

From: Cream of the Crop CSA creamofthecroponyc@gmail.com
Subject: 🍎 🍇 🍏 COTC Week 15 - Volunteers desperately needed! Lamb & beef for sale at pick-up!
Date: September 26, 2017 at 5:09 AM
To: bernie@creamofthecropcsa.org



Volunteers needed today and bring cash for beef and lamb for sale at distribution!

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TUESDAY, SEPTEMBER 26
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

Volunteers desperately needed today!

We are short FIVE volunteers today so we really need your help. Please sign up at <http://creamofthecropcsa.org/register.php> ASAP. If you are unable to help out today, we have lots of open shifts through November so don't delay! Remember you will be responsible for the \$75.00 fee if you don't complete your required 3 shifts for the season. If you are a Vacationer's Share and/or if you joined after September 1, you are only responsible for 2 shifts.

Share your experience with COTC

Having a great COTC CSA experience? If so, we would love for you to WRITE A REVIEW or SHARE YOUR EXPERIENCE on SOCIAL MEDIA! Yelp (<https://www.yelp.com/biz/cream-of-the-crop-csa-new-york>), FB, Westside Rag ([a recent article mentioned us specifically](#) so commenting there would be awesome), Instagram, or wherever you feel appropriate. The more personal the experience the better. Reviews and posts are more ways to publicize our CSA and attract new members.

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You may be wondering why it's so important to increase membership. Well...let me explain. As you know, NYC dwellers tend to move in and out of neighborhoods/city frequently, which means that we need to constantly recruit new CSA members to "replace" those who leave. And the reasons why we need to keep our membership numbers up are:

1. The more members we have, the fewer volunteer shifts members will need to commit to.
2. The more members we have, the more optional share orders we receive which not only ensures that our farmers feel that partnering with us is worth their efforts, but delivery expenses are more easily covered thus keeping those share prices the same or even reduced!
3. The more members we have, the more likely that we can continue to offer a Winter Share!

So... help get the word out! And if you have other ideas on how we can connect with our local community, please speak or email me directly.

Grass-fed beef and lamb for sale at distribution

Bring Cash! This week we are highlighting beef and lamb from Chaljeri Meats. Try their steaks, filets, NY strip, Delmonico or sirloin. Also available: ground lamb, ground beef or nitrate-free beef hot dogs. It's first-come, first-served, but because I like to look out for our late-comers, please email me bernie@creamofrhcropcsa.org if you want me to put any aside for you.

Mushroom shares

We have now really, positively, sold out of mushroom shares for the season.

- Bernie

Expected Produce

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



VEGETABLES

Boston, green and red leaf lettuces, radish, cilantro, acorn squash, swiss chard, corn, gold beets, broccoli, celery, frying pepper, zucchini, mini butternut squash, cherry

tomatoes, red tomato



fruit

FRUIT

Gala and golden supreme apples, Devoe pears, Concorde

mushrooms



MUSHROOMS

Oyster



cheese

CHEESE

Quark spreads - various flavors



**lamb &
beef**

STEAK

Off week

BEEF - Variety

Fajita strips

LAMB

Ground lamb



pork

PORK - VARIETY

Off week

BACON

Off week

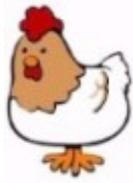


TURKEY (ground)



TURKEY (ground)

Off week



WHOLE CHICKENS

On week

Recipes & Produce Tips

GF (and Paleo/Vegan-Friendly!) Apple Skillet Cake

Ingredients

Cake:

8 ounces cashew butter (can sub almond or other nut butters)

½ cup honey (alternatively, can sub maple syrup or agave)

2 eggs

½ teaspoon baking powder

2 teaspoons vanilla

Apples:

2 pounds baking apples, cut into slices ¼-inch thick

2 tablespoons butter, or coconut oil for dairy-free

1 teaspoon cinnamon

Optional add ins: a tablespoon or two of honey if your apples are sour, dash of nutmeg, dash of ginger

Instructions

Preheat the oven to 325F.

In a medium-sized bowl, mix together all the cake ingredients until the batter is smooth, set aside.

Place a 9" cast-iron skillet (or oven-proof skillet), over medium heat. Sauté the apples with the butter or coconut oil and the cinnamon. Place a lid over the skillet and cook for 5 minutes, stirring occasionally. Remove the lid and cook until the juices are almost

5 minutes, stirring occasionally. Remove the lid and cook until the juices are almost gone, about 5 more minutes. When the apples are just tender, pour the cake batter over the top and place the skillet in the oven.

Bake for 20-25 minutes or until the cake batter has just set.

Serve the skillet cake right out of the oven.

Suggestion: Add a scoop of vanilla ice cream on top!!

On the blog

New recipes:

- [Spicy Stir-Fried Cabbage](#)
- [Veggie and Fruit Muffins](#)
- [Succotash with Parsley Drizzle](#)

Pie recipes for fall:

- [Apple Crumb Pie](#)
- [Pear-Ginger Pie](#)

And some others for all the apples we've been getting...

- [Apple Brownies](#)
- [Roasted Apple Butter](#)

As always, [visit the blog](#) for more recipe ideas, and if you have a recipe or tip you'd like to share, [email us!](#)



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CSA Membership 2017*

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