

From: **Cream of the Crop CSA** [creamofthecroptnyc@gmail.com](mailto:creamofthecroptnyc@gmail.com)

Subject: 🍷🌿 COTC Newsletter Week 3 - Tips on storing herbs, new recipes and this week's offerings, including cheese for sale at pick-up!

Date: June 27, 2017 at 6:59 AM

To: [bernie@creamofthecropcsa.org](mailto: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 27**

**4:00PM - 7:00PM**

*Please note that there will be NO pick-up next week, July 4; next pick-up is July 11*

**263 W. 86th St.**

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

## We want to hear from you!

I was surprised that we didn't have many orders in our web store this week, but perhaps July 4th is just too far away to start food preparations. Whatever the reasons, it would be great to get some feedback as to what members would like to see in the web store so that we can try to make it more attractive to you all. It takes a decent amount of effort to organize these items so feel free to email [bernie@creamofthecropcsa.org](mailto:bernie@creamofthecropcsa.org) or pull me aside on Tuesdays and give me some tips as to what YOU would like to see.

## Cheese for sale at pick-up

We ordered some great hard cheeses, which will be available for purchase at pick-up today (first-come, first-served). Quantities are limited so if you want some for your weekend BBQ, plan to get to pick-up early (and please bring cash).

## Vacationer's Shares

This will be our last pick-up for the Vacationer's Share members. If that's you, know that

This will be our last pick-up for the vacationer's share members. If that's you, know that your next pick-up will be September 5th so mark it down as I won't be sending email reminders. In the meantime, you will still be on the email list for newsletters and other major announcements but we will TRY to opt you out for other weekly volunteer stuff. We hope to be that organized!

## Spread the word

This past week we were [featured in the Westside Rag](#) as one of a few CSAs still accepting new members, and it was great to get the publicity! I find that so many people in our local community still don't know what a CSA is and/or how they can benefit from all the nutritious, fresh produce. The best way for us to become more known is for you all to help spread the word! So, if you have a moment, please go ahead and [post a comment/review on YELP](#), [Westside Rag's article](#) or any other online platform as this will help get our CSA opportunity out there!

See you at distribution!

Bernie

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## Expected Produce

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



veggies

### VEGETABLES

Arugula, spinach, radishes, red beets, snap peas, collards, swiss chard, cabbage, artisan lettuce, thyme, garlic chives, mint (list subject to change)

See the recipes section below for ways to use arugula and cabbage, tips to extend the shelf life of your herbs and more!



fruit

### FRUIT

Cherries (1 qt), strawberries (1 qt)



**MUSHROOMS**

Shares coming in September.



**CHEESE**

Quark spreads (various flavors): Great for veggie or chip dipping for the holiday weekend!



**STEAK**

T-Bone

**BEEF - Variety**

Off week

**LAMB**

Off week



**PORK - VARIETY**

Nitrate-free organic hot dogs

**BACON**

Off week



**ORGANIC MILK and BONELESS BREASTS**

On week

**TURKEY (ground)**

On week





## WHOLE CHICKENS

Off week

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## Recipes & Produce Tips

### Italian Sweet and Sour Cabbage

dedicated to CSA member Steve Gerber of blessed memory

#### Ingredients

3 TBSP olive oil

½ cup thinly sliced onions

1-1/2 lbs. cabbage, cut into ¼ inch strips (about 8 cups)

3 large tomatoes, coarsely chopped

2 TBSP wine vinegar

2 tsp. salt

Freshly ground black pepper

1 TBSP sugar

Optional: 12 - 16 oz. extra firm tofu (press it for 20 minutes)

#### Method

In a heavy 10- to 12-inch skillet, add the onions and olive oil and stir constantly over moderate heat for 2 or 3 minutes until transparent but not brown. Stir in cabbage, tomatoes, a few grindings of pepper. Simmer uncovered, stirring for 20 minutes, or until the cabbage is tender. Then stir the sugar and vinegar into the cabbage and cook a minute or 2 longer. Serve in a heated dish (also tastes good cold) as a side vegetable to accompany a fish or meat course or - for vegetarians - add tofu to the dish at the point that you add the cabbage and the tomatoes (I press my tofu for 20 minutes) and it is a lovely vegetarian main dish!

(Serves 4 to 6)

### How to Store Fresh Herbs

There are two popular methods to store fresh herbs: the paper towel method and the mason jar/plastic bag method. Both work, but you have to know which herbs work best for which method. Fresh herbs can last up to two weeks depending on the variety and

For which method? Fresh herbs can last up to two weeks depending on the variety and method! See what works in your home environment, as well. If your home is too warm, perhaps don't leave the herbs out on the counter or a windowsill and use the refrigerator method.

### **PUT SOFT HERBS IN A JAR!**

Soft herbs include parsley, cilantro, dill, basil, tarragon, and mint. Basil and/or mint can be left out at room temperature (I've put mint in the fridge and it survived just fine). All other herbs should be refrigerated. This method helps the herbs retain moisture and keeps oxygen from browning the leaves.

#### Directions for soft herbs:

1. Cut bottom of the stems
2. Make sure your herbs are completely dry. Avoid rinsing until you are about to use them, to avoid mold or wilting.
3. Fill a jar or glass with about one inch of water, or enough to submerge the base of stems. "Plant" stem ends into water in jar.
4. Cover loosely with plastic or ziplock bag, bound at the base with a rubber band.
5. Place in fridge. Change water every few days if water becomes discolored.

### **HARD HERBS IN A DAMP PAPER TOWEL!**

Hard herbs include rosemary, thyme, chives, oregano, and sage. The paper towel method keeps the herbs moist to avoid drying out and again keeps oxygen from getting in.

#### Directions for hard herbs:

1. Wrap herbs loosely in a damp paper towel
2. Store in an airtight container or a Ziploc bag in your crisper.

### **Last week's herbs**



Day 1: Jar/bag method with last week's sage, oregano, and mint.



Day 6: Still gorgeous and lively! I am now drying the sage and oregano. Mint is back in the fridge with its bag secured!

## Arugula Salad with Spring Vegetables, Prosciutto, Goat Cheese and Walnuts

### Ingredients

Arugula

4-6 slices prosciutto

Crumbled goat cheese

Radishes, sliced diagonally

Snap peas, sliced in half lengthwise

Red onions, thinly sliced

Toasted walnuts

Sage flowers (optional)

Salt and pepper

Extra virgin olive oil

Balsamic vinegar

### Method

Thoroughly wash and dry arugula.

Slice radishes on an angle as thin as possible.

Slice snap peas in half lengthwise, you will be able to see all peas on both halves.

Peel and slice red onion as thin as possible.

Mix arugula and other vegetables in mixing bowl.

Season with salt and pepper and drizzle extra virgin olive oil and balsamic vinegar to taste.

Add crumbled goat cheese and toasted walnuts and mix just until combined.

Layer prosciutto on a large plate and pile mixed salad on top.

Garnish with sage flowers or other edible flowers if desired and serve.  
Omit prosciutto and goat cheese for vegan option.

## Check out more great recipes and tips on the blog and at the links below!

[Cream of the Crop CSA Blog](#) - Visit the CSA blog for more recipes and tips!

[How to Wash a Ridiculous Amount of Kale at Once](#) (from *Bon Appetit*)

Have a recipe or tip you'd like to share? [Email us!](#)



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CSA Membership 2017

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