



## Vegetable CSA Share Descriptions

A **Mini Share** is designed to feed single adults or couples who eat out often. We suggest this size to first-time CSA members, as it is a good introduction to a CSA farm-share program and to new-to-you vegetables. This smallest share will contain a variety each week(s) but is never intended to overwhelm your refrigerator. The Mini Share will not have the diversity or amount of any one item that a Regular Share contains. It does offer the same great benefits as larger shares, including the weekly newsletter, on-farm events and delivery of shares to convenient, neighborhood pickup locations.

A **Regular Share** is designed to feed two adults or a small household most of their weekly vegetable needs. At the beginning of the spring, quantities tend to be smaller, with a focus on salad greens, strawberries and spring veggies. Toward the middle of the summer, quantities can be bountiful with summer favorites like potatoes, tomatoes, green beans, and summer squash. By fall, the range of vegetables has changed yet again to greens, fall squashes, sweet potatoes, and root vegetables. These are gourmet-quality vegetables harvested at the peak of ripeness to ensure top flavor and superb nutritional benefit.

A **Robust Share** is designed to feed a larger family or strictly vegetarian household most of their weekly vegetable needs. This size contains the same diversity as a Regular Share but in larger amounts each week.