

From: **Cream of the Crop** creamofthecroponyc@gmail.com
Subject: 🌱🍓 And We're Off! 🍓🌱 Newsletter - Week 1
Date: June 13, 2017 at 10:27 AM
To: bernie@creamofthecropcsa.org



A few surprises about optional shares, an amazing radish recipe and this week's expected produce.

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TUESDAY, JUNE 13TH

4:00PM - 7:00PM*

Please note that pickup will end at 7pm throughout the rest of the season

263 W. 86th St.

(at the corner of West End Ave., just north of the Church of St. Paul & St. Andrew)

Big Blunder!

It has come to my recent attention that several of our prices for our Optional Shares on the website are quite high! If you looked at them to base your decision, please visit them again. Thankfully the prices on the membership forms were correct. Here are the corrected amounts:

Ground Beef \$161 not \$180

Lamb \$181.50 not \$456

Steaks \$228 not \$336

Beef - Variety \$159.50 not \$336

Phew! Remember if you would like a one time purchase of any of our Optional Shares to determine if you want to have it seasonally, please email, or speak with me today and I can have it for you next week.

Exciting News about Fruit Shares!

Surprise, Surprise! **We are getting fruit a week early!** Hepworth Farms called to say they had an abundance of strawberries, and with strawberries, one never knows how long the bounty will last so better safe than sorry! Since we only have a 22 week share

long the bounty will last so better safe than sorry! Since we only have a 22 week share this season, the farmers will adjust the shares come fall, either by eliminating a distribution or just giving a little less for a couple of weeks, which many of you will likely never notice as our fruit share has always been quite generous!

After an unfortunate late frost last Spring robbed us of Hepworth's amazing pitted fruits (peaches, plums, apricots and cherries), we are looking MUCH better this season. Although it was a cold-ish Spring, it stayed warm enough to keep the fruit buds intact.

It was also a rainy Spring again so I imagine the greens this year will be amazing once again this year.

See you at distribution!

Bernie



Food for Thought

Throughout the season, some of our produce will arrive roots intact. You may think, "Ug so messy!" and try to break them off and discard in the garbage ASAP. Well, did you know that keeping the roots intact keeps the flavor and nutrients "alive"? Our farmers suggest you store produce this way until you use it. Try to keep as much dirt on your produce to help them last their longest. If your greens are dirty and wet, I suggest a quick spin in

your salad spinner but without rinsing.

Expected Produce

In addition to the optional shares that are consistent every week, we will have the following varieties today:



veggies

VEGETABLES:

Spinach, Artisan Lettuce, Cilantro, Gold Beets, Red Onions, Casper Kale, Mint, Barese Swiss Chard, Napa Cabbage.

Remember this weekly list always subject to change depending on a variety of happenings.



fruit

FRUIT:

It starts this week with lots and lots of **Strawberries** (about 2 quarts per share)



mushrooms

MUSHROOMS:

Mushroom shares coming in September.



cheese

CHEESE:

Old Man Highlander - Gouda Style Cheese aged 6-9 months.



lamb & beef

STEAK: **BEEF - Variety:** **LAMB:**



Filet

Off Week

Off Week



PORK- VARIETY:

Hot or Sweet Italian Sausages

BACON:

Off week



ORGANIC MILK and BONELESS BREASTS:

On week

TURKEY:

Off Week

Recipes & Produce Tips

Cilantro



Cilantro. Some people love it.... and some people don't. Either way you are bound to see it several times this season so let's see if I can convert any naysayers with a few recipes and tips! Cilantro like other fresh herbs won't last too long in the refrigerator so I'll try to plan on making a simple guacamole and add some to my salads for a little kick. Here's my favorite guacamole recipe. I also love making pesto with cilantro, or in combination with spinach, parsley and/or arugula. If you haven't tried making pesto without cheese, you would be surprised how much you won't miss it.....and the extra calories. I also try

and change it up by using walnuts every now and again instead of the typical pine nuts. I'll put the finished pesto in ice cube trays and after they have "frozen" I'll pop out and keep in zip lock bags until future use in pasta (obviously) eggs, steamed veggies or as a pizza topping! Do you have any great cilantro uses? If so please forward to recipes@creamofthecropcsa.org!



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