



How to *Refill* The pantry

a fantastic guide
to time saving

*Frugal
Sally*

LENTILS

PASTA PASTA SAUCE CEREAL

SNACKS CRACKERS CANDIES WATERS

POTATOES ONIONS



Getting ready can go a long way
towards success

Plan to feel prepared, for your next meal



{ Getting equipped **before June** arrives }

So in any given month, the CSA Kitchen Masters use short cuts in their pantry which they can appropriately save them time. Always trying to hit the store as little as possible, because there's *no sense in spending time and money* at the store.

Find your inner chef!

Begin using Riehm's Produce Farm *trouble-free ideas* before EACH month's CSA Veggies arrives.



"We help busy people get weekly, farm fresh meals prepared so they feel healthy and full of ideas as to what's for dinner."

Organization
for **NORMAL** people

Get into our community of
food inspiration

FunAcres.net



Learn how successful CSA kitchen masters set up their pantry for recipe ease

CSA Kitchen Masters have found their freezer to be the most convenient tool for pantry needs. Did you know that many of your baked good items do not need to be purchased very often. They can be stored in the freezer for a very long time so you won't lose the freshness or *get that plummeting feeling* of not knowing whether it is good to use.

These examples freeze well: Flour, brown & white sugar, shortening, butter, baking soda, baking powder, nuts, chocolate morsels, the list is endless.

Uncover your inner chef! Keep items on hand and ready for at a moment's notice.

Grab all the ingredients for your recipe and place them on the counter just minutes before you start. This way items from your freezer are partly thawed and ready to measure when you begin the recipe.



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Martha does not live at your house? No problem.

Learn EASY ways to get your act together.

{ Getting equipped before the month arrives }

Maple syrup does not freeze solid so you may want to think of buying a bigger jug to have in your freezer. This *saves you money* because the bigger the jug the cheaper it is by the ounce. Other examples to freeze are **cheese, bread, pita bread, tortillas, pizza crust, puff pastry**, because they thaw relatively easily and *save you time*.

Get your inner chef on!



"We help busy people get weekly, farm fresh meals prepared so they feel healthy and full of ideas as to what's for dinner." **It's not too late... Join Riehm's community of food inspiration and let the journey begin!**

(begin at FunAcres.net)



Uncover CSA Kitchen Masters secrets to setting up their pantry

{ Getting equipped before the month arrives }

Easy crockpot recipes can be prepared ahead of time and frozen to *save time during the busy weeknights*. Put all ingredients in a Ziploc bag and freeze. Prep a week or even 30 days worth of crockpot freezer meals in just a couple of hours and *you'll have an easy dinner whenever you need it*.

When you're ready to use empty into the crockpot and dinner is waiting when you arrive home.

Let your inner chef come alive!

Keep items on hand and ready for at a moment's notice.

Heck, yeah! I want to eat well
for less!

Not your mothers **make**
ahead and freeze meals.



"We help busy people get weekly, farm fresh meals prepared so they feel healthy and full of ideas as to what's for dinner." **It's not too late...** Join Riehm's veggie boxes and let the journey begin!

(www.FunAcres.net)



Getting your beans ready will
go a long way
towards success

Mexican flavors can be used in
so many different ways!



{ Getting equipped before the month arrives }

Cooked beans frozen into Ziploc bags thaw relatively easily and save you time. *A good reason to cook a huge batch of beans in advance is because it eliminates almost all the gas.* Unlike canned beans!

Try getting your inner chef on!

The trick to eliminate the “boom in the room” is to take one quart of dry beans and soak in a big bowl of water for 24 hours, stirring in a half a box of baking soda and a tablespoon or two of vinegar.

Rinse your soaked beans and cook until tender (I usually use my crock pot). Portion into a Ziploc (recipe size usually is 2 cups) and place in freezer. Make sure you flatten your Ziploc bag so that the beans thaw easily when you are ready to use them.



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<https://www.FunAcres.net>

HOW TO FIND this group of CSA veggie box farm shares, you'll absolutely love it!

- go to FunAcres.net
- choose a plan
- choose a pick-up location
- enjoy CSA perks

Each week from June to October there is a weekly pick-up location near you that we deliver to. Once you sign up "for the season" we will give you access to our private Facebook group, a weekly customization email so you can make swaps, a recipe suggestion engine, and a list of extras that you can purchase.

BUT FIRST: You will want to sign up and get ready to set yourself up for success at FunAcres.net!

Several of our CSA Masters practice simple kitchen discipline that works. They *save time and money because they are not spending hours grocery shopping.*

We're so up for this! With Riehm's veggie boxes, there is no middle man. All veggies are straight from our farm to your kitchen.

IT STARTS WITH THE FARM: CSA (community-supported agriculture) members *commit* to putting themselves into a weekly routine that allows them access to great-tasting food, knowing this environment helps people feel good about what is going into their body and over time grows them into a person who's enthusiastic about their kitchen.