



2011 Winter CSA Member Handbook



Primrose Community Farm, LLC

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Being a Member of our Farm

You are now officially a Primrosean!

Being a Primrosean means that you are supporting a family farm in our endeavor to provide fresh, local, organic vegetables. It also means that you have joined in the inherent risk of farming. As a winter member, most of the seasonal weather risks have come and gone. You can rest assured that we had a wonderful season and we are excited to fill your boxes with delicious, comforting winter vegetables.

Thank you for joining us!

Your Farmers.....
Cassie, Mike, & Zea



Member Responsibilities

As the farmers, it is our responsibility to grow, pack, and deliver food to you. Members have responsibilities too. To make sure everyone gets their share each week, we ask that you follow the simple, yet important directions we offer.

All Primroseans are Expected to:

1. Read the member handbook in its entirety. Make sure that anyone who will be picking up your share is familiar with the directions. An electronic version of the handbook can always be found on our website under the Recipes & Resources tab.
2. It is your responsibility to know where and when to pick-up your CSA share. The farm will not issue credit or refunds for unclaimed or forgotten boxes. If you will not be able to pick up your share, it is your responsibility to contact us PRIOR to the day of pick-up to make special arrangements. See page 4.
3. Read the newsletters. These provide important storage information, as well as recipes and news from the farm.
4. Learn how to properly unfold and flatten a CSA box for reuse. (See Youtube video link.)
5. Take home your produce in your own bag or box.
6. Make sure you set your email Spam filters to accept email from primrosecommunityfarm@gmail.com to ensure that you receive our communications.

Share Pick-Up Instructions

Pick-Up Day: **WEDNESDAYS**

Regular Shares (REGs) Pick-Up Dates:

- Wednesday, Nov. 2nd
- Wednesday, Nov. 16th
- Wednesday, Nov. 30th
- Wednesday, Dec. 14th

Everyother Shares (EOs) Pick-Up Dates:

- Wednesday, Nov. 2nd
- Wednesday, Nov. 30th

1. Check-Sheets Each pick-up, please check-off your name on the check sheet to signify that you've received your box. If you are splitting a share, please remember that you may be listed under the other household's name.
2. CSA Boxes: We pack our produce into reusable waxed boxes. At the site, simply take any box from the appropriate stack.
3. Unpack Your Share into Your Own Bag: These boxes are expensive and we have a limited number. Please bring your own bag or box to take your food home in.
4. Neatly flatten and stack your box, taking care not to rip the flaps of your box. (See Youtube video link.)
5. Swap Box: If you receive an item you won't eat, you can leave it in the swap box. Feel free to take items from the swap box that you know you can use.
6. Unclaimed Boxes: Boxes unclaimed by specified pick-up times will be donated. Special arrangements can be made ahead of time to avoid this. (See page 4)

Newsletters

Our electronic newsletters are fun, but also practical. They contain stories about life on the farm, information about the food you are receiving, storage tips, and recipe ideas.

We will send you a link to the newsletter each Tuesday. The week's current newsletter and all back issues can be accessed on our website at any time. Please remember to set primrosecommunityfarm@gmail.com as a safe address.

Recipes

Each week we will include recipes in the newsletter. We try to include recipes for the produce items you may not be as familiar cooking with (like rutabag), or for items you may need some fresh ideas for (like potatoes). We encourage you to send us recipes that you love.

Hundreds of recipes are archived on our website!

Just click on the 'Recipes & Resources' tab. Please utilize this part of your membership! It will be a HUGE help, especially if you are new to CSA. You can:

- * **Search recipes by vegetable. Simply type vegetable(s) in the search box and hit search.**
- * **Browse the full list of our recipes, organized by vegetable.**
- * **Browse the full list of our recipes, organized by dish type.**

Winter Storage Basics

Some of the veggies you receive, like spinach, kale, and head lettuce are meant to be eaten within a week or so. However, the large majority of veggies you receive can all be stored for longer periods of time. Here are some tips:

