

**From:** Cream of the Crop CSA [creamofthecroptnyc@gmail.com](mailto:creamofthecroptnyc@gmail.com)  
**Subject:** 🍎🍏 COTC Week 12 - Middle shift open and fall fruit is here!  
**Date:** September 5, 2017 at 9:36 AM  
**To:** [bernie@creamofthecropcsa.org](mailto:bernie@creamofthecropcsa.org)



Mushroom shares still available and middle shift open for today's pick-up!

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**TUESDAY, SEPTEMBER 5**  
**4:00PM - 7:00PM**

*Middle shift still open for today*

263 W. 86th St.  
(at the corner of West End Ave., just north of the Church of St. Paul & St. Andrew)

## What's New

### S&V Jams at pick-up--and mushrooms!

How do we combat our post-Labor Day, end-of-summer blues? Buy some jam! That's right, S&V's local jams and marmalades are back this week so if you would like to purchase please bring some cash! Jars are \$6.00 each or 2 for \$10.00. In addition, I brought in some extra cheeses from Calkin's Creamery for our members to purchase.

**Mushroom shares begin this week!** If you would like to add a mushroom share there is good news! We still have five available. Share price is \$60.50 for 11 weeks. Simply log onto your Farmigo account on Wednesday morning to add the share.

As of this email, we still need a middle shift volunteer so if you are able, please sign up for it at <http://creamofthecropcsa.org/register.php>.

Bernie

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# Expected Produce

*In addition to the optional shares that are consistent every week, we expect the following varieties this week:*



**veggies**

## VEGETABLES

Green leaf and iceberg lettuce, chicory, cauliflower, corn, carrots, collards, parsley, zucchini, cucumbers, bell peppers, hot peppers, field tomatoes, plum tomatoes, yellow tomatoes



**fruit**

## FRUIT

Apples (3lbs), pears (2lbs), melon (1 each)



**mushrooms**

## MUSHROOMS

Shares begin this week! Five still available.



**cheese**

## CHEESE

Vampire Slayer and Barn Red Cheddar. Goat cheeses next week.



**lamb &  
beef**

## STEAK

Denver steaks

## BEEF - Variety

Off week

## LAMB

Off week

UTT week



**PORK - VARIETY**

Italian sausage

**BACON**

TBA



**TURKEY (ground)**

On week



**WHOLE CHICKENS**

Off week

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## Recipes & Produce Tips

### Cinnamon-Baked Pears

**Ingredients**

2 large ripe pears

1/4 tsp cinnamon

2 tbsp honey or maple syrup

1/4 c crushed walnuts

Optional add-in: handful raisins

Optional toppings: yogurt, vanilla ice cream

**Instructions**

1. Preheat oven to 350 degrees

2. Slice pears in half lengthwise and place on a baking sheet, flesh side up. You can cut the skin side, as well, so they stay flat.
3. Scoop out seeds
4. Sprinkle with cinnamon and add walnuts and raisins. Drizzle honey on top.
5. Bake for 30 minutes
6. Let cool (they come out very hot!!), and serve plain or with your favorite topping.

## Ginger Pear Smoothie

### Ingredients

- 2 pears, chopped
- 1 thumb-sized piece of ginger, peeled and chopped
- 3 Tbsp hemp seeds
- 1-2 Tbsp maple syrup
- 2 Tbsp almond butter
- 1½ cup unsweetened almond milk

### Instructions

Blend all ingredients until smooth. Some people like this warmed in a sauce pan... I drink it as is!

\*Note: recipe makes two smoothies. It can be halved for one.

## Vanilla Pear Muffins

### Ingredients

For the topping:

- 3 Tbs. sugar
- 2 Tbs. chopped walnuts, ground
- 1/4 tsp. ground cinnamon

For the muffins:

- 2 cups all-purpose flour
- 1/2 cup sugar
- 2 tsp. ground cinnamon
- 1 tsp. freshly grated nutmeg (if available)
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 2 eggs
- 1/2 cup canola oil or walnut oil
- 3/4 cup buttermilk
- 2 tsp. vanilla extract

4 or 5 firm, ripe pears, 2 lb. total, peeled, cored and coarsely chopped  
1 cup walnuts, coarsely chopped

### Instructions

Preheat oven to 350°F.

Grease 14 standard muffin cups with butter.

Topping: In a small bowl, stir together the sugar, walnuts and cinnamon. Set aside.

Muffins: In a bowl, stir together the flour, sugar, cinnamon, nutmeg, baking powder, baking soda and salt. In another bowl, whisk together the eggs, oil, buttermilk and vanilla until blended. Add the flour mixture, stirring just until evenly moistened. The batter will be slightly lumpy. Using a large silicone spatula, gently fold in the pears and walnuts just until evenly distributed, no more than a few strokes. When mixing, take care not to break up the fruit. Do not overmix.

Spoon the batter into the prepared muffin cups, filling them level with the rim.

Sprinkle the muffins with the topping, dividing it evenly. Fill the unused muffin cups one-third full with water to prevent warping.

Bake until the muffins are golden, dry and springy to the touch and a toothpick inserted into the center comes out clean, 20 to 25 minutes.

Transfer the pan(s) to a wire rack and let cool for 5 minutes, then unmold the muffins onto the rack. Serve warm or at room temperature. Makes 14 muffins.

## On the blog

Recipes from the blog and the trick to getting perfect roasted vegetables every time.

- [Creamy Tomato Basil Soup](#)
- [Tomato and Cantaloupe Salad](#)
- [Quinoa Tabbouleh](#)
- [Trick to Nailing Roasted Vegetables Every Time](#) (*Bon Appetit*)

As always, [visit the blog](#) for more recipe ideas, and if you have a recipe or tip you'd like to share, [email us!](#)



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CSA Membership 2017

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