

Fulton Stall Market Community Supported Agriculture (CSA)

We offer a **Spring Farm Share** for Lower Manhattan residents and workers. Subscribe for 13 weeks of your choice of 17 share options of quality local farm products or fresh prepared foods for pickup Thursday 4-6 PM or Friday 11:30-5 PM at our indoor farmers market 91 South St. on Seaport waterfront.

Benefits of Your CSA membership ☺

Your membership secures for you a weekly supply of high-quality locally grown and produced farm and food products while supporting our trusted local farmers and small producers committed to producing for you and NYC.

NOTE: Equivalent product substitutions will be made when necessary.

Spring CSA Farm Share Options available:

- **Spring vegetables** from **Rogowski Farm**, Pine Island, NY. Fresh-picked asparagus, baby head lettuce, herbs, mesclun, radishes, nettles, watercress, spring onions, baby leafy greens, baby garlic, fresh-cut microgreens and pea and sunflower shoots in season. Late winter root crops. Weekly tastings of farm-made kale & spinach pesto, pickles, black bean hummus, or smoked onion jam. Chemical-free. A springtime local food adventure! Pre-bagged.
- **Fruit** from **Breezy Hill Orchard**, Staatsburg, NY. Sustainably grown apple varieties: Fuji, Cameo, Crimson Crisp, Golden Delicious, Macoun, Mutsu, etc. plus rhubarb, berries (4-5 lbs). Fresh-pressed ½ gal. apple cider optional.
- **Sprouts** from **Union Square Grassman**, Brooklyn, NY. Rotation of alfalfa, lentil, sweet pea, mung bean, chickpea & broccoli sprouts. Organic seed (4oz).
- **Eggs** from **Knoll Krest Farm**, Clinton Corners, NY. One dozen large fresh eggs weekly from free-running hens. No antibiotics or hormones.
- **Mushrooms** from **Bulich Mushroom Farm**, Catskill, NY. Rotation of shiitake, cremini, oyster, portobello, and white button varieties. ½ lb. weekly.
- **Farmstead cheese** from **Hawthorne Valley Farm**, Ghent, NY (cow), **Ardith Mae Farm**, Stuyvesant, NY (goat), **Riverine Ranch**, Washington, NJ (buffalo); **Cato Corner Farm**, Colchester, CT (cow); **Valley Shepherd Creamery**, Long Valley, NJ (sheep); **Tonjes Farm**, Callicoon, NY (cow) appx ½ lb, goat 6.5-8oz.
- **Heat & Serve** rotation of **Knoll Krest Farm** spinach/vegetable quiche or chicken pot pie (1.3 lbs.), **DiPaola Turkey Farm** hot/sweet sausages (1.3 lbs.), and **FSM Seasonal Kitchen** classic macaroni & cheese. Fresh or frozen.
- **Fresh pasta** from **Knoll Krest Farm**, Clinton Corners, NY. Spinach, whole wheat, tricolor, carrot & plain fettuccine; spinach, veg. & cheese ravioli. 12 oz.
- **Soup** from **Kitchen 36** ("Soup Lady"), NYC. Rotation of Curry and Ginger Carrot Puree, Lentil, Split Pea, White Bean & Kale and Mushroom Barley (vegan) + Tomato Bisque with Fresh Basil & Parmesan Cheese (dairy). 30 oz. (frozen/quick defrost), small-batch, local vegetable sourcing, low salt.

- **Bread** from **Orwashers**, NY's Original Artisan Bakery, NYC. Made with locally sourced grains. Rotation of rustica, sourdough, miche, whole wheat, raisin pump., seeded rye, pane di casa, Swiss health & challah. 1 loaf/week.
- **Seafood** from **Pura Vida Fisheries**, Hampton Bays, L.I., NY. Just-landed catch-of-the-day: wild-caught flounder, fluke (lemon sole), scallops, hake, scrod, sea bass, monkfish, porgy (Montauk snapper), tuna, swordfish, mackerel, sand shark, bluefish, skate, squid, tilefish, whiting. 2 lbs. whole/cleaned, or 1-1.5 lbs. filleted. Indicate choice of fillet (**F**) or whole (**W**) on form (see over).
- **Heritage chicken** from **Greenane Farms**, Delhi, NY. Fresh, raised humanely on pasture grasses, non-GMO feeds and goat-milk whey. No hormones or antibiotics. Rotation of whole chicken, skinless/boneless chicken breasts, thighs, drumsticks, wings, apple/sage chicken sausages, and ground chicken. 2-3 lbs. per week. (**Friday pickup**).
- **Beef** from **Riverine Ranch**, Washington, NJ. Pastured/grass-fed rotation of buffalo top sirloin, London broil, NY strip, ground, eye round, flank/chip steak, sausage. 1+ to 2lb./wk. High-protein, low-fat/cholesterol, high-vitamin & mineral. No antibiotics or hormones (frozen). Unique, sustainable farm.
- **Pork** from **Hawthorne Valley Farm**, Ghent, NY. Pastured and fed with locally grown certified organic Biodynamic feeds. Rotation of pork chops, tenderloin, hot sausage, spare ribs, ground pork, sweet sausage, bacon and shoulder roasts. Animal Welfare Approved. 2-3 lbs./week (frozen).
- **Trout and lox** from **Hudson Valley Fisheries**, Hudson, NY. Rotation of fresh steelhead trout fillet (8 oz.), cold-smoked steelhead "trout lox" (4 oz.) and hot-smoked steelhead trout fillet (4 oz.) from HVF's state-of-the-art land-based sustainable aquaculture farm. Chemical free. Fresh or frozen.
- **Buffalo dairy** from **Riverine Ranch**, Washington, NJ. Rotation of buffalo mozzarella (6 oz.), ricotta (12 oz.), plain or blueberry yogurt (12 oz.), mango lassi (16 oz.), labneh (8 oz.) and paneer (12 oz.). Probiotic thermophilic cultures. Sustainable Certified River-Friendly farming practices.
- **Vegan meal-for-two** from **FSM Seasonal Kitchen**. Rotation of oven-baked falafel beet-tahini dip; hearty Spring vegetable stew; Teriyaki roasted tofu; Malaysian vegetable curry with jasmine rice; and others. All with a vegetable side. Fresh cooked, locally sourced, ready to heat! Two generous servings.



