



WEEKLY FARM-FRESH
MENU PLANNING
TEMPLATE



FARMERS MARKET
AND GROCERY
SHOPPING LISTS

MEAL PLANNING GUIDE



Plan Your Weekly Meals

If thinking about dinner has you stumped every night or wishing you could just serve that box of cookies in the pantry, meal planning is the solution to get more vegetables on your family's table. Build your meals around your seasonal produce. If you are a Community Supported Agriculture (CSA) member, you'll receive an e-mail with a list of produce in your customized weekly share. Remember, you have a chance to make changes or add more items before delivery. You can even add fresh bread and cheese. If you are a Farmers' Market shopper, grab your produce bag and select your favorite seasonal produce.

When you plan your meals, you'll have less food waste and get the most out of your CSA!

Once you have a list of your produce, you are ready to start meal planning! Jot down the meals you want to make in our **Weekly Farm-Fresh Menu** template and then use our **Shopping Lists** to capture additional items. Here are some tips to get you started:

- * **Scope out your fridge, freezer and pantry.** Save money by seeing what you have at home before you buy more ingredients. Decide what you want to incorporate into your plan this week and what you want to save for future use.
- * **Decide what produce will be used as snacks.** Many fresh vegetables are delicious raw. Think cucumber slices, carrot sticks, cantaloupe cubes, broccoli florets and blackberries. Chopping and prepping in advance will turn your produce into quick grab and go snacks.
- * **Look at your family's schedule for the week.** If you have a lot of evening activities, you may need to eat leftovers or make a 15-minute meal. When you have a leisurely weekend, you may want to fire up the grill with vegetable kabobs or try a new recipe your fellow CSA member shared on Facebook.
- * **Find recipe inspiration from the farm.** Follow us on [Instagram](#), [Facebook](#) and [Pinterest](#) for recipe ideas. CSA members will receive e-mails with meal ideas for incorporating seasonal shares and are invited to join our closed Facebook group for sharing recipes and socializing with other CSA members.
- * **Keep a list or Pinterest board of new recipes to try.** Build your list around seasonal produce. When fresh zucchini starts to come in, keep a list of all the different ways you want to experiment with zucchini. If your family doesn't like it prepared one way, give it a makeover and try something different like zoodles (spiralized zucchini noodles).
- * **Plan to use leftovers.** Cooking for two? Make a meal for four and plan to pack leftovers for lunches? Cooking for four? Double a recipe and serve leftovers for a busy night when you don't have time to cook. Planning leftovers will help you avoid food waste.
- * **Add more than just one veggie to your meal.** Does your CSA share seem overwhelming? Instead of featuring one vegetable in each meal, make a combination meal. Use multiple items in a stir fry or roast up a batch of mixed vegetables. Try grilling several types of vegetables and using them to make quick wraps and salads for weekday lunches.



Buying for the week means you'll make fewer shopping trips and buy only items you need.





Sustainable
Harvest
Farm

Weekly Farm-Fresh Menu

DINNERS:

Su

M

T

W

Th

F

Sa

Breakfasts:

Lunches:

Snacks:



FARM-FRESH

GROCERY