

Basic CSA Kitchen Tools

LEVEL 1: THESE ESSENTIAL TOOLS ARE USED IN ALMOST EVERY SEASONED CSA MEMBER'S KITCHEN.

1. STORAGE BAGS

These are used by CSA members to help them store, organize, and preserve the life of their veggies.

Green Bags (Evert Fresh, Debbie Meyer) - allows greens and other vegetables to stay fresher longer in the fridge; can keep your greens fresh for 1-2 weeks when used properly.

Ziploc Bags (variety of sizes, large the most useful) - essential for storing prepped vegetables, or freezing portions of your CSA share.

2. GLASS CONTAINERS WITH LIDS

Large Glass Bowls or Containers - good for storing a large amount of prepped vegetables, or dinner leftovers/soup; great for prepping meals ahead.

Mason Jars (Wide Mouth, variety of sizes) - unlimited possibilities, a great storage tool for meal prep in addition to storing vegetables. Quart size is a good place to start.

3. SALAD SPINNER

A simple tool for washing and drying greens effectively and efficiently by hand.



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4. CUTTING BOARDS

An indispensable tool for chopping all those vegetables; have a few different sizes. Plastic and wood both work well.

5. QUALITY CHEF'S KNIFE

Food prep is so much faster (and safer) with a high quality knife. Spend some money here and you'll be glad you did. It's also a good idea to invest in a knife sharpener to keep the blade maintained.

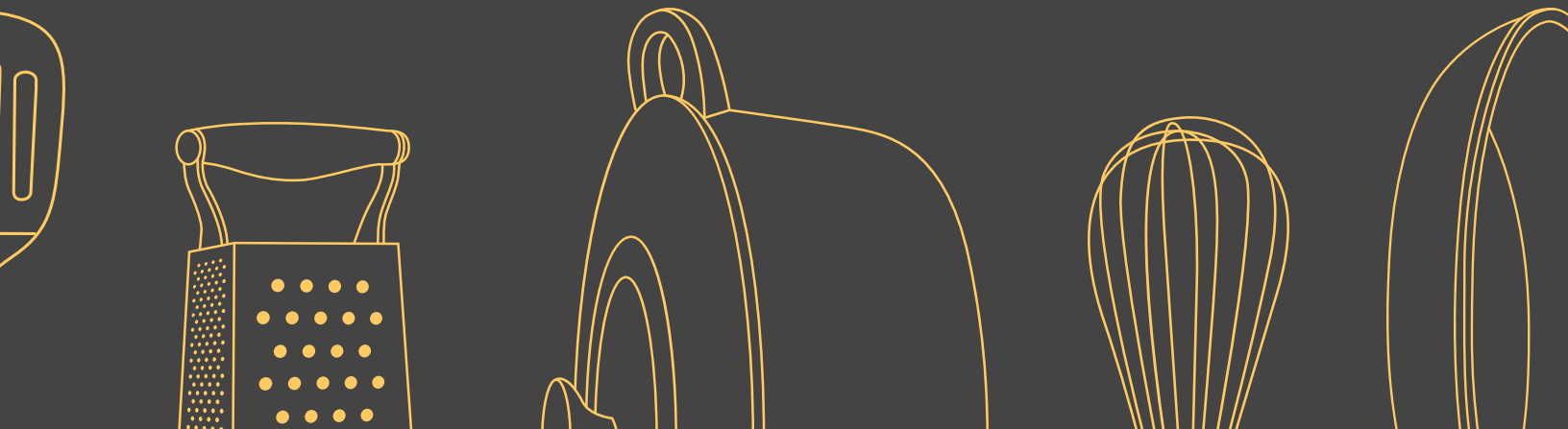
6. FOOD PROCESSOR

Use this for making salsa, pizza dough, pesto (arugula, basil, cilantro, garlic scape), pureeing items for soup & sauces, and even shredding vegetables into "rice".

7. SKILLETS

Basic Frying Pan - be sure it has a lid!

Cast Iron Skillet - an item that will last forever, this is a versatile cooking tool; it's sturdy, tolerates high heat and is non-stick when cared for properly.



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8. ROASTING PAN

Roasting veggies is an easy and fast strategy for using up your veggies. You can even freeze items after roasting! Invest in a roasting pan that has edges to help catch juices so your oven doesn't get unnecessarily messy.

9. LARGE STOCK POT

The stock pot is not only important for soups and stews, but it is also used to make vegetable stock with your unused vegetables and scraps.

10. SLOW COOKER

An absolute staple in the kitchen, great for busy days and throwing a home cooked meal together in a hurry.

11. ICE CUBE TRAYS

To avoid wasting food, you'll want to learn how to freeze your unused vegetables. Ice cube trays help you freeze things like broth, pesto, blanched spinach or kale, pureed squash, and more!

