

A wooden bowl filled with fresh strawberries sits on a teal, textured surface. The strawberries are bright red with green leaves. The bowl has a rustic, carved appearance. The background is a vibrant teal with some darker, abstract patterns.

# MEMBER GUIDE

LOCAL  
FARE  
*jax*





We're grateful we have been able to continue providing you with fresh, local food despite all the challenges so many have faced recently. It has always been our mission to make fresh food easier to access, because we know that it's better for the health of all the families we serve.

One of the things we hear the most from our members is they can really taste the freshness of the food we deliver. We love this too, which is why we started providing recipes you can make using the ingredients in your bag. In this book you'll find a QR code you can scan to visit our website and see the recipes we post each week.

The Local Fare community continues to grow. We're delivering to more families, which helps us continue our promise to provide the high-quality foods you love at a reasonable price. We are also

adding more local farmers, so we can provide not just produce, but also dairy, meat and other farm fresh add-ons for you to enjoy.

By ordering through Local Fare, you help us support local farmers, staff, and their families. As we grow, we commit to reinvesting in our local economy, hiring more local staff and sourcing from more local farmers.

So once again, thank you for being a part of our community and for sharing us with friends and family. We hope to serve more and more people in our community and grow alongside our local partners.

*Thank You!*  
*Chris & Cora*



## OUR PROMISE

We believe in sustainable and regenerative practices when sourcing goods so **you get the highest quality every time.**

Thank you for choosing Local Fare Jax for your Local needs. We are confident you'll taste the difference. The produce you receive is picked just 24-48 hours before arriving at your door, so you can count on it being fresher than store-bought groceries. We also work hard to keep prices low. If there are any problems with the quality of your delivery, please contact us and we will take care of you!

When you help us spread the word about Local Fare, you get credit on your order and support local businesses. **Give \$10 with your own referral code and get \$10 back!** Scan the QR code to find out how to begin sharing the love for local.







# MEMBER CARE



Hi! I'm Mariah, your Member Care Director. When someone signs up for delivery or has a question, they talk to me or someone on my team! It's also my job to make sure you get your groceries delivered the way you want, so please reach out if you ever need any help. We want to make sure you get the most out of your order, so we provide weekly recipes using the items you receive each week.

## When are we in the office?

Sunday: Closed

Monday: 9:00 - 5:00pm

Tuesday - Friday: 9:00 - 5:00pm

Saturday: 9:00 - 4:00pm

**Call Us** (904) 503-0211

Have more questions?  
Visit our FAQ page.



## CUSTOMIZE YOUR BAG

1

Choose from 16 different items each week to build your perfect bag. The produce list is updated on the Saturday before delivery and you have until Monday at noon to make changes.

2

Browse our selection of artisan farm fresh products to add to your bag. That's it!

Need Help? Just let us know and we will be happy to help you.



# IT'S GOTTA BE LOCAL

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I'm your Operations Director for Local Fare and I have a big stake in your happiness. (And that's stake, not steak, though we do have those.)

There's a lot more to eating locally than just convenience. Freshness has a real distinct taste that a lot of people love. It's that taste that lets you know your food hasn't traveled far.

We hear about it all the time from people who switch to Local Fare from your average grocery store.

And, if that's not enough, there's more. As you may have already read, buying from Local Fare directly supports local farmers, but did you know it also helps our community and the environment?

The small family farms we work with grow a lot of fresh produce, and as part of our partnership with them, we donate hundreds of pounds of food each week to those in need. In 2022, we were able to donate a whopping 34,849 pounds of food, and hope to donate even more each year.

Also, we are able to reduce the carbon footprint of the food you order by limiting the distance it travels from farm to table, contributing to less waste. Not only does it travel less, we use software to optimize our delivery routes to reduce emissions as well.

So I hope you really love your food and enjoy its freshness. We loved delivering it.

– Tim

## DELIVERY DAY TIPS

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### HOW TO KEEP IT FRESH

If you will not be home for a delivery, please leave out a cooler with ice or ice packs.



