

**From:** Cream of the Crop CSA [creamofthecroprnyc@gmail.com](mailto:creamofthecroprnyc@gmail.com)  
**Subject:** 🍅🌿 COTC Week 7 - Middle-shifts open today and bring your compost!  
**Date:** August 1, 2017 at 5:21 AM  
**To:** [bernie@creamofthecropcsa.org](mailto:bernie@creamofthecropcsa.org)



Sign up for today's middle shift, read more on all the things you can compost (hint: not just kitchen scraps) and download lots of new recipes!

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**TUESDAY, AUGUST 1**

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

*Middle shifts (3:45 - 5:45) open 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

### Recipes and refer a friend!

What an amazing array we had, once again, last week! Remember, if you ever get stumped on how to use some of our produce, **please check out our recipe blog:** [creamofthecropcsa.blogspot.com](http://creamofthecropcsa.blogspot.com). Nothing you receive should ever go to waste if you know all the different ways our produce can be used! We at Cream of the Crop not only provide weekly recipes/recipe links in our newsletter, but we also post new recipes after Tuesdays because we always receive additional items not listed in that week's newsletter. Our recipe team is always working to help make your CSA experience the best it can be so would love to hear directly from any of you, too! If you have a great recipe for something or tried one of ours they would love to hear feedback. Simply email Anthony at [recipes@creamofthecropcsa.org](mailto:recipes@creamofthecropcsa.org).

Speaking of using all the produce...Big Red and his friends were grateful for our giant bag of carrot tops once again :)

Remember, if you refer a friend to our CSA you can still get \$25.00 to spend in our web store! Just make sure they answer your name when asked “How did you hear about us?” on the membership form.

And reminder that two middle shifts are still open for this afternoon (3:45-5:45), [please sign up](#) if you're able!

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 this week:*



**veggies**

### VEGETABLES

Romaine, Boston and red leaf lettuces, green beans, red beets, curly parsley, corn, celery, fennel, barese chard, kale, zucchini, eggplant, cucumber, Mexican mint, dried hot peppers



**fruit**

### FRUIT

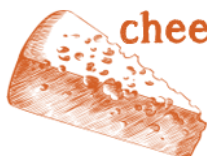
Donut and white peaches, pears



**mushrooms**

### MUSHROOMS

Shares coming in September.



**cheese**

### CHEESE

Cowtipper (Gouda washed with Yuengling Porter) and Smoke Signal (Applewood-smoked Gouda). Goat cheese

next week.



**STEAK**

Off week

**BEEF - Variety**

Rib steaks

**LAMB**

Ground lamb



**PORK - VARIETY**

Off week

**BACON**

Off week



**CHICKEN**

No kosher chicken cutlets this week due to supplier holiday schedule; will double up next week.

**TURKEY (ground)**

Off week



**WHOLE CHICKENS**

On week

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## Advocacy in Action

### Composting: More than just kitchen scraps

We were so pleased with how many members brought their compost to the last pick-up! Last week, member Aliya Cheskis-Cotel generously shared her simple and easy approach

to composting in the city, which is clearly made even more convenient by the compost collection bin at our Cream of the Crop pick-up. The general guidelines provided focused more in the kitchen scrap space, but that is only the beginning of waste types that can be diverted from landfills by composting!

This week, we are including some general guidelines for the rest of your home, broadening your ability to contribute to the composting effort, and ultimately creating natural nutrient-dense growing soil! Household waste to include: human/pet hair (think: from cleaning brushes), non-glossy paper and cardboard (shredded or finely ripped), 100% cotton material (e.g., cotton balls, fabrics which must be shredded), 100% wool material (shredded), dust, nail clippings, used matches, flowers and leaves from house plants and floral arrangements. An important guideline I'm sure you've noticed is the importance of shredding, or breaking down into smaller pieces, many of the household items. This is important, and aids in the rate of decomposition, so if you're (hopefully!) including it, tear up that junk mail nice and small!

For more specific ideas and guidelines, please visit the list of [100 things you can compost from your home](#).

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

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## Recipes & Produce Tips

*Check out these great slow cooker recipes perfect for hot summer days and new recipes on the blog linked below!*

### Zucchini and Basil Slow Cooker Frittata

#### Ingredients

10 eggs  
2 small or 1 medium-to-large zucchini  
Handful of chopped or torn basil leaves  
1/4 cup almond or dairy milk  
1/2 tsp of dried oregano  
Salt and pepper to taste  
Olive oil  
Parchment paper  
Optional add ins: greens, tomatoes, prosciutto, fresh mozzarella...the list goes on!

#### Instructions

1. Chop the zucchini in half, then into quarters. The slices should be about 1/4" thick.

2. Lightly oil a skillet and sauté the zucchini and dried oregano for ~ 5 minutes, until lightly done. If adding greens or other vegetables, sauté them as well. Set aside and let cool.
3. Beat eggs, milk, salt, and pepper until frothy.
4. Line a slow cooker with parchment paper for ease of removal and ease of clean up. If not using parchment, generously grease the sides of the cooker.
5. Pour egg mixture into the slow cooker. Add the vegetables and any other mix-ins.
6. Add basil to the top. Ensure that it's semi-submerged in the egg mixture.
7. Cook on high for 2.5 hours or until it looks set on top.
8. Remove from cooker using parchment paper. Let rest on a cooling rack until desired temperature.

Serving notes: Make it a meal by adding a simple green salad. Also makes great pack-ahead lunches and breakfasts!

## Slow Cooker Green Beans and Bacon

### Ingredients

- ~1 lb green beans
- 6 slices of bacon
- 1 diced clove of garlic (optional/to taste)
- 1/2 medium onion, chopped
- 1 tbsp olive oil
- 1/2 tsp salt
- Fresh ground pepper

### Instructions

1. Place bacon at the bottom of the slow cooker.
2. Place other ingredients on top of the bacon.
3. Stir to combine.
4. Cover and cook on low for ~6 hrs.

## New on the blog this week!

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

- [Beet Greens Sautéed in Olive Oil](#)
- [Rainbow Chard Strata](#) from *Much Ado About Stuffing*
- [Chopped Roasted Beet Salad with Feta](#)
- [Cucumber Mint Water](#)
- [CSA Summer Salad](#)

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



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CSA Membership 2017

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