



CSA

Snack Guide



CSA = COMMUNITY SUPPORTED AGRICULTURE

It's a way for communities to support their local farms by buying a portion of the farm's crop, and for farmers to support the community by providing them with fresh and local produce.

Each farm is a little different, but it usually works like this...

- Every week (or every other week), you pick up a box containing a bunch of seasonal produce from your farm.
- You pay in advance
- The contents of the box change with the seasons.
- It's really cool!

But it can be challenging to figure out how to use all of the produce in your CSA box. Some of the vegetables are not so common, like tatsoi, and it can feel like it's more produce than you're used to!

MAKING SNACKS WITH YOUR CSA

One thing that's still challenging (even for us) is snacks!

CSA boxes are great for juicing, smoothies, salads, breakfast, lunches & dinners. But when it comes to snacks, it's tricky. Not sure about you, but salads don't scream 'snack' to me.

That's where this guide comes in!

In this guide we share four of our favorite CSA Snack recipes, one for each season. So get your produce, get set... it's snack time!

Winter

Winter is the time when CSA snacking gets a little trickier, by this time you've had more winter squash than you know what to do with, and they keep coming!

You probably don't love the idea of snacking on green beans and chard, but one vegetable you might overlook as the perfect snack food is the beets. They make AMAZING chips.

Try our [Beet Chips and Dip](#) recipe from The SD, and when you make the chips, don't skip the dip, they really go together. Trust us, you'll be happy you did!





Spring

Spring is the perfect time to sign up for a CSA, it starts to warm up and everyone is thinking about summer & wanting to clean up their diet.

Well it's a good time for CSA snacking, as boxes are packed with strawberries, tangerines and avocados! In the spring time we can't get enough of our green smoothies.

With a CSA box you have endless combinations for the perfect green smoothie, and they never get old.

We recommend experimenting to find your favorite combo, but to get you started try our [Coco Blackberry Smoothie](#).

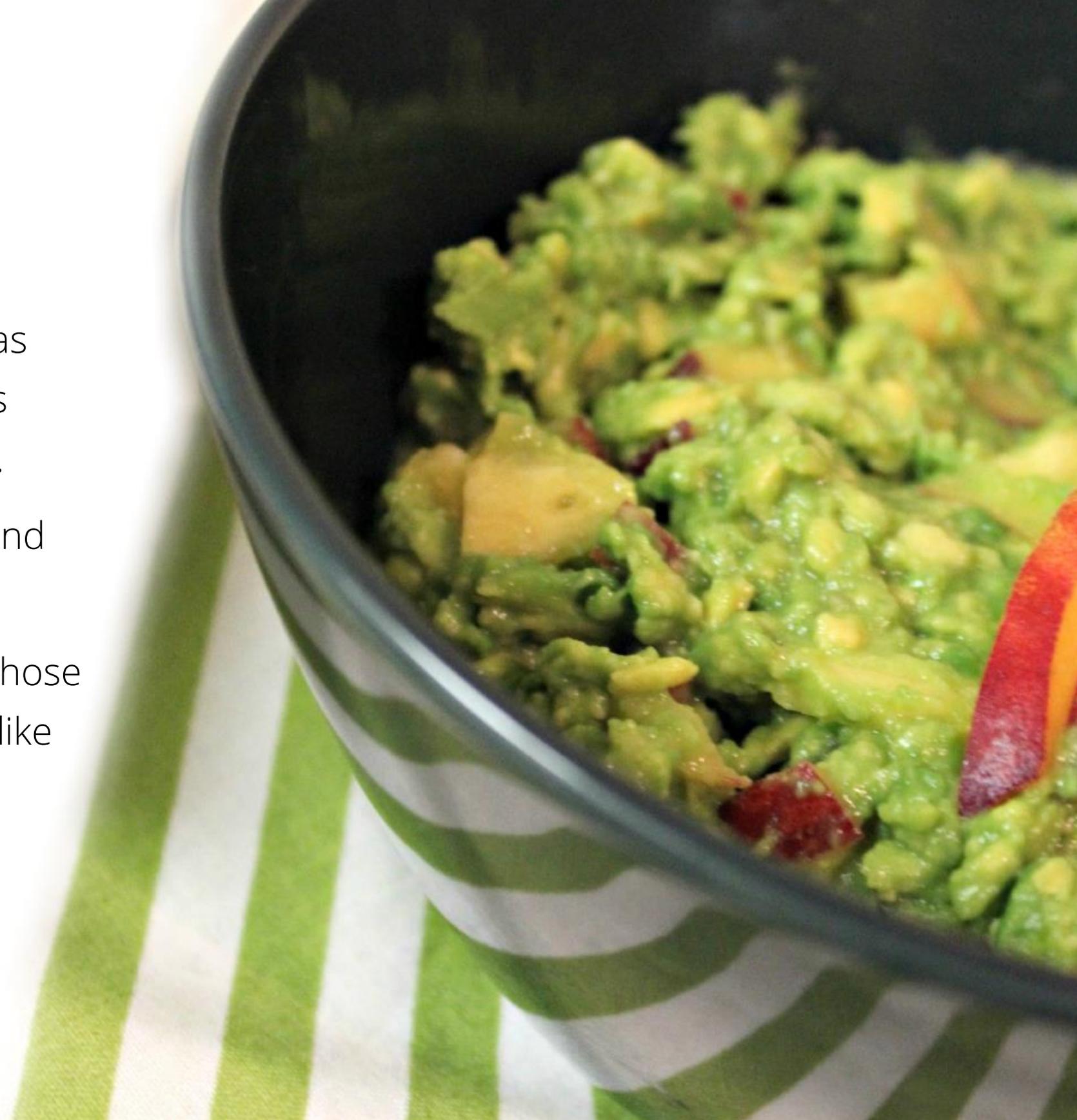
Summer

Summer is the most popular time to join a CSA, as farmers markets are in full swing and everyone is seeking the freshest produce for summer BBQ'S.

In the summer we love to snack on chips, salsa and guacamole!

Our favorite guacamole is simple and sweet, so those who normally don't like guacamole will probably like this recipe.

Our go-to summer snack is definitely our [Peach Guacamole](#); serve with a salty organic corn chip!





Fall

During the fall, CSA boxes are overflowing with great low-preparation snacks like apples, grapes, celery and carrots.

And we can't forget persimmons!

If you're not familiar with persimmons, they come in 2 varieties, Fuyu and the Hachiya. The Fuyu can be eaten like an apple and the Hachiya needs to be really soft before you eat it, and is good for spreads and smoothies.

One of our favorite things to do with persimmons is to make [Zesty Persimmon Bread](#). It's similar to pumpkin bread but it's made with persimmons and full of fall flavor. Serve with a nice cup of tea and curl up with a good book, sounds like the perfect Sunday to us!

We hope this helps you in the Snack Department!

And if you need any additional help when it comes to healthy eating, CSA boxes or you just want to tell us how great your recipe turned out, message us inside the Community :)

Healthy Regards and Happy Cooking,

Sarah & Peter