### TRACK YOUR DELIVERY!

When it's delivery day, we will send you a link to track your order via text or email.



### STAY UP TO DATE

We will send you a message when your delivery is on your doorstep.



### RETURNING YOUR BAGS

We ask that you leave your Local Fare bags for us when you're expecting a delivery. This helps us reduce waste!





Need inspiration on how to prepare what's in your farm bag? Find recipes on our website from our in house chefs, culinary partners and other resources.

We publish new recipes weekly based on produce for the week.

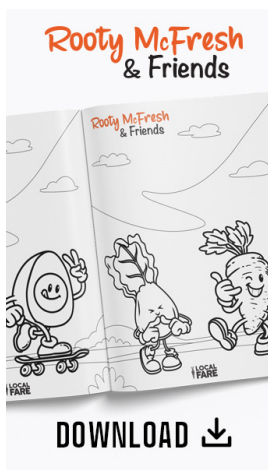
Have a recipe you want to share with the community? Send them to us at [eatlocal@localfarejax.com](mailto:eatlocal@localfarejax.com)



Scan the QR code to see the recipes.



## Rooty McFresh



Meet Rooty McFresh, our beloved mascot. Rooty and his friends can be seen around town from time to time and he even has his own color book! You can download it by going to the Local Fare website and visiting the "Member Benefits" page.

## MEMBER BENEFITS

### WIN PRIZES!

Through out the year, look out for give aways and prizes from Rooty. Follow us on social media to see what Rooty is up to and what prizes there are to win.

### NEED A BREAK?

Just log in to your account by 12 noon Monday to place a delivery hold. We try to make eating local as easy as possible.

### TAKE ADVANTAGE OF THE "NEVER LIST"

Is there produce you simply don't like and would prefer to never receive? Let our member care team know and we will add it to your "Never List". When an item is on your never list, we will automatically substitute out for another item.





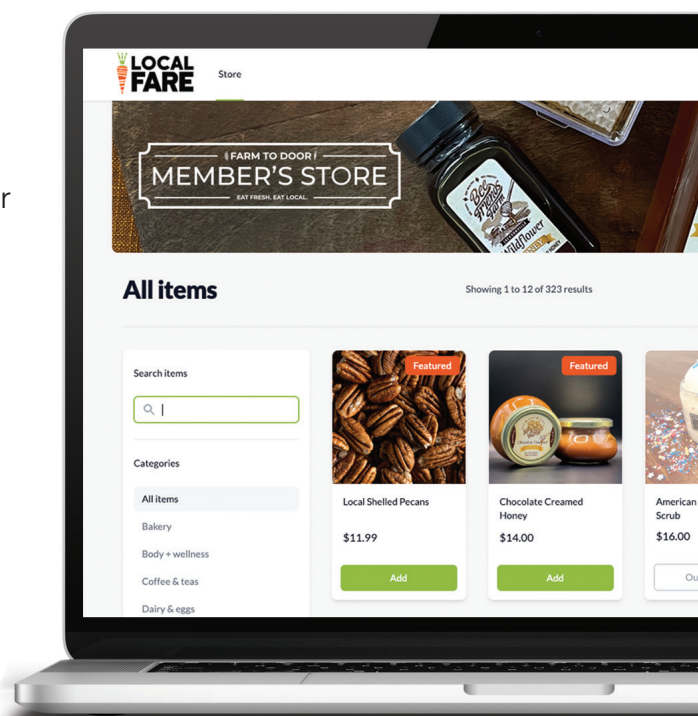
Add on recurring items to your Farm Bag and add on other items from the Local Fare Member's Only store.

Choose from over 300 store items sourced from local vendors and family farms.

Get hard to find items like Raw Milk, Raw Milk cheeses and other member favorites.

