

From: Cream of the Crop CSA creamofthecroptnyc@gmail.com
Subject: 🍌🍏 COTC Week 18 - Cheese for sale today and winter [shares] are coming
Date: October 17, 2017 at 6:46 AM
To: bernie@creamofthecropcsa.org



Cheese for sale at distribution and stay tuned for winter share announcement!

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TUESDAY, OCTOBER 17
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

Today at distribution we will offer some extra **Calkin's Misty Morning** and **Barn Red Ched Cheeses** for sale if you're interested to try.

Have you visited our [recipe blog](#)? If not, check it out for some great produce tips and CSA recipes!

Winter Shares - Once the winter shares are finalized, we will alert all members via email to sign up. We hope to publish soon and know that we will be accepting new members for this season as well.

And from the farmers: *We hope you have been enjoying the different varieties of fruits and vegetables, as each one has a unique flavor and texture. This week we are sending one of my favorites, the Asian Pear. It's great as is or why not try this awesome [Asian Pear Slaw Recipe](#). You can add some savory cabbage for a little extra pizzazz.*

See you at distribution!

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, sweet pie pumpkins, acorn squash, radish, savoy cabbage, arugula, parsley, kale, turnips, zucchini, eggplant, peppers, cherry tomato, red tomato, yellow tomato



fruit

FRUIT

Macintosh (2lbs), Mutsu (2lbs), Asian Pears (2lbs), Concorde (1lb)



mushrooms

MUSHROOMS

Double portion of Portobellos (make up from last week)



cheese

CHEESE

Misty Morning (Welsh Cheddar/Caerphilly) and Barn Red Ched (medium cheddar)



lamb & beef

STEAK

Porterhouse

BEEF - Variety

Off week

I AMB

Off week
Off week



PORK - VARIETY

Ham steak

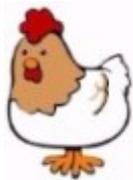
BACON

Strip Bacon Update: Wahl's processor hasn't been making Irish bacon, and won't in the near future, which is why we haven't received any in this share.



TURKEY (ground)

On week



WHOLE CHICKENS

Off week

Recipes & Produce Tips

Slow-Cooker Eggplant Caponata

Ingredients

- 1 medium eggplant (about 1 pound), cut into small cubes
- 1 medium sweet onion, small dice
- 6 Roma tomatoes, seeded and chopped
- 2 celery ribs, thinly sliced
- 3 tablespoons tomato paste
- 1/4 cup water
- 1/2 cup red wine vinegar
- 1/2 cup olive oil

1 1/2 cup golden raisins
1/4 cup capers, drained and rinsed
1 tablespoon granulated sugar
2 tablespoons toasted pine nuts

Instructions

1. Place the eggplant, onion, tomatoes, celery, tomato paste, and water in a 3- to 4-quart slow cooker. Stir until well-combined. Turn the cooker to HIGH, cover, and cook for 1 hour.
2. Add the vinegar, raisins, capers, and sugar, and stir to combine. Cover and cook until the eggplant is tender, the raisins plump, and the sauce quite thick, 1 to 1 1/2 hours more.
3. Cool and add the pine nuts. Serve on bread or as a sauce for pasta.

On the blog

Since we're getting pumpkins again, this recipe is really good:

- [Pumpkin Pie from Scratch](#)

And squash recipes and tips:

- [Squash Tips](#)
- [Spaghetti Squash with Onion, Garlic, and Parmesan Cheese](#)
- [Acorn Squash with Kale and Sausage](#)
- [Roasted Butternut Squash Salad with Warm Cider Vinaigrette](#)

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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