

From: Cream of the Crop CSA creamofthecroprnyc@gmail.com
Subject: 🍏🍌🍷 COTC Week 8 - Early shift open today and new recipes!
Date: August 8, 2017 at 5:18 AM
To: bernie@creamofthecropcsa.org



Free this afternoon? Sign up for an early shift! Also, read up on the Valley Lateral pipeline project and how it may affect Hudson Valley farmers.

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TUESDAY, AUGUST 8

4:00PM - 7:00PM

*Early shift (2:30-4:15) open today --
please sign up!*

263 W. 86th St.

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

What's New

There is one early shift still open for this afternoon (2:30-4:15), [please sign up](#) if you're able!

A few weeks ago we gave each member a free jar of local tomato sauce from [Jar Goods](#), and if you have had the chance to enjoy them, they would love to hear from you! Let's pay it forward and provide Jar Goods with some feedback and/or a review! Please take a few moments to reflect on that tomato sauce experience and send your comments to contact@jargoods.com. I know they will really appreciate it!

See you at distribution!

Bernie

Expected Produce

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



VEGETABLES

Red leaf and iceberg lettuces, chicory, bunched carrots, cauliflower, collards, scallion, cucumber, zucchini, bell pepper, eggplant mix, corn, thyme

Note from the farmers: The weather has been difficult for the tomatoes, with the cold nights and cooler days. Nonetheless we are hopeful they will ripen soon. The rest of the crops are flourishing and we are thankful for that.



FRUIT

Bosc pears, peaches



MUSHROOMS

Shares coming in September.



CHEESE

Goat Cheese: Roasted red pepper, cranberry walnut or plain. Also, please give your opinion to Rosa and Fatima as to which flavors of cheese you are liking best so we can continue to bring your favorites.



STEAK

T-Bone

BEEF - Variety

Off week

LAMB

Off week



PORK - VARIETY

Ham steak

BACON

Canadian bacon



CHICKEN

Double chicken breasts this week to make up for last week.

TURKEY (ground)

On week



WHOLE CHICKENS

On week

Advocacy in Action

Valley Lateral Project Pipeline Project

Late last week, a note to our CSA community went out regarding Valley Lateral Project proposed by Millennium Pipeline Company, which involves building a new natural gas pipeline branch 7.8 miles long off of the main Millennium pipeline to a new gas power plant. The pipeline would cross the towns of Wawayanda and Minsk in Orange County, New York. The NYDEC project overview [can be found here](#).

Concerns about the pipeline include its potential environmental impact on the surrounding farmland, air and watersheds, as well as adverse human health effects observed in other locations where pipelines and compressors were constructed. Implicitly, the pipeline's construction is counter to any regional clean, green energy goals. While the period for official comment ended Friday, there is a [page here on the Preserve the Hudson Valley site](#) that outlines other avenues for advocacy. From the hearing some attended, it is not exactly clear to folks in the area, including farmers, which farmland will actually be directly affected. From Millennium Pipeline's original

...which farmland will actually be directly affected from intermountain pipelines' original filing, [here are some maps](#) as well as their [relevant project filings](#). It is important to note the official issue that is holding this project up is that the NYS Department of Environmental Conservation hasn't yet issued water permits. We will keep you all posted as more information and opportunities to raise your voice on this issue become available.

Recipes & Produce Tips

Summer Farro Salad

Ingredients

- 3 tbsp olive oil, + more to taste
- 10 oz farro
- 2 small zucchini or squash, sliced into 1/2" half moons
- 1/2 lb green beans, chopped into 1" pieces
- 2 ears of corn
- 2 garlic cloves
- 1 tbsp fresh oregano
- 1/4 cup roughly chopped or torn basil leaves
- Fresh mozzarella in chunks or small balls
- Chili flakes to taste
- Salt + pepper to taste



Instructions

1. Cook the farro per instructions. Set aside.
2. Boil unsalted water in a large pot. Once boiling, add ears of corn and cover. Cook for ~10 minutes, drain, and let cool enough for handling.
3. While corn is boiling, mince garlic.
4. Heat 1 tbsp of olive oil in a skillet over medium heat. Add garlic and cook til fragrant.
5. Add green beans and season with salt/pepper. Cook for ~1-2 minutes.
6. Add zucchini and squash and cook, stirring frequently, for ~ 6 minutes or until done but not mushy.
7. Season with fresh oregano and remove from heat.
8. Add farro to a large bowl. Lightly cover with olive oil, roughly 1 - 2 tbsp.
9. Cut corn off cob. Add to farro.
10. Add zucchini, squash, green beans, basil and mozzarella.
11. Season with chili flakes and serve!

*Serving suggestions: This dish works cool or heated. To make it a filling meal, top with a fried egg.

New on the blog this week!

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

- [Best Ever Zucchini Bread](#)
- [End-of-Summer Ratatouille](#)

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



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CSA Membership 2017*

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