

From: Cream of the Crop CSA creamofthecroptnyc@gmail.com
Subject: 🍌🍅🍅 COTC Week 5 - Summer's first corn and complimentary tomato sauce at this week's pick-up!
Date: July 17, 2017 at 9:08 PM
To: bernie@creamofthecropcsa.org



There's still time to opt in to a cheese share, and each CSA member gets a complimentary jar of tomato sauce, perfect for zucchini roll-ups (recipe at pick-up)!

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TUESDAY, JULY 18
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)

Got cheese? Still time to opt in for the cheese share!

If you didn't get an opportunity to purchase any delicious jams or marmalades from [S & V Jams](#), don't worry, we will have them back in September. If you did get an opportunity to buy some cheeses from Calkins and you want to opt in for a cheese share, you can add one onto your seasonal share and the system will prorate it for you.

Complimentary tomato sauce from local producer

I hope you all took advantage of the awesome basil and cilantro we received last week and made lots of pesto! Seeing tomatoes for the first time was also nice, and I am looking forward to the tomato bounty we typically receive. During the season, many of us will be making our own pasta sauces from Hepworth's tomatoes, but there may come a time when we may want/need to buy some tomato sauce. If so, I want to introduce you to a local brand that has recently hit the market.

This week, COTC is pleased to offer each CSA member a free jar of tomato sauce from [Jar Goods!](#) [Jar Goods](#) is a local company started in Hoboken, NJ. Their products are

carried in about 500 locations in the NYC area.

Co-founders Melissa and Laura say they "Make Joy in a Jar"—exceptionally delicious, versatile, and natural foods that help their customers get dinner on the table easier, faster, and happier. This starts with their three tomato sauces: Classic Red, Classic Spicy, and Classic Vodka. They are made from a whopping 72% tomatoes! [Learn more here.](#)

This week you will find your free jar of Classic Red by the zucchini station, and each jar will include their zucchini roll-ups recipe. FYI, the recipe includes ricotta cheese (or any other cheese of your liking). Cheese shares are receiving goat cheeses this week and that can work too! Whatever you choose to do with your free jar of sauce, let us know how you liked it!

Mangiare!
Bernie

Expected Produce

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



veggies

VEGETABLES

Escarole, Boston lettuce, rainbow carrots, corn, zucchini, cucumber, cabbage, chard, spinach, red basil, parsley, oregano (list subject to change)



fruit

FRUIT

Sweet cherries (1qt), sour cherries (1qt)



mushrooms

MUSHROOMS

Shares coming in September.



CHEESE

Goat cheese—plain, herb and various additional flavors



STEAK

Off week

BEEF - Variety

Beef hot dogs

LAMB

Lamb stew



PORK - VARIETY

Off week

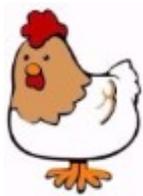
BACON

Off week



TURKEY (ground)

Off week



WHOLE CHICKENS

On week

Recipes & Produce Tips

Cherry Banana Smoothie

Ingredients

1/2 cup pitted cherries
1/2 cup raspberries
Handful of blueberries
1 frozen banana
1 cup of almond milk (chef's choice!)
2-3 tbsp hemp seeds

Optional additions:

1/4 cup oatmeal for fiber and carbohydrates
Half-inch knob of ginger, diced

Blend to combine. Serve cold and enjoy a healthy breakfast or snack!

Lots of great recipes on the blog!

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

- [Roasted Carrots with Carrot-Top Pesto](#)
- [Escarole with Sausage and White Beans](#)
- [Summer Succotash](#)
- And in case you still have basil and red onion from last week check out [Ina Garten's Fresh Corn Salad](#) recipe

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



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CSA Membership 2017

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