

# WELCOME!



## To your Sustainable Harvest Farm Share

### Subscription Benefits

Here are some things you can look forward to this Farm Share Season.

• **100% satisfaction guarantee**

Not happy? Let us know and we'll make it right.

• **Right-Size and Customize**

Getting too much or too little? Change it any time. And choose which in-season items you want in your share every week.



### Our Philosophy

We take a holistic approach to the care and stewardship of all aspects of our farm and community.



- Family
- Employees
- Local Community & Economy
- Ecosystem & Mother Earth



### Never Miss a Delivery

Hang this on your fridge and add pickup reminders to your calendar!



Pickup Day: \_\_\_\_\_

Pickup Location: \_\_\_\_\_

Pickup Time: \_\_\_\_\_

### Customer Portal



\*Orders must be customized via the portal 24 hours before your pickup day each week or you will receive our standard selection.

### Questions or concerns?

Contact us: [ford@sustainableharvestfarm.com](mailto:ford@sustainableharvestfarm.com)

\* Share customization must be done in the portal.

### Thank you

for joining the Sustainable Harvest Farm community. We're looking forward to getting to know you as we raise fresh, healthy food this season. We appreciate your business and support of our growing family farm.

Your Farmer,  
Ford Waterstrat



### Certified Organic, Kentucky Proud



### Your Weekly Share By Season

Here's the kind of produce you can expect in your weekly share.

**SP** = spring    **S** = summer    **F** = fall

- |                        |    |                    |                           |                        |    |   |
|------------------------|----|--------------------|---------------------------|------------------------|----|---|
| Basil                  | S  | F                  | Kale                      | SP                     | S  | F |
| Broccoli               | SP | F                  | Kohlrabi                  | SP                     | F  |   |
| Broccolini             | SP | Lettuces (variety) | SP                        | S                      | F  |   |
| Green & Purple Cabbage | SP | S                  | Yellow & Red Onions       | SP                     | F  |   |
| Cantaloupe             | S  | Sweet Peppers      | S                         | F                      |    |   |
| Carrots                | SP | S                  | F                         | Jalapeno Peppers       | S  | F |
| Celery                 | S  | Potatoes           | F                         |                        |    |   |
| Swiss Chard            | SP | S                  | F                         | Radishes               | SP |   |
| Collard Greens         | SP | S                  | F                         | Hard & Summer Squashes | S  | F |
| Cucumber               | S  | F                  | Sugar Snap Peas           | SP                     |    |   |
| Eggplant               | S  | F                  | Sweet Potatoes            | F                      |    |   |
| Fennel                 | S  | F                  | Cherry & Slicing Tomatoes | S                      | F  |   |
| Garlic                 | S  | F                  | Turnips                   | SP                     |    |   |
| Garlic Scapes          | SP | Swiss Chard        | SP                        | S                      | F  |   |
| Green Beans            | S  | F                  | Watermelons               | S                      | F  |   |
| Green Onions           | SP | Zucchini           | S                         | F                      |    |   |

# Make the Most of Your Farm Share

## Plan Ahead



### READ

your weekly email.



### PLAN

meals based on what's in your share.



### EXPLORE

new recipes.

## How much will I get?

Typically, a regular size Farm Share will have 6-8 types of produce.

In early spring the selection will be smaller, and as the season progresses, you will have a wider selection of produce from which you can choose to customize your weekly share.



Week 11 Small Share



Week 11 Regular Share



Week 11 XL Share

## Some of our favorite recipe resources

### Cookbooks

*Six Seasons*, Joshua McFadden

*Bounty from the Box*, Mi Ae Lipe

*The Vegetable Butcher*, Cara Mangini

### Websites

Foodie-Fox

101 Cookbooks

Alexandra's Kitchen



## Prep & Storage



Clean & prep produce within

**24 hours**

of picking it up.

That way you can grab and go throughout the week!



### REMOVE

carrot tops to keep them from going soft.



Eat the most perishable items first.

Often this is lettuce or other leafy greens.

Can't get to it in time? **Roast, blanch or steam**, then put those vegetables in the freezer.



We suggest **DEBBIE MYER GREEN BAGS** store & lengthen the life of your veggies.