## THERE'S MORE IN THE STORE

- Baked goods
- Body + wellness
- Coffee & teas
- Dairy & eggs
- Dressings, oils & vinegar
- Free range poultry
- Grass-fed beef
- Local Honey
- Jams, jelly & butter
- Pastured pork
- Pet food
- Salsa, relish & pickled
- Sauces
- Snacks
- Spices
- and more!



## WE HAVE PROTEIN!

We work with Hunter Cattle because they provide only high-quality products, like 100% start-to-finish grassfed, grass finished beef, pasture-raised pork, and all natural poultry directly from the farm. All of their products are free of steroids, antibiotics, added hormones, animal byproducts, nitrate and MSG. They know every ingredient going into each product, so you won't find better flavor or nutrition anywhere else.

You may have tasted their fresh meats at local restaurants, and now you can have it at home! Try it out and you'll never go back to store-bought meats.

### LFJ & Hunter Cattle is Your Sustainable Source For the following:

- 100% Grassfed, Grass Fed & Finished Beef
- Pastured Pork
- Air-Dried Beef Snacks
- All Natural Chicken
- Meadow Bloom Tallow Soap
- Buddy's Raw Pet Food & Treats



# WHAT'S IN SEASON

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## WINTER:

- Arugula
- Beets
- Blood Oranges
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Calamondins
- Carrots
- Cauliflower
- Celery
- Chestnuts
- Chives
- Cilantro
- Collards
- Cress
- Curry Leaf
- Dill
- Endive
- Escarole
- Fennel
- Grapefruit
- Green Onions
- Heirloom
- Tomatoes
- Kale
- Key Limes
- Lettuce
- Lemons
- Microgreens
- Mizuna
- Mushrooms
- Mustard Greens
- Napa Cabbage
- Navel
- Oranges
- Onions
- Oregano
- Parsley
- Peppers
- Pomelo
- Pumpkins
- Radishes
- Rosemary
- Rutabagas
- Spinach
- Sweet Potato
- Swiss Chard

## SPRING:

- Arugula
- Basil
- Beans
- Beets
- Blueberries
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Chives
- Cilantro
- Collards
- Cress
- Cucumbers
- Dill
- Endive
- English Peas
- Escarole
- Fennel
- Ginger
- Grapefruit
- Green Onions
- Kale
- Leeks
- Lettuce
- Mint
- Mizuna
- Mushrooms
- Mustard Greens
- Onions
- Oregano
- Parsley
- Peaches
- Potatoes
- Radishes
- Rosemary
- Rutabagas
- Spinach
- Sugar Snap & Snow Peas
- Strawberries
- Swiss Chard
- Thyme
- Tomatoes
- Turmeric
- Turnips

## SUMMER:

- Acorn Squash
- Basil
- Blackberries
- Blueberries
- Butternut Squash
- Canary Melon
- Cantaloupe
- Chives
- Corn
- Cucumbers
- Eggplant
- Field Peas
- Figs
- Hot Peppers
- Okra
- Mango
- Mint
- Muscadine
- Grapes
- Mushrooms
- Peaches
- Peppers
- Potatoes
- Pumpkins
- Rosemary
- Sand Pears
- Spaghetti Squash
- Summer Squash
- Star Fruit
- Sweet Potato
- Greens
- Tomatoes
- Watermelon
- Zucchini

## AUTUMN:

- Apples
- Avocados
- Basil
- Bok Choy
- Cabbage
- Chestnuts
- Chives
- Collard
- Greens
- Corn
- Cucumbers
- Eggplant
- Field Peas
- Grapefruit
- Green Beans
- Hard Squashes
- Hot Peppers
- Mint
- Muscadine
- Grapes
- Mustard
- Greens
- Okra
- Oranges
- Oregano
- Parsley
- Pecans
- Sand Pears
- Spinach
- Pecans
- Peppers
- Persimmons
- Pumpkins
- Radishes
- Rosemary
- Star Fruit
- Sweet Potato
- Summer Squash
- Thyme
- Tomatoes
- Turnips
- Zucchini







[localfarejax.com](http://localfarejax.com) | (904) 503-0211  
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