- Beauty Heart Radish** - Plastic bag in fridge. Stores at least 2 months.
- Beets** - Plastic bag in fridge. Stores at least 2 months
- Brussels Sprouts** - Plastic bag in fridge. Stores a few weeks.
- Cabbage** - Plastic bag in fridge. If outer leaves start to break down, simply peel them and reveal good cabbage underneath.
- Carrots** - Plastic bag in fridge. Stores at least 2 months.
- Celeriac** - Plastic bag in fridge. Stores at least 2 months.
- Garlic** - They like it dry, usually on the counter or in a cupboard works great. Darker is better for long term storage.
- Leeks** - Plastic bag in fridge. If the outer layer starts to go, just peel it off to reveal a still good leek underneath.
- Onions** - They like it dry, usually on the counter or in a cupboard works great. Darker is better for long term storage.
- Parsnips** - Sealed plastic bag in fridge. Will last at least 2 months.
- Potatoes** - These will keep best in a plastic bag in the fridge, if you want them to store for more than 1 month. If you will eat them before that you can keep them in a cupboard (dark) in a paper bag, at room temp. If you start to get sprouting you should get them in the fridge.
- Rutabaga** - Plastic bag in fridge. Stores at least 2 months.
- Sweet Potatoes** - They like to be warm but they also will lose their humidity and shrivel. For storage of more than a couple of weeks you can wrap them in newspaper and just seal them in a paper bag. DO NOT put them in the fridge, as it will affect their sweetness and may prevent them from getting soft in cooking.
- Winter Squash** - Squash likes it about how we like, warm and dry around room temperature. So it is best to store your squash out on the counter or on top of the fridge. Keep an eye on it and eat it if it starts to get a soft spot. Squash only get better with age. They are still alive and continue to ripen and get sweeter with time. Delicata store the shortest, butternut the longest. If it starts to go before you are ready, you can always cook it, puree it, and freeze it for later use as well.

Making Special Arrangements

If you can't pick up your share (or get someone else to pick it up on your behalf), there are additional options available to you. Please note, the farm does not issue credits or refunds for boxes you are unable to pick-up. All special arrangements need to be set up PRIOR to the pick-up day, by Tuesday at 5p.m. We are unable to accommodate requests on the day of pick-up.

Options:

1. You can ask the farm not to make a box for you.
2. You can ask the farm to donate your box, either to a hard-working farm volunteer or to the Middleton Outreach Ministry's food pantry.
3. You can ask us to hold your box at our farm, at 4144 County Road J in Cross Plains. Instead of going out on delivery, your box will stay at the farm for you to come get at a later time. Please note, your box will still be packed on Wednesday morning with all the other shares. We can hold your box through the weekend. If you elect to do this, it is your responsibility to familiarize yourself with the County J pick-up site. This information can be found in the electronic version of the member handbook on our website, under the 'Recipes & Resources' tab.

Thank you & happy veggie eating!!



Pick-Up Site: County J

Site Address:

4144 County Road J, Cross Plains 53528
(though some web searches list it as County Highway J)

Site Hours:

Starting Wednesdays at 2p.m.
Ending Thursdays at 8 p.m.

You are welcome to pick-up your share anytime during the above window.

Directions to Site:

From Madison, take the beltline west to the Mineral Point Road exit. Turn left off the exit. Travel about 6.5 miles on Mineral Point Road until you reach a stop sign. This is Pine Bluff, where Mineral Point intersects with County Road P. Take a left on P. Take P for about 1 mile, and then turn left on County Road J. Our house is white with black shutters. It is the third house from the corner, and the only house with blue farm buildings.

On-site Directions: There are two blue buildings on our farm. When you pull in you will see a larger blue barn on your right. Straight ahead of you is the blue pack shed. Your share can be found in the blue pack shed. Walk through the narrow door to your left. Once inside the building, your share can be found in one of the walk-in coolers. Look for signs and check sheets to identify which cooler they are in, as sometimes this changes based on other storage needs.

Pick-Up Site: Pioneer

Site Address:

3828 Pioneer Road, Verona 53593

Site Hours:

Wednesday 4 p.m. to 9 p.m.

