

# Pantry Staples for CSA

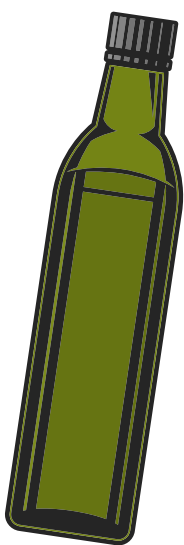


## Extra Virgin Olive Oil

Prioritize a minimally processed, high heat oil to saute or roast vegetables.

## Brown Rice

Stock up on a few staple grains to whip up a quick stir fry or grain salad.

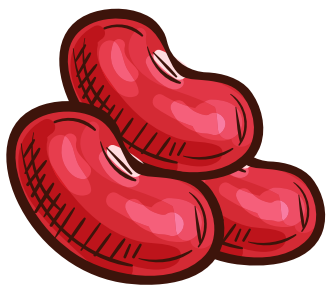


## Apple Cider Vinegar

Add a touch of vinegar when cooking greens on the stove top, making refrigerator pickles, or preparing slaw.

## Walnuts

Toast to top salads, use in a pesto, or add to a vegetable lasagna for a crunch.



## Kidney Beans

Keep a few cans in your pantry to use with rice, tacos, or add to a soup.

## Tahini

Grab a jar to make a salad dressing, dipping sauce, or add to a loaf bread.



Keep it simple  
this season.

KENTUCKY  
**FARM  
SHARE**  
COALITION

Visit [www.kyfarmshare.org](http://www.kyfarmshare.org) for more CSA resources.