



LOCAL | SUSTAINABLE | ORGANICALLY GROWN

TINE & TOIL FARM

2020 CSA

WEEK 3(A)

Arugula
Bok Choy
Garlic Scapes
Green Romaine Head Lettuce
Kale
Mustard Greens
Sugar Snap Peas
Swiss Chard
Spinach

www.tineandtoilfarm.com



FROM YOUR FARMER

This week we are busy picking the first “fruits” of the season. We are just beginning to harvest the earliest strawberries and peas. Sugar snap peas are one of our favorite spring crops to grow. Make hummus and dip them in raw, the best way to eat them if you ask me, or do a quick sauté and enjoy them on your pasta, potato, or green salad or just on their own.

We also got the first planting of sweet corn in the ground and weeded our Sugar Baby watermelons. It’s been a little bit of a slow spring growing season so far due to the late cold we had in April, but with all of the warm days, sun, and rain showers lately, it feels like we are moving along swiftly.

Happy eating everyone.

- Nathan

tineandtoilfarm@gmail.com
(215) 964-8960

Miso-Braised Mustard Greens w/ Sesame Chickpeas

Mustard greens can be a tricky, bitter ingredient to figure out, but this unique recipe brings out the depth of flavor and is a real favorite around the farm.

For the Sesame Chickpeas :

- 1 15 ounce can chickpeas, drained and rinsed
- 1 tablespoon maple syrup or honey
- 1 teaspoon extra virgin olive oil
- 1 teaspoon sesame oil
- 1/4 teaspoon ground ginger
- salt and pepper to taste

For the Miso-Braised Mustard Greens

- 2 teaspoons miso paste
- 1/4 cup warm water
- 1/2 teaspoon sriracha or hot sauce of choice + more to taste
- 1 bunch Tine & Toil mustard greens, roughly chopped
- 2 teaspoons extra virgin olive oil
- 1 teaspoon rice wine vinegar
- 1 teaspoon maple syrup or honey
- toasted sesame oil for serving
- toasted sesame seeds for serving

Directions:

1. Preheat the oven to 350F. Rinse and pat the chickpeas dry with a kitchen towel. Combine in a bowl with maple syrup/honey, oils, ginger, salt and pepper. Bake until golden, 35-45 minutes. Shake the pan every 10-15 minutes through baking.
2. Meanwhile whisk together the miso, warm water and hot sauce. In a large skillet heat the olive oil over medium. Add the greens and cook, stirring occasionally, until they begin to wilt and turn bright green. Add half of the miso water, cover and cook for 2 minutes. Remove the lid, add a touch more of the miso water (only if the mixture seems a bit dry) and continue to cook for 2-3 minutes.
3. Stir in the rice vinegar and maple syrup. Toss well. Drizzle the greens with toasted sesame oil and sesame seeds. Top with roasted chickpeas and serve.

Charred Bok Choy and Sugar Snap Peas w/ Lemon Ricotta Dressing

This recipe brings together some of our favorite spring flavors. It is bursting with sweet, tang, and just the right kind of bitter. It is a whole meal in and of itself!

1 cup cooked farro, barley, quinoa, or other grain
1/2 pint Tine & Toil sugar snap peas, topped and tailed if you prefer
1 head Tine & Toil bok choy
2 Tine & Toil garlic scapes, finely chopped
olive oil

For Lemon Ricotta Dressing:

1/2 cup Ricotta
Juice and zest of a lemon
1/4 cup olive oil
Salt and pepper to taste

Directions:

1. Cook selected grain accordingly. Use heavily salted water.
2. For dressing, mix together the ricotta, lemon and zest well. Slowly pour in olive oil and whisk together until smooth. Season well with salt and pepper. Set aside.
3. Cut bok choy into quarters lengthwise. Add a tablespoon of oil to a large skillet and cook bok choy on medium-high until slight charred, 4 minutes on each side.
4. Add the sugar snap peas at the very end with the bok choy and cook until bright green, just 1-2 minutes.
5. Serve choy and peas together with a generous topping of dressing.

Adapted from www.barnesandhoggets.com.