

Shopping Checklist for CSA

Cooking begins with sourcing your ingredients. You're already set up to receive a weekly box of farm fresh vegetables. Now all you need to do is stock your pantry with high quality foundation ingredients. You'll be all set to prepare fantastic meals without an extra trip to the store. This list is a reminder to get you thinking about the essentials. Choose your favorites and put your own spin on this list!

- Kosher Salt or Sea Salt
- Finishing Salt (try Maldon)
- Soy Sauce or Tamari
- Extra Virgin Olive Oil (less expensive, larger volume for cooking)
- Extra Virgin Olive Oil (high quality, smaller volume, for dressing)
- Balsamic Vinegar
- Rice Wine Vinegar
- Umi Plum Vinegar
- Cider Vinegar
- Lime or Lemon Juice
- Dry Beans or Canned Beans (try a few varieties)
- Lentils (green French lentils are my favorite, they cook up quickly)
- Chickpeas (dried or canned)
- Pasta (rigatoni, penne, spaghetti, linguini)
- Quinoa
- Faro
- Wheat Berries
- Oats
- Polenta
- Rice (try a few varieties)
- Black Peppercorns
- Cumin
- Coriander
- Dried Chilies
- Sweet Paprika
- Bay leaves
- Dried Fruits (cranberries, raisins, apricots, dates, figs)
- Nuts (almonds, cashews, peanuts, walnuts, pine nuts)
- Canned Tomatoes (whole peeled and tomato paste)
- Fresh lemons & limes
- Large block of Parmesan
- Large block of cheddar
- Fresh Mozzarella
- Butter
- Meat (a selection of your favorite cuts to fill the freezer ground beef, chuck, steaks, sausage, pork chops, whole chicken, etc)
- Eggs
- Other proteins (tempeh, tofu, oil-packed anchovies, canned sardines)