

EAST HARLEM CSA INFO

PICK UP:

Every Thursday between 5 pm and 7 pm at Papo's Garden: East 119th Street between 2nd & 3rd Aves.

SHARES:

- Our vegetable farmer is Claudio Gonzalez of Gonzalez Farms, a very small farm in Orange County near Middletown, NY.
- Usually 6 or 7 types of seasonal produce, all locally grown (Orange County, NY), and all organically grown.
- June portions typically include lots of spring greens, spring garlic, early herbs, broccoli rabe, radishes, baby carrots.
- What follows are leeks, tomatoes, zucchini, summer squash, cucumbers, cabbage, egg plant, peppers (variety), corn, potatoes, winter squashes, sweet potato, winter greens, and more(!) also peaches, apples, pears, and plums -- though our farmer doesn't grow *a lot* of fruit.

OTHER STUFF:

- Members can also order ala carte items from Lewis Waite Farms. You order what you want every 2 weeks for Thursday delivery: items such as honey, preserves, cheeses, sparkling ciders, various grass-fed , hormone & antibiotic-free meats & poultry, breads, dried beans, grains, flours, etc. This is extra and members log on through their CSA membership to place their individual own orders.
- We're also considering offering a dairy share--milk, yogurt, butter--which would require "standing orders" from members on a weekly or possibly bi-weekly basis. To give you an idea of prices: a gallon of lightly pasteurized hormone & antibiotic free milk (cows grass-fed) is \$5.00; Yogurt \$4.00 or \$4.50 (depending on flavor) for 32 ounces.

Other questions? Email info@kitchentablenyc.org