

# CSA WEEKLY SHARE GUIDE

## How to Use Your Share This Week

### ***START WITH DELICATE GREENS FIRST***

- Spinach, romaine, and bok choy are best enjoyed early in the week
- Use in salads, quick sautés, stir-fries, or add to soups at the end of cooking

### ***SAVE HEARTY ITEMS FOR LATER***

- Carrots, leeks, and dry beans store well and are perfect for batch cooking
- Prep ahead for easy meals all week

### ***ADD FRESH FLAVOR***

- Cilantro and scallions brighten everything from eggs to grain bowls, tacos, and soups
- Use just before serving for the best flavor

### ***HERB POTTED PLANTS***

- Oregano & Flat-Leaf Parsley
- These living herbs are perfect for your kitchen or garden:
- Oregano: Loves sun, well-drained soil, and light watering. Great for roasted vegetables, sauces, and Mediterranean dishes.
- Parsley: Prefers regular watering and sun to partial shade. Adds freshness to soups, salads, marinades, and more.
- Farmer's Tip: Harvest often to encourage new growth and keep your herbs thriving all season.

Scan for produce storage tips

