

2017 CSA Delivery Calendar - La Crosse, Onalaska, Viroqua and the Farm - Fridays							
MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
May 5 Green	June 2 Green		Aug 4 Brown	Sept 1 Brown	Oct 6 Green	*Nov 3 Green and Brown	*Dec 1 Green and Brown
May 12 Brown	June 9 Brown	July 7 Brown	Aug 11 Green	Sept 8 Green	Oct 13 Brown	Nov 10 No CSA Meat Only	Dec 8 No CSA Meat Only
May 19 Green and Meat	June 16 Green	July 14 Green	Aug 18 Brown	Sept 15 Brown	Oct 20 Green	*Nov 17 Green and Brown	*Dec 15 Green and Brown
May 26 Brown	June 23 Brown	July 21 Brown	Aug 25 Green	Sept 22 Green	Oct 27 Brown	Nov 24 No CSA	Dec 22 No CSA
	June 30 Green	July 28 Green		Sept 29 Brown			See you in the spring!

**FLEX SHARE CSA MEMBERS:** You may choose delivery dates for your Vegetable Flex boxes on delivery days between May and December. Selected dates may be changed after the start of the season. If you would like to make a change, contact our CSA Coordinator by Noon on Tuesday the week of the desired change.

## Vegetables

### WEEKLY Vegetables

30 deliveries May - December  
 May 5, 12, 19, 26  
 June 2, 9, 16, 23, 30  
 July 7, 14, 21, 28  
 August 4, 11, 18, 25  
 September 1, 8, 15, 22, 29  
 October 6, 13, 20, 27  
 November 3, 17  
 December 1, 15

### Peak Season Vegetables

20 Weekly deliveries June - October  
 June 16, 23, 30  
 July 7, 14, 21, 28  
 August 4, 11, 18, 25  
 September 1, 8, 15, 22, 29  
 October 6, 13, 20, 27

### Every other Week Vegetables

#### GREEN Week Delivery

17 deliveries May - December  
 May 5, 19  
 June 2, 16, 30  
 July 14, 28  
 August 11, 25  
 September 8, 22  
 October 6, 20  
 November 3, 17  
 December 1, 15

### Every other Week Vegetables

#### BROWN Week Delivery

17 deliveries May - December  
 May 12, 26  
 June 9, 23  
 July 7, 21  
 August 4, 18  
 September 1, 15, 29  
 October 13, 27  
 November 3, 17  
 December 1, 15

## \*ATTENTION ALL MEMBERS

Please note our delivery schedule changes starting the first week in November. Deliveries will be every-other-week in November and December. Both Green and Brown week shares (vegetable, fruit and coffee) will be delivered in the same week.

Please make note of this change in the schedule so you do not miss out on any shares. We will not issue credit or replace missed or forgotten shares.

## Fruit: Green Week Delivery

### Summer Fruit Shares

10 deliveries  
 June - October  
 June 16, 30  
 July 14, 28  
 August 11, 25  
 September 8, 22  
 October 6, 20

### Autumn Fruit Shares

4 deliveries  
 November - December  
 November 3, 17  
 December 1, 15

**Full Fruit Shares** receive 14 deliveries on both Summer & Autumn fruit delivery dates **June - December**.

## Coffee: Brown Week Delivery

### Full Coffee Share

17 deliveries  
 May - December  
 May 12, 26  
 June 9, 23  
 July 7, 21  
 August 4, 18  
 September 1, 15, 29  
 October 13, 27  
 November 3, 17  
 December 1, 15

### Once a Month Coffee Share

9 deliveries  
 May - December  
 May 12  
 June 9  
 July 7  
 August 4  
 September 1, 29  
 October 27  
 November 17  
 December 15

## Meat: 3 Delivery Dates

May 19 - **Beef Only**  
 November 10 - **Beef & Pork**  
 December 8 - **Beef & Pork**

Our meat share offerings and package descriptions are outlined on our **Meat Sign-Up Form**. Please visit our website for more information.

## FREQUENTLY ASKED QUESTIONS and IMPORTANT CSA INFORMATION

**All CSA members** should keep a copy of this delivery calendar for easy reference throughout the season! It is your responsibility to know your delivery dates. Hang a copy on the refrigerator and take a copy to work - you can never have too many!

