

# 2017 Farm Share App User Guide

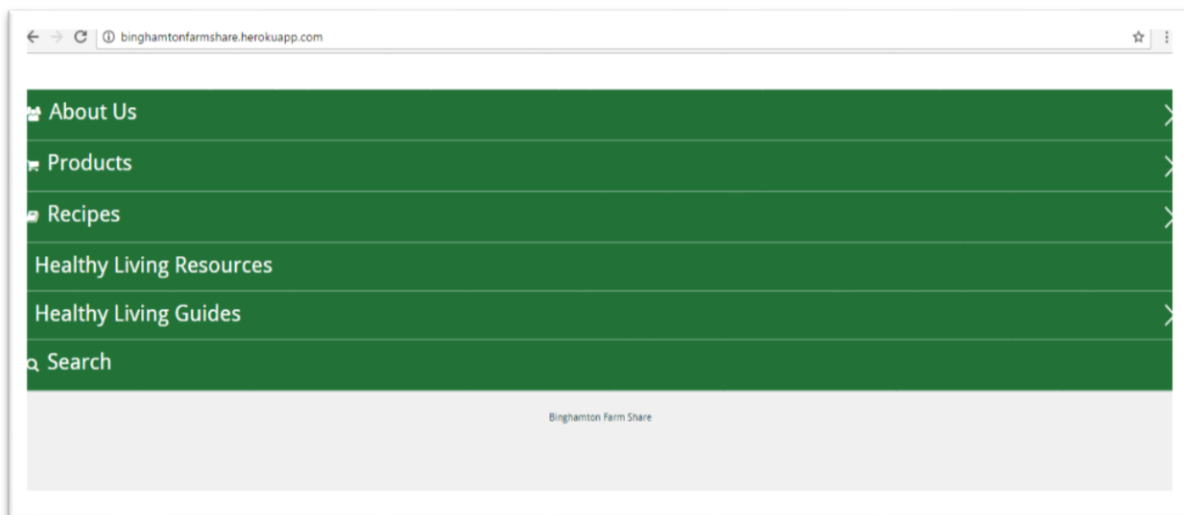
Welcome back to Farm Share! We are so excited to introduce a new resource for members this year: our very own farm share **app**!

This guide will take you through how to access the app and all the great tools you can now take with you wherever you go!

1. Accessing the farm share app:

- a. You can go through the VINES main website:  
<https://vinesgardens.org/programs/farmshare/>
- b. Or directly access the app here:  
<http://binghamtonfarmshare.herokuapp.com/>

2. The homepage will look like this from your browser. You can access the following pages:



- a. About Us: you can find all the information you would need about Farm Share. This includes more information about Farm Share, how to get in contact with us, as well as Farm Options and Share Options.



## About Us

About Farm Share

Contact Us

Farm Options



Share Options

Share Pickup Points

- b. Products Page: here you can find the New York state Harvest Calendar (which months you can expect certain fruits & veggies to be in season), as well as each of our veggie and fruit pages.



## Products

NY Harvest Calendar



Veggies



Fruit



On each vegetable or fruit page, you will find a picture of the product, information on how to store it, freeze it, and suggestions on ways to use it.



## Veggies

Arugula

Basil

Beets

Bok Choi

Broccoli

Brussels Sprouts

Cabbage

Carrots

Cauliflower

Celeriac

## Beets



Here's an example of one of the vegetable pages. All the information you could need is all right here!

### 🍴 Recipes

#### ★ Storage Tips

- Take your time eating (within 2 weeks-1 month)
- Storage: refrigerate root in airtight bag for 1-2 weeks or freeze uncooked or cooked.
- Trim greens and keep in plastic bag in fridge (up to 3 days) or blanch and freeze.

- c. Recipes: you will find three different categories of our recipes here: Soups, Sauces, Dips & Dressings, Main Dishes, and Desserts & Sweets. Navigate through each of these categories to find over 100 unique Farm Share recipes!



## Recipes

Soups, Sauces, Dips & Dressings



Main Dishes



Desserts & Sweets



In each recipe you will find an ingredient list, instructions, and where the recipe came from. In the ingredient list you will notice that some of the vegetables or fruits are highlighted in **yellow**. This means that they are linked to their individual product page. Click the yellow link and you will find yourself back at the product page, where you can find the same great information on each piece of produce!

Home > Recipes > Desserts & Sweets

## Beet Pineapple Smoothie

Serves 3-4


**INGREDIENTS**

- 1 cup Greek yogurt
- 1 banana
- 1 cup grated **beets**
- 1 cup chopped pineapple
- 1/2 cup whole milk
- a few ice cubes (optional)

**INSTRUCTIONS**

1. Layer ingredients in blender in the order listed. Pulse together until combined, adding more milk if necessary. Blend on high until smooth and creamy. If you want to make this dairy-free, leave out the yogurt and milk. Use an additional banana and your non-dairy milk of choice!

