preserving the Harvest



## Sauerkraut

Experiment with simple techniques like fridge pickles, Three Bean Salad or salsa. Then try your hand at Kimchi, krauts and other fermented products.

## Mixed Veggies



Another great way to make the most of your vegetable CSA and not waste food, is to learn to preserve it. I listed Freezing as an exit



## Refrigerator Pickles



Eventually as your confidence grows, maybe you'd like to try your hand at Hot Water Bath canning and even Pressure Canning. Take some classes through your Extension Office or find a mentor. I'm sure there are a lot of local people in the community who would love to pass on their knowledge of canning if asked to do so. I know I would.

# CSA

## The Risks & Rewards

Last but not least is the understood “contract” between farmer and member.

When you join our CSA , you become part of our farm family and give your word that you will stand behind us through thick and thin this season. You are committing your dollars to our farm operation and in return we will grow the best vegetables we can to make good on your investment.



As a farmer, I do my part to minimize the risks. I know how important it is to keep my soil healthy to provide healthy produce for you and your family. But every year , there is something that isn't perfect. Mother Nature is fickle. She may send too much rain, a cold snap, flea beetles or overly hot temperatures. You just never know, and try as I may , I just can't outsmart her! But I do my best.

I want your membership to be an awesome and rewarding experience, and I will try to put your culinary expertise to the test with lots of help along the way.

Please feel free to reach out and ask questions or give your suggestions.

Your Farmer

Lori Cagle

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**Tall Timbers Farm**

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