



Local | Sustainable | Organically Grown

tine & toil farm

www.tineandtoilfarm.com

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This week's share features some of my favorite vegetables of the season. Cabbage has been one of my favorites to grow and eat for a while now. It grows really well on the farm, and it looks pretty beautiful out there in the field. I love how versatile it is in the kitchen too. You can chop it up for your favorite slaw, braise it, grill it, or add it to almost any salad or stir fry.

Carrots are another favorite of mine for almost the opposite reason. Carrots are so difficult to grow since they start out extremely slow and small. They are quite delicate for their first few weeks of life. But when you get a nice crop after all that work it is so rewarding. Eve has enjoyed a few early samples right out of the field, dirt and all!

We hope you can taste and appreciate our hard work.

Nathan



Week 6 (B)



green cabbage
basil
collard greens
carrots
dill or parsley
romaine head lettuce
sugar snap peas
swiss chard

2019 CSA

swiss chard tahini dip

*Farmer Nathan LOVES all things made with tahini!
Try this dip for a farm fresh hummus alternative.*
Adapted from bonappetit.com.

Ingredients

1 bunch Tine & Toil swiss chard
2/3 cup extra-virgin olive oil, divided, plus more
3-4 garlic cloves, finely chopped
1/2 cup tahini
1/3 cup fresh lemon juice
kosher salt
toasted flatbread and lemon wedges (for serving)

Directions

1. Remove ribs and stems from Swiss chard leaves and finely chop. Tear leaves into small pieces. Set both aside separately.
2. Heat 1/3 cup oil in a large pot over medium-low. Cook reserved ribs and stems, stirring often and adding a splash of water if they start to brown, until tender, 5–7 minutes. Add garlic; cook, stirring, until fragrant, about 1 minute. Add reserved chard leaves by the handful, letting them wilt before adding more; cook, tossing, until all the leaves are wilted and tender, 10–12 minutes total. Let cool. Squeeze excess liquid from mixture into a measuring glass. (You should have about 1/2 cup liquid.)
3. Place Swiss chard mixture and 1 Tbsp. cooking liquid in a food processor and add tahini, lemon juice, and 1/3 cup oil. Season with salt and process, adding more cooking liquid if needed, until dip is creamy and only speckles of chard remain. This could take up to 5 minutes. Season with more salt if needed.
4. Transfer dip to a serving bowl and drizzle with more oil. Serve with flatbread and lemon wedges.



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shredded collard greens & sweet potato salad

The fusion of bitter collards, sweet potatoes, and creamy cashews and goat cheese makes for a surprising feast.
Adapted from saveur.com.

Ingredients

2 pounds sweet potatoes, peeled and cut crosswise into 1/2-inch-thick slices
1 cup plus 2 tablespoons oil
1 tablespoon cumin seeds
1 tablespoon thyme leaves
2 cloves garlic
kosher salt and freshly ground black pepper
2 tablespoons fresh lime juice
1 teaspoon minced ginger
1 bunch Tine & Toil collard greens, stems removed, leaves thinly shredded
2 ounces goat cheese, crumbled
1/4 cup roasted, unsalted cashews, chopped

Directions

1. Heat the oven to 400°. On a rimmed baking sheet, toss the sweet potato slices with 2 tablespoons of the oil, the cumin, thyme, and garlic. Season with salt and pepper and roast, flipping once halfway through, until golden brown, about 40 minutes. Transfer the potatoes to a rack and let cool.
2. Meanwhile, in a small bowl, combine the lime juice and ginger and let stand for 10 minutes to soften. Whisk in the remaining 1/4 cup oil until emulsified and then season the vinaigrette with salt and pepper.
3. To serve, place the collard greens in a large bowl and toss with 1 tablespoon of the dressing, massaging it into the greens for about 5 minutes. Transfer the greens to a serving platter, top with the sweet potatoes, and sprinkle with the goat cheese and cashews. Serve with remaining dressing on the side.