

Bring your compost to pick-up, check out the new recipes on the blog and read member tips on how to use all those veggies!

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TUESDAY, JULY 25
4:00PM - 7:00PM

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

What's New

Extra items at pick-up

Although each year we get a fabulous assortment of first-quality produce from Hepworth Farms, every now and again we may see an item or two that is a bit "off" or rather "looking like it's seen better days". Last week we received an **extra** four boxes of rather sad-looking dill, so during set-up, we rinsed and pruned them (to the best of our ability) so that we could offer it to anyone who wanted it. Notice the key word in the previous sentence. Yep, the one in bold... "**extra**"! Hepworth Farms will often send us down some additional items that were not intended to be part of the weekly veggie share. Why bother? Well firstly, the produce is often quite satisfactory for many of us, but if it's not, our farmers know that the West Side Campaign Against Hunger's Chef's Training Program will always find a way to ensure the produce doesn't go to waste.

Thankfully, each week we already receive more individual items than our advertised average (small shares @ 10 items, large shares @ 12) so when those "not-so-perfect" items do show up, be happy knowing that you are getting something extra. If the items don't appeal to you, no worries. You can take 'em or leave 'em; the choice is entirely up

to you. (BTW, if you haven't used your dirt yet, I recommend a simple and delicious [Vegan Dill Dressing](#). I made it and my family loved it. Yummy!)

Lastly, I wanted to send a big thank you to one of our new members, Shane, for looking out for our local shelter animals! Shane wrote me to tell me about how the rabbits at Animal General on 87th and Columbus devoured the carrot tops she dropped off the week before last and asked if we could put more aside the next time we got they were in our share. Well as fate would have it, we got those spring carrots again last week so I put aside a big box that all of you helped filled to the top. If you didn't take home your tops but instead placed them in the box we had laid out, know that Big Red (and his friends), were super pleased (see him below with my son, Sam). Just another way COTC is helping its neighbors.....even the four-legged ones!

Read on for this week's produce list, info on composting (it's way more than just veggie scraps) and new recipes on the blog!

Bernie



Expected Produce

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



VEGETABLES

Lettuce (red leaf, romaine and iceberg), carrots, golden beets, corn, scallions, zucchini, cucumber, kale, red spring onions, thyme, basil (list subject to change)



FRUIT

Peaches (2.5lbs), nectarines (2.5lbs)



MUSHROOMS

Shares coming in September.



CHEESE

Curds (plain and garlic/chive)



STEAK

Denver steak

BEEF - Variety

Off week

LAMB

Off week



PORK - VARIETY

Ham hocks

BACON

Strip bacon



TURKEY (ground)

On week



WHOLE CHICKENS

Off week

Advocacy in Action

Composting!!!

Did you know that the Cream of the Crop CSA pick-up site collects compostable material? Composting is one of the most important things we can do to eliminate unnecessary waste in landfills and better our atmosphere. Properly composting appropriate material is a great way to close the circle, and ultimately provide nutrients to...more fruits and veggies! Once you start doing it, you will not believe how empty your garbage can is and also how much you were wasting before. From experienced composter and member Aliya Cheskis-Cotel, here's what to do:

Start a plastic bag each week that will fit in your freezer (you can also do it in the refrigerator). Put a bowl on your kitchen counter and, into that bowl you will put anything from the list linked below. I empty my bowl into the plastic bag in the freezer about 20 times a day, but that's because I want it to be happily freezing away. Then, on Tuesday, I bring my cart with my bags of frozen compost in it and empty it into the compost bin at the CSA pick-up. Happy composting!

****Please note any plastic bags placed in the compost bin must be completely clear with no writing on them****

[Here is a link to a list of 100 things from your home you can compost.](#) General guidelines: all fruit and veggie scraps are good, unwaxed paper/paper towels (can be used) and cardboard (torn up), egg shells, cooked pasta and grains. Visit the link for more ideas!

Recipes & Produce Tips

Tips to get through all those veggies

From CSA member Anthony Cianci:

Produce from the CSA can build up at times, and it helps to have ways to prepare and store food that would otherwise go to waste. A great thing to do is roast pans of vegetables that are beginning to turn. This works best with hearty root vegetables, but you can throw in anything you have on hand. I've used potatoes, sweet potatoes, carrots, radishes, mushrooms, broccoli, cauliflower and whatever herbs I have leftover from the previous week. Simply season with salt, pepper, CSA herbs and olive oil and roast vegetables until tender. Save for use throughout the week in salads, alongside eggs for breakfast and as sides for dinner. I often reheat the roasted vegetables, toss in pesto and serve on top of arugula for a hearty salad. Crisp the veggies in a pan in the morning and put an egg on top for a veggie breakfast hash. Use for your lunch or as an easy, already prepared side for a weeknight dinner. Don't let those veggies go to waste!

New on the blog this week!

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

- [Vegan Creamy Dill Salad Dressing](#)
- [Lightened-Up Creamy Avocado Basil Pesto](#)
- [Basic Vinaigrette for the Perfect Summer Salad](#)
- [Tofu and Escarole Soup](#)

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