**Attention sharing households**, please remember that we pack only one share for you to split any way you see fit. This means that if you signed up for the Weekly vegetables, there will only be one box of vegetables available for you each delivery. It is very important that you have clear communication with your share partner. Some sharing households decide to alternate pickups so each household gets a full box every other delivery, some take the box home and split it up after each delivery, and some leave half the box contents at the site for the other household to pick up. Please use a large piece of paper or tape and clearly mark any half boxes you leave at the site with your share partner's name. Make sure to leave a note on the Customer Checklist as well so your share partner knows you were there and they don't unpack half of a box for themselves, leaving the site with two incomplete halves.

**Have fun, try new things and be resourceful.** Don't let unfamiliar vegetables intimidate you! Use friends, family, the library and the internet for ideas & answers about produce preparation! Our website has great information as well as recipes and a newsletter archive. Our Facebook page is a great way to keep up-to-date with things that are happening at your farm! 'Like' us at [www.facebook.com/harmonyvalleyfarm](http://www.facebook.com/harmonyvalleyfarm). If you still have questions regarding how to use the contents of your box, contact us for recipes and suggestions: 608-483-2143 x2 or [csa@harmonyvalleyfarm.com](mailto:csa@harmonyvalleyfarm.com).

### Where can I find ...

**...what shares I am signed up for?** Your receipt/invoice (included with your welcome packet) will have this information on it. Save this in a safe place. You also will have received a copy of your receipt/invoice via email from our bookkeeper.

**...a calendar with my delivery dates?** Your welcome packet includes this calendar outlining delivery dates for our various shares. We also provide you with a colored wall calendar full of useful information and resources. These calendars are available for you to pick up at your delivery site at the beginning of the season.

**...my site host's contact information?** The site guide in your welcome packet has your site host contact information (as well as specific details regarding pick-up at your site). The wall calendars at your delivery site also have site host information in the back.

**...a best guess of what is coming in my vegetable box this week?** Every Monday we post our "**best guess**" of your box contents on our website, [www.harmonyvalleyfarm.com](http://www.harmonyvalleyfarm.com). Please refer to the newsletter that accompanies your delivery, as the final contents of your box may vary slightly.

**...information on how to prepare and store my produce?** We encourage you to read the newsletter that accompanies each delivery and refer back to previous newsletters for additional storage and preparation information. All of our newsletters are archived on our website or you can pick up a print copy at your site on delivery day. You can also refer to the storage guide in the back of your wall calendar available at your delivery site.

**...additional recipes for the items in my box?** Our website has a recipe database that allows you to search by ingredients for recipes that we have featured in previous newsletters. The internet houses many great recipes as well. We also recommend investing in a good cookbook or two. We recommend FairShare's *From Asparagus to Zucchini* and *Farm-Fresh and Fast*, Mark Bittman's *How to Cook Anything*, and the Rodale *Whole Foods Cookbook*. Any vegetable cookbook that includes pictures or descriptions of the vegetables to help you identify them, storage and preservation tips & a multitude of recipes will suffice.

### I am unable to pick up my share this week. What should I do?

We can deliver your box to a different site for a week (or more) if you wish, but we are unable to change delivery dates, unless you are on the Flex plan. You must notify us of any requested changes to your week's delivery by Monday at 5pm. If you are unable to pick-up your box, you may:

- Arrange to have another person pick up your share(s). If you will be out of town, you may want to give your box to someone who may be interested in joining the CSA next season! **If you have a friend, neighbor or family member pick up your share(s) for you, make sure they know where to go and what to do, as well as what shares you are signed up to receive.**
- Contact the farm by Monday of delivery week and ask us not to make a box for you that week. The farm does not give credit or replace canceled deliveries.
- Contact your site coordinator before delivery day and ask them to find a good home for your box or to put the box contents into the "Swap" box at your site.

### How to contact the farm

If you have any problems with your box, delivery site, or anything else, please call or email. We will do our best to assist you with the situation. Also, contact us to update your phone number, email or mailing address should they change.

**CSA Coordinator: (608) 483-2143 x2 or [csa@harmonyvalleyfarm.com](mailto:csa@harmonyvalleyfarm.com)**