

CSA Item Guide

Crop	Unit Size	Storage	Shelf Life
Apples	3-4/ea	cold cooler	3 months
Arugula	.34#	cold cooler	1 week
Beans, green and wax	.8#	warm cooler	8-12 days
Beets, adult with tops	3-4 beets, ~1.25#	cold cooler	2 weeks
Beets, baby with tops	5-7 beets, ~1.2#	cold cooler	2 weeks
Beets, adult, topped	3-4 beets, ~.5#	cold cooler	3 months in bag
Beets, baby, topped	5-7 beets, ~.5#	cold cooler	3 months in bag
Bok choy, baby	2-3/ea	cold cooler	1 week
Bok choy, full	1/ea	cold cooler	8-12 days
Broccoli	1-2 heads	cold cooler	7 days
Broccoli, sprouting	5-7 shoots/bunch	cold cooler	7 days
Brussels Sprouts	1 pint	cold cooler	2 weeks
Butternut squash, petite	2-4 each	warm cooler	3 months
Butternut squash, regular	1 each	warm cooler	3+ months
Cabbage, all kinds	1 each	cold cooler	1-6 months, variety dependent
Carrots, with tops	~8-12/bunch, ~1.2#	cold cooler	8-12 days
Carrots, topped	1#	cold cooler	3 month
Celeriac, topped	3-4/ea	cold cooler	3+ months
Collard Greens	.8#/bunch	cold cooler	8-12 days
Cucumbers, lemon	3/ea	warm cooler	8-12 days
Cucumbers, pickling	4-5/ea	warm cooler	8-12 days
Cucumbers, slicing	3/ea	warm cooler	8-12 days
Eggplant, Italian	1-2/ea	warm cooler	8-12 days
Eggplant, Japanese	3-5/ea	warm cooler	8-12 days
Fennel	2-3/ea	cold cooler	8-12 days
Garlic scallions	4-6/ea	cold cooler	8-12 days
Garlic scapes	4-6/ea	cold cooler	21 days
Garlic, mature	2 heads	cold cooler	3+ months
Ginger	.3# root	warm cooler	8-12 days
Ground cherries	1 pint	warm cooler	8-12 days
Herbs: Basils, all kinds	1 bunch, ~.16#	warm cooler	1-3 days
Herbs: Cilantro	1 bunch, ~16#	cold cooler	5-7 days
Herbs, Parsley	1 bunch, ~.16#	cold cooler	5-7 days
Kale	1 bunch, ~.8#	cold cooler	8-12 days
Kohlrabi	2-3 each	cold cooler	14+ days
Leeks, mature	2-3/ea	cold cooler	2-3 weeks
Leeks, baby	4-6/bunch	cold cooler	2-3 weeks
Lettuce, head	1-2/ea	cold cooler	8-12 days
Lettuce, salad	.42#	cold cooler	7 days
Microsalad	.2#	cold cooler	4-7 days

Microgreen, pint		cold cooler	3-5 days
Micro herb		cold cooler	4-7 days
Mushrooms, Cremini	1#	cold cooler	5-10 days
Mustard greens, adult	1 bunch, .8#	cold cooler	8-12 days
Mustard greens, baby	.42#	cold cooler	7 days
Onions, fresh w tops	2-3/ea	cold cooler	2 weeks
Onions, white	1-3/ea	cold cooler	3+ weeks
Onions, red	1-3/ea	cold cooler	3+ weeks
Onions, bunching	5-7/bunch	cold cooler	8-12 days
Peas, sugar snap	1 pint	cold cooler	1-2 weeks
Peppers, jalapeno	3-4/ea	warm cooler	8-12 days
Peppers, bell or frying	2-3/ea	warm cooler	8-12 days
Peppers, shishito	1 pint	warm cooler	8-12 days
Potatoes	1.5-1.8#	warm cooler	3 months
Potatoes, new	1.5-1.8#	warm cooler	1-2 months
Pumpkins	1/each	warm cooler	3 months
Radicchio	2/ea	cold cooler	14 days
Radishes, Daikon or Black Spanish	2-4 depending on size	cold cooler	2+ weeks
Radishes, European	5-8/bunch	cold cooler	8-12 days
Rutabaga	1-2/ea	cold cooler	3+ weeks
Spaghetti Squash, regular size	1/ea	warm cooler	2-3 months
Spaghetti Squash, personal size	2/ea	warm cooler	2-3 months
Spinach	.42/#	cold cooler	8-12 days
Sunchokes	.75#	cold cooler	1-2 months
Sweet corn	4 ea		
Sweet potatoes, regular size	~1.5-2#	warm cooler	3+ months
Sweet potatoes, petites	~1#	warm cooler	3+ months
Swiss chard	bunch ~.75#	cold cooler	8-12 days
Tatsoi	bunch ~.5#	cold cooler	5-8 days
Tomatoes, cherry	~.62#	warm cooler	3-7 days
Tomatoes, green	~1.5#	warm cooler	8-12 days
Tomatoes, heirloom	~1.5-2#	warm cooler	2-3 days*
Tomatoes, slicers	~1.5-2#	warm cooler	3-7 days*
Tomatillos	1 pint	warm cooler	2 weeks
Tomatillo, Salsa verde quart	1 quart	warm cooler	2 weeks
Turmeric	.2#	warm cooler	8-12 days
Turnips, with tops	3-6/bunch	cold cooler	7-10 days
Turnips, topped	3-4/ea	cold cooler	2+ weeks
Watermelon	1/each	warm cooler	4-7 days
Winter squash, kabocha	1/ea	warm cooler	3+months
Winter squash, hubbard	1/ea	warm cooler	3+ months
Winter squash, acorn	1/ea	warm cooler	1-2 months
Winter squash, delicata	2/ea	warm cooler	1-2 months

Winter radish, with tops	3-4/bunch	cold cooler	8-12 days
Winter radish, topped	2-3/ea	cold cooler	2-3 months
Yellow squash or Zucchini	2-3/ea	warm cooler	8-12 days