

From: Cream of the Crop CSA creamofthecroptnyc@gmail.com
Subject: 🌻🐔🌱 COTC Newsletter Week 2 - Just say No
Date: June 18, 2017 at 8:01 PM
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)

Still on the fence?

Each year, I find some of our new members are a little cautious when choosing their shares which is totally understandable, especially if this is their first ever CSA. Well it's cool, I totally understand but want to answer a few common questions.

1. **Can I upgrade from a Small Veggie Share to a Large?** Absolutely. Simply email me by Thursday evening (for the following Tuesday) and I can adjust your account. You will pay for the difference going forward from your first Large share pick up.
2. **Can I add an Optional Share for the remaining of the season?** I think you all know the answer to this one as it has been the subject of recent emails but yes! For this you can do yourself. Simply log into your account and add the share yourself. ** Be sure not to go into the web-store but go to +option. Your confirmation email will tell you when that newly added share will start as well as update your account balance with the prorated amount.
3. **Can I cancel an Optional Share?** This can be a bit more tricky because it's likely our farmers have already been paid for your seasonal share but it can be doable depending on your situation. Please email me to discuss.
4. **Can I buy some fruit this week?** As with all our left over Optional Shares, we will

7. Can't buy some fruit this week. As with all our left over optional shares, we will offer them for sale to members *at the end of collection*. If you are interested in purchasing, ask a site coordinator and provide pricing info. However, the best way to ensure you get something, you should order from our web-store once we open it later in the season.

Distribution collection

With week 1 under our belts I want to ask you to please make sure you are clear about how, what and where to collect your veggies.

Last week our Large Shares came up a bit short and some members didn't get what we had put aside for them. It's possible it was our error as we are only human, but we have been doing this awhile and are pretty good at it. During set up, we put aside the EXACT number of items needed to accommodate our Large Shareholders. It's possible that some new members got confused so if a sign or the process is unclear, please just ask one of the site coordinators.

If we run out of an item in the Small Share station, unfortunately **you are not allowed to simply take one from the Large** for a variety of reasons but remember, Small Shares can choose between 2 or more items and always, one is more popular and we run out. We do keep track week to week and chances are you will see that item the following week or the week after.

Having said that, if you *really* wanted something you can ask. We do try to accommodate members whenever possible!

See you at distribution!

Bernie



Food for Thought

Organic Consumers Association reported: *The Trump Administration has just announced a new GMO deregulation scheme, and it's the most audacious effort to force dangerous, experimental "foods" onto the market since genetically modified organisms (GMO's) were first introduced in the 1990s.*

Take action and sign this petition by MIDNIGHT JUNE 19th and add a personal comment to increase your impact.

https://action.organicconsumers.org/o/50865/p/dia/action4/common/public/?action_KEY=20805

Expected Produce

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



veggies

VEGETABLES:

Arugula, Radish, Red Potato, Escarole, Yellow Onions, Garlic Scapes (use em just like garlic in saute or stir fry but these are a bit more mild), Cabbage, Green Curly Kale, Dandelion Greens, Mint, Flowering Sage (try sprinkling flowers on top of a dish like sage chicken for more dimension), Dried Hot Peppers.

Remember this weekly list always subject to change depending on a variety of happenings. See below for ways to use Dandelion Greens or Escarole.



fruit

FRUIT:

Strawberries

mushrooms



MUSHROOMS:

Mushroom shares coming in September.

cheese



CHEESE:

Vampire Slayer - Cheddar & Garlic and Herbs - Aged under 6 months.

lamb & beef



STEAK:

Filet

BEEF - Variety:

Off Week

LAMB:

Off Week



PORK- VARIETY:

Off week

BACON

Strip Bacon



ORGANIC MILK and BONELESS BREASTS:

On week

TURKEY:

Off Week (made an error in last week's newsletter all members did receive Turkey)

Recipes & Produce Tips



Escarole with Kalamata Olives with or without anchovies.

1. Tear escarole from head and rinse thoroughly.
2. Sauté 3-6 anchovies with extra virgin olive oil until anchovies begin to melt. Omit this step if desired.
3. Add sliced or chopped garlic and sauté until fragrant.
4. Add roughly chopped kalamata olives and sauté until fragrant.
5. Add escarole and season with salt, pepper and crushed red pepper.
6. Add 1/2 a cup or more of dry white wine, dry red wine, stock or a mixture of the two. Cook greens on low until soft.
7. Finish with a squeeze of lemon or Parmesan cheese and serve.

Alternate: Serve as bruschetta with grilled bread. Substitute cannellini beans for olives and serve with short pasta.

The nutritional benefits of dandelion greens are off the charts.

One cup of dandelion greens contain 203 mg of vitamin K, 244 mg of potassium, 147 mg of calcium, and 3 grams of fiber. They also called nature's most abundant green vegetable source of beta-carotene.

Braised Dandelion Greens

1. Cut bottom of stems and rinse greens thoroughly. Use a medium to large size pot for this recipe.
2. Dice approximately 4 strips of bacon and cook until beginning to brown. Drain grease from pot. Add 3-4 crushed garlic cloves and sauté until fragrant. If not using bacon, simply sauté crushed garlic cloves in extra virgin olive oil until fragrant.
3. Add greens to pot. Season with salt, pepper and red pepper.
4. Add approximately 4 cups of water, enough so that when the greens wilt they will be just submerged. Bring water to boil and reduce heat to low. Braise greens until tender, about 30 minutes.
5. Serve in bowls with broth alongside steak and other meats. The dandelion broth is highly nutritious and can be drunk as a soothing end to the meal or used as a stock when making soup.

Check out our awesome [Egg Salad recipe with Dandelion greens](#) and many others on our blog
<http://creamofthecropcsa.blogspot.com/search/label/dandelion%20greens>)



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CSA Membership 2017

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