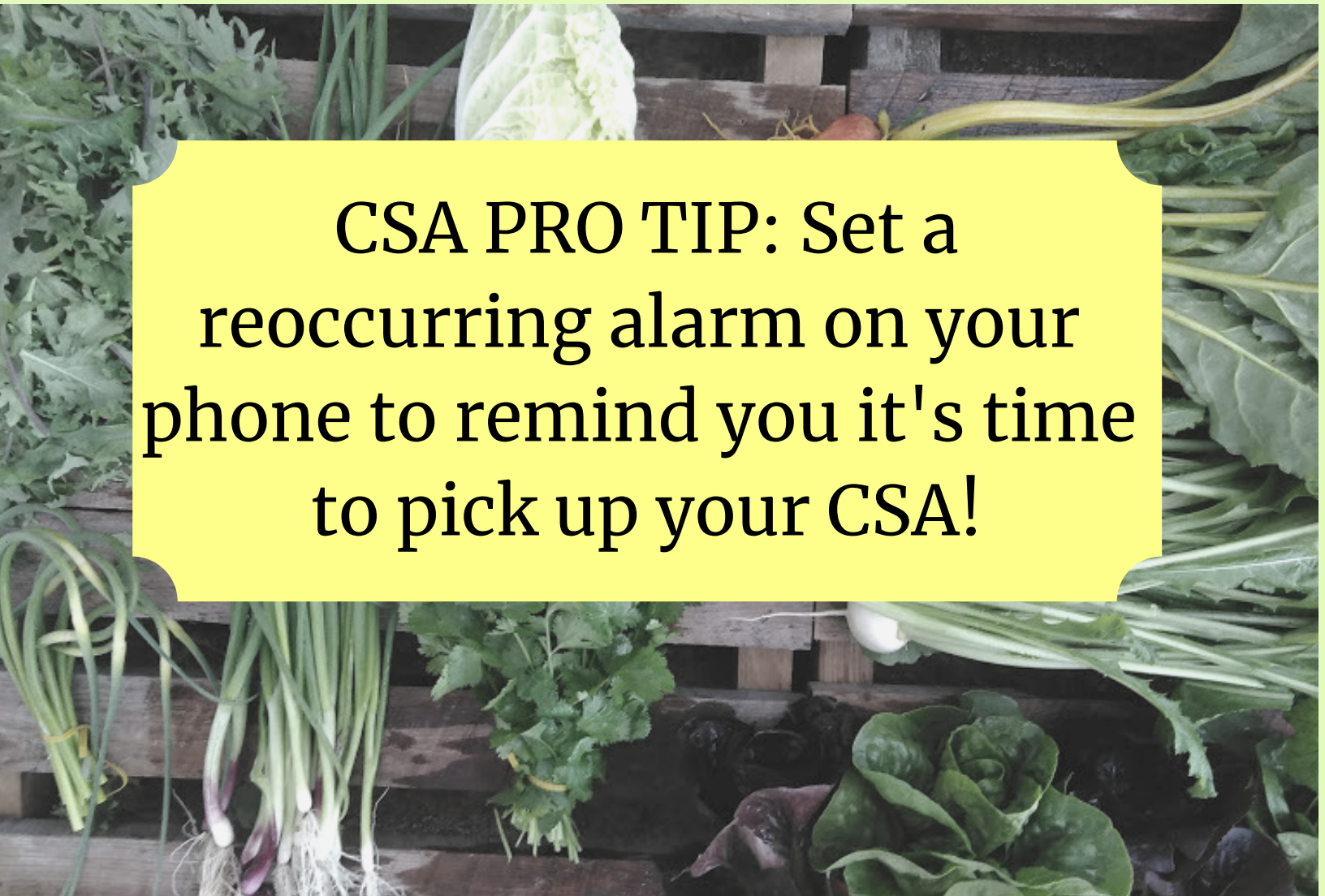


**LOWER VALLEY FARM
BEGINNERS GUIDE
TO CSA**

**PICKING UP
YOUR CSA**



**CSA PRO TIP: Set a
reoccurring alarm on your
phone to remind you it's time
to pick up your CSA!**



What to Bring to CSA Pickup?

- ~Bring an insulated bag, reusable shopping bag or cooler
- ~Bring produce bags/green bags for loose produce

Forget to bring these things? No problem! We will have green biodegradable plastic 'handle' bags provided at pick up.



At your CSA pickup site



Mark your name off the list



Take food out of the box



Leave the box