

Shopping Checklist for CSA

Oils & Vinegars

For both cooking and dressing

- Coconut Oil
- Extra Virgin Olive Oil
- Safflower Oil
- Grapeseed Oil
- Avocado Oil
- Sesame Oil
- Rice Wine Vinegar
- Distilled White Vinegar
- Umi Plum Vinegar
- Lime or Lemon Juice
- Red and/or White Wine Vinegar

Salts, Spices & Seasonings

For flavoring food to your tastes

Classics:

- Finishing Salt
- Kosher or Sea Salt
- Nutritional Yeast Flakes
- Black Peppercorns

Savory:

- Soy Sauce
- Bay Leaves
- Dried Chilies
- Cumin
- Coriander
- Curry Powder

Sweet:

- Cinnamon
- Ginger
- Cardamom
- Nutmeg
- All-Spice

Cheeses & Butter

For grating or making creamy sauces

- Soft cheeses (mozzarella, feta, goat)
- Hard cheeses (parmesan, asiago, cheddar)
- Butter (classic, ghee)

Pasta, Rice & Whole Grains

Versatile, delicious & nutritious

Pasta:

- Rigatoni
- Penne
- Spaghetti
- Linguini

Rice:

- Arborio
- Basmati
- Jasmine
- Brown
- Wild

Whole Grains

- Farro
- Quinoa
- Millet
- Wheat Berries
- Polenta

Dried Fruits, Nuts & Seeds

For anywhere you want a pop of flavor; depth, texture and visual appeal

Fruit:

- Cranberries
- Raisins
- Apricots
- Dates
- Figs

Nuts/Seeds:

- Almonds
- Peanuts
- Walnuts
- Pine nuts
- Sunflower Seeds
- Pepitas

Other Proteins

For added sustenance and flavor

- Soy (tempeh, tofu)
- Fish (oil-packed anchovies, canned sardines)