Recipe adapted from <http://www.earlymorningfarm.com/pineapple-beet-smoothies>



Binghamton Farm Share

If you clicked this recipe link, you'd end up back at the beets product page!

d. Healthy Living Guides: we've included some awesome resources for you here! Click through to find information on how to store and freeze your share, how to make a great stir-fry, or tips for eating well on a budget.

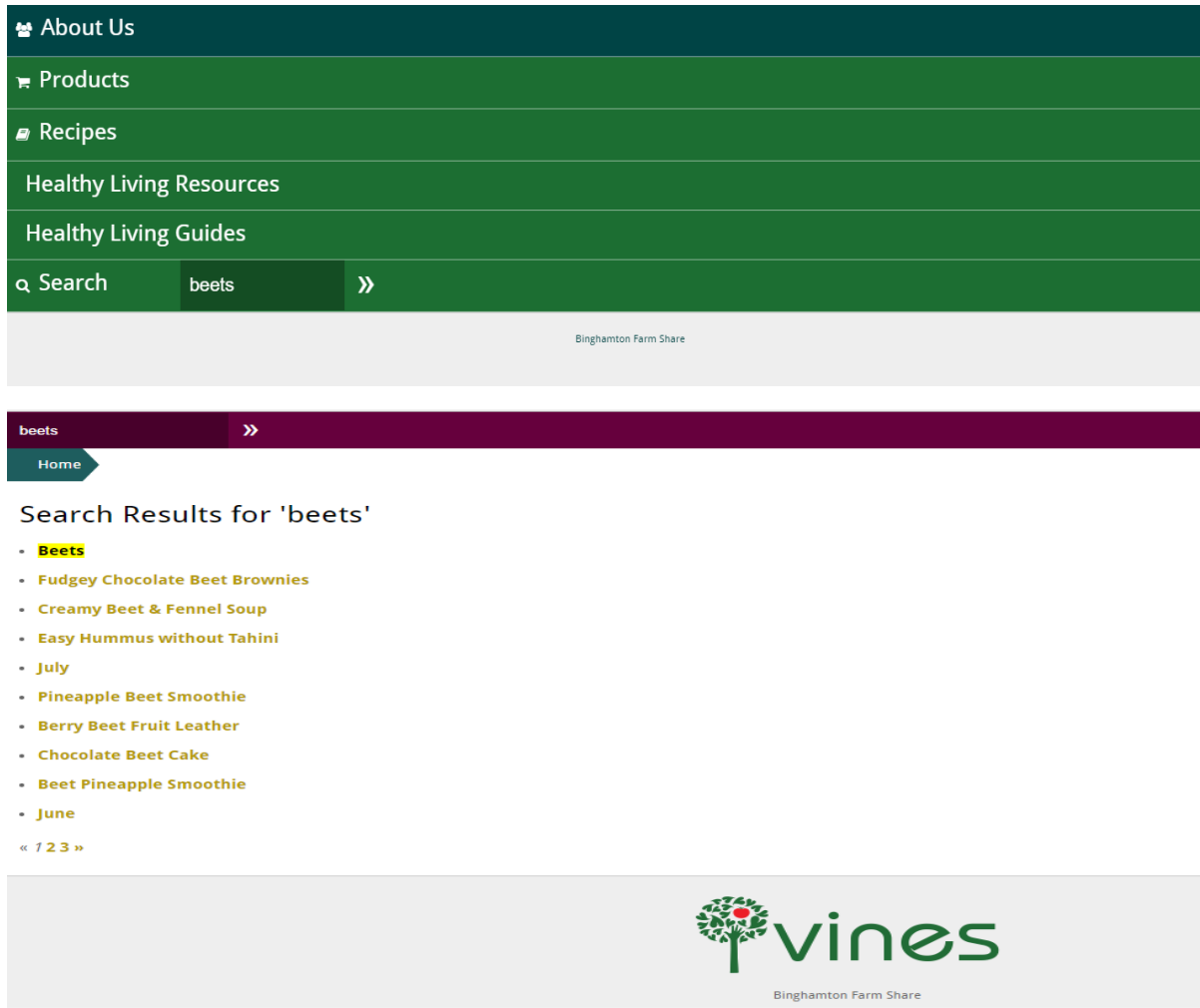


Healthy Living Guides

- Care for your share
- Eating Well on a Budget
- Freezing Your Share
- Fruit Benefits
- Grilling Guide
- Herb Storage
- Meal Planning
- Pantry Stocking
- Picky Eater Guide
- Roasting Vegetables
- Spice Guide

e. Finally, the search bar makes it **quick & easy** to find what you're looking for! Simply type in a vegetable/fruit name and you will not only see the

product page, but also **every** recipe that includes it! It couldn't be easier to find recipes based on exactly what you got in your share, or what you're in the mood for.



Now, with one quick search you can see that beets are available in June, you can learn how to store them, or make fudgy chocolate beet brownies!

*Be sure to bookmark this app or add it to the homepage of your mobile device so you can have access to all of these resources at any time!*