



WHAT'S A CSA?

CSA stands for "Community Supported Agriculture" and for our members it means they can rely on us to grow and deliver the highest quality, freshest produce and eggs available on the market. We grow 90%+ of what goes in your box and anything else will come from high quality, organic, local farms so you can always trust that your Eatwell Farm box is the healthiest and best food for you and your family. When you pick up your farm share box, you are setting yourself up for health success by stocking your fridge with the most seasonal, fresh and nutritious food you can get. And rest assured, whatever the latest diet trend is this year, fresh vegetables are always on the menu! **Always!**

What if I get produce I'm unfamiliar with? What if I don't know how to cook?

Don't worry about it! We provide quick and easy to use information for preparing, storing and cooking everything we send your way. Providing you the highest quality, year-round produce is our passion and frankly a lot of us are not used to the cornucopia of delicious foods available seasonally. Each week our newsletter includes a few stories about what's going on around the farm, but more importantly how to cook them. Our website has information on identifying items, how to store them and what to cook first based on perishability. We strive to go out of our way to help you get the most out of your box, to love cooking and eating at home, and to learn about locally produced food. A farm share will help you eat more healthy and local food, help you combat food waste issues and a fear of cooking all while directly supporting your farm neighbors!

Order "Extra" Items

Want to order "extra" items from the farm? With just a few clicks of a button we'll put those items in with your box which means less trips to the grocery store and more time in your day! We also carry other items from our friends in the area, from granola and flour to miso, tofu and more.

Vacation Holds

Vacation planned? Need to change your pick up location? No problem. You can easily put your box on hold or change pick up locations to accommodate your busy life.

Questions?

Shoot us an email organic@eatwell.com or text Lorraine at 530-554-3971. [Join Today!](#)