

**From:** Cream of the Crop CSA [creamofthecroptnyc@gmail.com](mailto:creamofthecroptnyc@gmail.com)  
**Subject:** 🌻🌱 COTC Week 17 - Sign up for your volunteer shifts and avoid the \$75 fee!  
**Date:** October 10, 2017 at 5:11 AM  
**To:** [bernie@creamofthecropcsa.org](mailto:bernie@creamofthecropcsa.org)



Volunteers needed! Please sign up for your shifts and avoid the \$75 fee!

[View this email in your browser](#)



**TUESDAY, OCTOBER 10**  
**4:00PM - 7:00PM**

*Three volunteers needed for 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

### Volunteers

As of this newsletter, we are shy three volunteers. Two volunteers are needed for the 2:30pm early shift and one for the 3:45pm middle shift. If you can, [please SIGN UP to complete your volunteer requirement.](#)

In the coming days, you may receive an email stating you have yet to complete your shifts and if you do not pay the \$75.00 volunteer fee, you will be in danger of not being able to collect your shares. We hate to have to enforce this policy, but we need to be fair to all those who did help out during the season. If there are extenuating circumstances that have prevented you from signing up, I should already know about your situation but if not, please [email me](#) right away.

The site coordinators want to officially give a huge shout out to CSA member Robert Compton who has gone above and beyond this season by having completed SIX volunteer shifts already! When hee... you rock Robert! To show our appreciation, we have a special

shirts already: WHOA HOO, YOU ROCK ROBERT! TO SHOW OUR APPRECIATION, WE HAVE A SPECIAL thank-you gift for you this week!

## Optional Shares

We hope that you have enjoyed the Optional Shares we have highlighted these past weeks and encourage you to consider opting in next season! In the meantime, many are available in our web store (visit your Farmigo account!) for purchase.

- 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

[From the farmers] *The unseasonably warm weather is a blessing as we are able to keep picking crops that would have already been finished for the season. This has also added to the abundance of apples and pears being harvested in upstate NY this year. Weather is so unpredictable and each season is different, so we are thankful that this has been such a great one!*

Red leaf, iceberg and Boston lettuces, spaghetti squash, celery, broccoli, scallion, mini blue hubbard squash, yellow roma, mini heirloom, zucchini, frying pepper, swiss chard, chef heirloom, eggplant, cherry tomato



**fruit**

### FRUIT

Empire (2lbs), Fuji (2lbs), Devoe (2lbs), Concorde (1lb)



**mushrooms**

### MUSHROOMS

Portobello



**cheese**

**CHEESE**

Moo Mozz



**lamb &  
beef**

**STEAK**

Off week

**BEEF - Variety**

T-Bone

**LAMB**

Lamb stew meat



**pork**

**PORK - VARIETY**

Off week

**BACON**

Off week



**KOSHER**

Due to the Sukkot holiday, no kosher milk, ground turkey or chicken breasts this week.



**WHOLE CHICKENS**

On week

# Recipes & Produce Tips

## Kale, Butternut Squash and Walnut Pasta

### Ingredients

- 1 butternut squash, peeled and cut into 1" pieces
- 2 tbsp. olive oil
- Kosher salt and freshly ground black pepper, to taste
- 8 oz. pappardelle (or other pasta)
- 12 tbsp. unsalted butter
- 1 cup walnuts, toasted and lightly crushed
- 3 cups baby kale

### Instructions

1. Heat oven to 425 degrees. Toss squash with oil, salt and pepper. Spread out in a single layer on a baking tray and bake 25 minutes until tender.
2. Bring a large pot of salted water to a boil. Cook pasta until al dente. Drain, rinse, and set aside.
3. Heat butter in a 12" skillet over medium heat; cook until milky foam settles at the bottom of the skillet and turns nut brown.
4. Toss in pasta, squash, and walnuts; add baby kale and toss until just wilted.
5. Season with kosher salt and freshly ground black pepper.

## On the blog

### Pasta:

- [Broccoli with Macaroni](#)
- [Spinach and Mushroom White Lasagna](#)
- [Penne with Sausage, Broccoli Rabe and Mushrooms](#)

### Tomatoes and Cucumbers

- [Quinoa Tabouleh](#)

### Potatoes

- [Potato Pie](#)
- [Potatoes and Onions](#)

### Desserts

- [Apple Brownies](#)
- [Apple Spice Cake with Brown-Sugar Glaze](#)

- [Country-Fresh Pear Cake](#)

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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