*FSM is operated by **Fulton Market Association, Inc.**, a 501(c)(3) nonprofit organization, to support regional agriculture and small-batch local food entrepreneurs, revive authentic farmers and public market activity at the Seaport, and educate the public about local food and NYC market history.*

2022 Fulton Stall Market Spring CSA Membership Form

Weekly CSA pickup at Fulton Stall Market, 91 South St., NYC 10038

Thursday 4-6 PM, Friday* 11:30-5 PM, 13 weeks, March 24-June 16**

Name _____

Address _____ Zip _____

Cell/Ph # _____ Email _____

Farm Share Options: Start Date _____ End Date _____ #weeks _____

___ **Vegetables** – Rogowski Farm (\$24/week = \$312) \$ _____

___ **Fruit** – Breezy Hill Orchard (\$15/week = \$195) \$ _____

___ **Sprouts** – Union Square Grassman (\$6/week = \$78) \$ _____

___ **Eggs** – Knoll Krest Farm (\$5.50/week = \$71.50) \$ _____

___ **Mushrooms** – Bulich Mushroom Farm (\$9/week = \$117) \$ _____

___ **Farmstead Cheese** – Six NY, NJ, CT farms (\$14/week = \$182) \$ _____

___ **Heat & Serve** – FSM/DiPaola/Knoll Krest (\$12/week = \$156) \$ _____

___ **Pasta** – Knoll Krest Farm (\$7/week = \$91) \$ _____

___ **Soup** – Kitchen 36 (\$14/week = \$182) \$ _____

___ **Bread** – Orwashers Bakery (\$8/week = \$104) \$ _____

___ **Seafood** – Pura Vida Fisheries (\$24/week = \$312) **(F) (W)** \$ _____

___ **Chicken** – Greenane Farm (\$24/week = \$312) *Friday pickup \$ _____

___ **Beef** – Riverine Ranch (buffalo) (\$30/week = \$390) \$ _____

___ **Pork** – Hawthorne Valley Farm (\$24/week = \$312) \$ _____

___ **Trout/Lox** – Hudson Valley Fisheries (\$14/week = \$182) \$ _____

___ **Buffalo Dairy** – Riverine Ranch (\$12/week = \$156) \$ _____

___ **Vegan meal-for-two** – FSM Kitchen (\$25/week = \$325) \$ _____

___ **EarthMatter/CSA** kitchen scrap composting (\$1/week) \$ _____

****Cost prorated for fewer than 13 weeks** Total \$ _____

Pre-pay at 91 South St. Mon.-Sat. 11:30-5 PM (+2% by phone) \$ _____

Signature _____ Date _____ Card Chk Staff _____ Total \$ _____

Fulton Stall Market is....

Helping sustain the flavor of NYC's 1st Market District

- Indoor Farmers Market: Monday-Saturday 11:30 AM-5 PM
- CSA Farm Share: Thursday/Friday pickup: 3/24-6/16
- FSM Kitchen take-out foods: order via fultonstallmarket.org
- Saturday Outdoor Market: May-Thanksgiving: 11:30 AM-5 PM



COMMUNITY SUPPORTED AGRICULTURE

CSA FARM SHARE SPRING 2022 - 20TH SEASON

PICK-UP THURSDAY 4-6 PM
OR FRIDAY 11:30 AM-5 PM

MARCH 24 – JUNE 16

OPEN ENROLLMENT – JOIN ANYTIME

FULTON STALL MARKET
91 SOUTH ST., SEAPORT, NYC 10038
(212) 349-1380 info@fultonstallmarket.org

IN-PERSON OR ONLINE SIGN-UP
fultonstallmarket.org/csa

PRE-PAYMENT AT MARKET OR BY PHONE
PRE-PACKED PRODUCE – INDIVIDUALIZED SAFE PICK-UP
PLEASE BRING YOUR OWN SHOPPING BAG!

COMPOST YOUR KITCHEN SCRAPS!

Support FSM's mission of a revived Seaport farmers public market.
Contributions are fully tax-deductible. fultonstallmarket.org/support