Directions to Site: From the westbound beltline, take the Mineral Point Road exit. Turn left off the exit (going west). Travel three miles. Pioneer Road is the first road after the large Blackhawk Church. If you come to the Kwik Trip, you just missed it. Turn right on Pioneer Road. Take the first driveway on your right.

Alternatively, you can take Old Sauk Road westbound and turn left on Pioneer Road. The farm will be on your left after about 1/2 mile.

On-site Directions: There are several buildings on the farm property. When you pull in the farm, take the left fork. Follow it straight in between two red buildings. Then turn left onto the cement parking pad and follow that until just before the pad ends. You'll be facing a corner where two sheds come together. You'll be picking up your box in the walk-in cooler, which is in this corner. The cooler is silver with an enormous number 3 painted on the door. It's a good idea to leave your car lights on to help you see if you are coming at night.

There is a light in the cooler on the left when you walk in.

If you have questions on pick-up day, please call Cassie at 663-9879(Cassie's cell).

Pick-Up Site: Keating

Site Address:

4603 Keating Terrace, Madison 53711

Site Hours:

Wednesdays from 4 to 7 p.m.

Directions to Site:

From Mineral Point westbound: Turn left on S. Midvale Blvd. Take the 2nd right onto Keating Terrace. The house is on your left side, just after the intersection of Woodside Terrace.

From Mineral Point eastbound: Turn right onto S. Segoe Road. Take your first left on Keating Terrace. the house will be on your right side after about 3 blocks.

On-site Directions:

The boxes will be in the garage.

Please respect the privacy of your pick-up site host. We will do our utmost to make the site easy to use on your own. If you have questions on pick-up day, please call Cassie at 663-9879(Cassie's cell).

Pick-Up Site: Epic

Site Address:

Kahoutek Loading Dock, Epic Campus - Verona

Site Hours:

Wednesdays from 3:00 p.m. to 9 p.m.

On-site Directions:

CSA boxes will be stacked in the hallway just outside of the loading dock at Kahoutek.

We will do our utmost to make the site easy to use on your own. If you have questions on pick-up day, please call Cassie at 663-9879(Cassie's cell).

Pick-Up Site: Stratford

Site Address:

1340 Stratford Court, Middleton 53562

Site Hours:

Wednesdays from 4 to 7 p.m.

Directions to Site: From Old Sauk Rd going West, turn Right on High Point Rd. Follow High Pt. for about 1 mile. Stratford Ct. will be on your left. Turn left and follow the road to the cul-de-sac. Address is 1340.

Alternatively, from Greenway Blvd going east, turn right onto High Point Rd. Go about 1/2 mile and turn right onto Stratford Ct. The house is at the end of the cul-de-sac.

On-site Directions:

The boxes will be in the garage.

Please respect the privacy of your pick-up site host. We will do our utmost to make the site easy to use on your own. If you have questions on pick-up day, please call Cassie at 663-9879 (Cassie's cell).

Pick-Up Site: Oakcrest

Site Address:

305 Oakcrest Avenue, Madison 53705

Site Hours:

Wednesdays from 4 to 7 p.m.

Directions to Site: The directions are a little confusing at first, but we promise once you do it the first time it'll be easy. Here are two versions to help you: a) If you are coming from the Middleton area, go east on University Avenue until you reach Whitney Way. Take a Right on Whitney way. Then turn right on Old Middleton Rd. Then take a left on Merrill Crest Rd. Then take a right on Frosty Lane. Frosty Lane turns into Oakcrest. Look for a white brick ranch house, on the left. b) Alternatively, from westbound Mineral Point, turn right onto Whitney Way. Then turn left onto Regent. Then turn right onto the 1st Kenosha. (weird, I know but it will make sense). At the end of the block it automatically turns into Oak Crest Ave. It will be the fourth house on the right side.

On-site Directions:

The boxes will be in the garage.

Please respect the privacy of your pick-up site host. We will do our utmost to make the site easy to use on your own. If you have questions on pick-up day, please call Cassie at 663-9879(Cassie's cell).