



## Roots of Health

### Employee Produce Share FAQs



#### What's a CSA?

"CSA" means Community Supported Agriculture. While there are plenty of ways to support community-based agriculture like shopping at farmers markets, farm stands, and more, CSA has become synonymous with a weekly (or bi-weekly) box or bag of local, in-season produce packed fresh from the farm just for you. CSAs are not just a bag of healthy goodies, they're a quick and convenient way to get the freshest produce around while directly supporting local farmers.



#### What are the benefits of being a CSA member?

CSAs boast tons of benefits. They're full of healthy food options that can improve and support overall health. The produce is locally grown using sustainable growing practices that support the environment and your body. It also means that the produce is fresher with fewer miles from the farm to your table (yay for clean air!), and it passes through fewer hands than store-bought options. CSAs are also convenient! When you have a bag of produce ready for you each week, you can spend less time in the grocery store, and more time chowing down on fresh seasonal veggies! Being a CSA member is like being a good neighbor—your share directly supports your local farmer. It's fast, fresh, and good for you *and* your local farmers. We could go on, but you get the point.



#### When and where do I pick up my share?

You can find your pickup day/time in your welcome email. You will pick up your share on the Mercy campus at the same time and day every week.



#### How long is the share season?

The season begins the last week of June and ends the last week of September.



#### How much food will I get in my share every week?

Share sizes will support two veggie-hungry folks or a household size of four with more average vegetable appetites.



#### How long will the vegetables last?

Every vegetable is different, but when you properly store your CSA produce, it should last you for quite some time! The veggies in your CSA were grown locally, which means they were picked more recently and traveled a shorter distance than your grocery-store options. Since they require less time and handling for transportation, you'll find your CSA veggies to be as fresh as can be.



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### **Can I split my share with another employee?**

Yes! How you choose to share your share is up to you! If you are sharing with another employee, we ask that only one of you serve as the designated share owner. This person will complete the enrollment form and list the name of their share partner employee in the designated section if that person is not part of the same household. The share owner will be solely responsible for the payroll deduction payment, working out cost-sharing and pick-up responsibilities with his or her share partner. We ask that one of you still pick up your share on the same day every week to help minimize disruption in the distribution process so we can keep our overhead costs to a minimum.



### **What if I am unable to pick up my share on my designated week day?**

Pickup days are firm. We ask that you pick up on the same day every week to help limit the overhead costs in our distribution process. If you're unable to pick up on your scheduled day due to vacation, sick leave, temporary schedule change etc., you may designate an alternate person to pick up in your place or ask us to donate your share that week to a local food pantry. If someone is picking up your share for you, have them tell us your name at pickup.



### **Can I cancel my share if I need to?**

Major life changes happen. If you need to cancel your share, please contact us and we will do our best to find a workable solution for your situation. Our commitment to purchasing employee shares from farmers started in the spring, so our solution will focus on keeping this farm fresh flowing to a table nearby.



### **Can someone enroll mid-season?**

Once again, life changes happen. If someone needs to cancel their share, we might be able to accommodate a few swaps. Either way, we loved to hear about your interest in the program--so please contact us!



### **What will I find in my share?**

Whatever is fresh on the farm each week! You may tend to see more cooler-weather crops (leafy greens, root veggies, herbs, peas) in the early and later weeks, with more warm-season crops in the middle (tomatoes, peppers, squashes, green beans).



### **Where was this produce grown?**

Our 2023 season farmers: Terra Sana, Terra Walk, and Beet Street Farms. Find farmer bios in your welcome email!



### **Is the produce organic?**

This year's farms aren't USDA certified organic, but they do use regenerative/sustainable growing practices—which surprisingly not all organic growers do! Many are surprised to learn both organic and conventional growing practices utilize pesticides and fertilizing agents. Certain types of both natural and synthetic agents can be associated with toxicity at high levels. Sometimes organic growers will use higher amounts than conventional growers typically use, and vice versa. Organic certifications are also surprisingly difficult to obtain/maintain and some of these reasons are why fewer small independent farms may choose to certify—even when they often meet or exceed USDA organic certification standards in practice.



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### **Hmmm... what is / what do I do with *this* vegetable?**

Our website will feature recipes for seasonal produce that you might find in your shares, particularly those items which might be new and adventurous for you!



### **What do I do with vegetables I don't care for?**

Before you give up on something you haven't liked in the past, try a new cooking method! Check out our website for ideas or search the endless recipes available elsewhere online. If it's still not for you but keeps turning up in your share, maybe you've got a friend, family member, neighbor or coworker who would enjoy it. We will also collect unwanted items for donation to a food bank or pantry at the share pickup site to ensure no fresh goodness goes uneaten!



### **If I want/need to donate my share one week, what do I do?**

Call or email to let us know and we will facilitate the donation for you! We can also collect donations at the share pickup site and deliver them fresh to a food bank or pantry.