

From: Cream of the Crop CSA creamofthecroptnyc@gmail.com
Subject: 🍎🥕 COTC Week 16 - Volunteers STILL needed; roaster pigs available to order and free granola samples at distribution!
Date: October 3, 2017 at 5:22 AM
To: bernie@creamofthecropcsa.org



Volunteers needed; roaster pigs available to order and granola samples from the JCC!

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TUESDAY, OCTOBER 3
4:00PM - 7:00PM

Volunteers still needed for distribution

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

What's New

And the gifts just keep on coming!

This week, the JCC Manhattan is giving a small package of homemade granola to each member along with a 20% discount coupon for any of their upcoming cooking classes! For those of you new to the neighborhood, the Jewish Community Center (JCC) is located on Amsterdam @76th Street and offers a wonderful array of culinary classes for both children and adults. [Check them out!](#)

Volunteers STILL needed today and beyond

As of this writing, we are still in need of FIVE volunteers for today: one volunteer for the 2:30pm shift and four volunteers for the 3:45pm shift. Please [sign up ASAP](#) to ensure a smooth distribution.

Pasture-raised roaster pigs available

[Wahl Dairy Farm](#) has a bunch of pasture-raised roaster pigs, each weighing in at 50-60

lbs. Wouldn't they be great for Thanksgiving or Christmas?!? For USDA processing, they can be delivered as early as mid-late October or early November (or later for the holidays). Price for a dressed pig is \$5.50 per lb or \$250.00. If you want custom processing, they can do that too! Either way, email Bernie@creamofthecropcsa.org to discuss.

More beef and lamb on site today

Since we sold out of the ground beef and hot dogs so quickly, I decided to bring more back so everyone who wants to enjoy can. In addition we have some ground lamb, too. If you haven't tried the ground lamb, *trust me you should*.

- Bernie

Expected Produce

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



veggies

VEGETABLES

Romaine, Boston and red leaf lettuces, pie pumpkins, mini butternut, red cabbage, green kale, carrots, red onion, Yukon potatoes, parsley, oregano, zucchini, bell peppers, eggplant, mini heirloom, red tomato, Roma tomato



fruit

FRUIT

Cortland apples (2lbs), Sweeties apples (2lbs), Asian pears (2lbs), Niagra grapes (1lb)



mushrooms

MUSHROOMS

Shiitake

CHEESE



cheese

CHEESE

Plain, Italian herb, dill, cranberry walnut or chive goat cheese



**lamb &
beef**

STEAK

NY strip

BEEF - Variety

Off week

LAMB

Off week



pork

PORK - VARIETY

Paul Bunyan breakfast sausage (short plump links)

BACON

Strip bacon



TURKEY (ground)

On week



WHOLE CHICKENS

Off week

Recipes & Produce Tips

Best Apple Salad

Beet-Apple Salad

Ingredients

2 large RAW beets (or about 1 lb), peeled and roughly chopped
2 large carrots (or about 8 oz), roughly chopped
2 apples, cored and roughly chopped
Zest & juice of 2 lemons (or about 1/4 cup)
1 tbsp olive oil
3/4 tsp sea salt
1/2 tsp black pepper
1/2 tbsp honey

Instructions

1. Shred the beets, carrots, and apples. You can use a food processor fitted with a shredding blade or a box grater. Place the shredded beets, carrots, and apples into a very large bowl.
2. Zest the lemons, and add it to the bowl. Add the juice of the lemons to the bowl as well.
3. Add the olive oil, salt, pepper, and honey.
4. Toss the salad well until everything is evenly combined.

**Keeps in the fridge for up to 3 days.*

Apple-Cran Breakfast Bars (GF, dairy-free, option to make vegan)

Ingredients

Base:

2 cups old-fashioned oats
1 cup slivered almonds
4 tablespoons honey or agave if vegan
1 tablespoon coconut oil
1 teaspoon kosher salt
1 1/2 teaspoon cinnamon
2 very ripe bananas
1 1/2 teaspoons vanilla

Topping:

1/2 cup old-fashioned oats
1/4 cup slivered almonds
1/4 cup pumpkin seeds
1 cup finely diced apple pieces
1/4 cup dried cranberries
1/4 cup of coconut-almond milk (or plain coconut or plain almond milk)
1/4 teaspoon cinnamon

Instructions

Preheat oven to 350°.

Line 9 x 9 baking pan with parchment paper, lightly grease with butter or coconut oil if dairy-free

Base:

1. Add all ingredients in to food processor until *completely* combined and wet. This may take several minutes.
2. Pour into prepared pan and smooth out with off set spatula until evenly spread.
3. Bake for 8-10 minutes.

Topping:

1. Combine ingredients in medium bowl and stir to combine.
2. Removing pan from oven, spread topping evenly over and lightly press down into base.
3. Bake an additional 15 minutes.

* Serving suggestion: Serve warm with a drizzle of maple syrup on top.

* Store in the refrigerator in a sealed container for up to one week.

On the blog

New recipes:

- [Pumpkin Pie from Scratch](#)
- [Pumpkin Purée](#)
- [Potato Pie](#)
- [Butternut Squash and Sage Soup](#)
- [Butternut Squash and Goat Cheese Mash](#)

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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