



LOCAL | SUSTAINABLE | ORGANICALLY GROWN

2015 CSA



WEEK 2 SHARE ITEMS

arugula
bok choy
kale, dwarf or toscano
pea shoots or tyee spinach
radishes, rover or d'avignon
red giant mustard greens
scallions

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tine & toil farm
www.tineandtoilfarm.com

FROM THE FARMER

All of your share items are harvested within one day of pick-up. Most have been out of the field for just a few hours. To keep them at their best, it is important that you store them properly. Spring shares are filled with delicious greens. Keep greens in the refrigerator in a loose plastic bag, not a ziplock that is sealed completely but rather a thin plastic shopping bag or produce bag from the grocery store to help retain just the right amount of moisture on the leaves. Remove greens from spring root vegetables – turnips and radishes – and store these separately. Don't throw them out. They are great sauteed in a little garlic and vinegar!
- Nathan

NEWS

- Remember, you can buy **EGGS** at a reduced member price: \$4 / dozen.
- Bring a sturdy bag, box, or crate to carry home your share items each week.
- The tomato plants are loaded with quickly growing green fruit. It won't be long now!

1334 Coldsprings Road, Pottstown, PA

(215) 964-8960

tineandtoilfarm@gmail.com

BALSAMIC-GLAZED CHICKPEAS AND MUSTARD GREENS

Mustard greens, a cousin of the more well-known collards, are often braised with bacon and onions, but this lighter recipe offers a delicious vegetarian alternative.

Ingredients

1 bunch mustard greens
olive oil
1/2 large red onion, thinly sliced
4 tablespoons vegetable broth, divided
3 garlic cloves, finely chopped
pinch red pepper flakes
4 tablespoons balsamic vinegar
2 teaspoons soy sauce
1 teaspoon honey or sugar
2 cups cooked chickpeas, rinsed and drained
sea salt and freshly ground pepper to taste

Directions

1. Wash and remove large stems from mustard greens. You can also remove central rib from the greens if you prefer. Chop into bite-sized pieces.
2. Sauté onion in oil in a large pot over medium-low until just browned, about 4 minutes. Add garlic, red pepper, and 2 tablespoons vegetable broth and cook until garlic is just browned, stirring often. Add greens and 2 more tablespoons vegetable broth, stirring until greens are wilted but still bright, about 5 minutes. Stir in salt and pepper to taste. Remove greens and onion from pot with a slotted spoon, leaving liquid in the pot.
3. Add balsamic vinegar, soy sauce, and sugar or honey to the liquid in the pot. Add rinsed chickpeas and cook, stirring often, over medium heat until liquid reduces to half. Spoon chickpeas over greens and drizzle with sauce.
4. Serve warm.

Serving Suggestions

- Serve with grits or cornbread. Add bacon or sausage for a heartier version.

Adapted from Susan Voisin's recipe on *FatFree Vegan Kitchen*:
<http://blog.fatfreevegan.com/2009/07/balsamic-glazed-chickpeas-and-mustard.html>

ARUGULA PIZZA

Arugula might be the perfect green! It makes a crisp salad base and delicious salad green, wilts nicely in a warm pasta dish, and is an unexpected pizza topping.

Ingredients

dough for one pizza, store bought or HOMEMADE!
olive oil

1/2 lb. cheese - mozzarella, fontina, parmesan – sliced
1-2 handfuls arugula, whole or roughly chopped
sea salt and freshly ground pepper to taste

Directions

1. Preheat oven to 475 F. You want it piping hot. The grill is also a great alternative. Place pizza stone in oven as it heats.
2. Roll out dough. Sprinkle hot stone with cornmeal and place dough on stone. Top lightly with oil and generously with cheese. Cook until dough is golden brown and cheese has melted, 4 minutes or more.
3. Season with salt and pepper to taste. Top with arugula. Drizzle with oil. Let arugula wilt just a tad and serve.

Serving Suggestions

- Meat lovers, add prosciutto or bacon. Eggs also make an unexpected pizza topping that pairs really well with arugula. Simply crack 3-4 eggs on the pizza before you place it in the oven, and they should be perfectly cooked over medium by the time the crust is done.

PEA SHOOT SALAD WITH BALSAMIC LEMON VINAIGRETTE

Pea shoots are so sweet and so tender and are Kerry's favorite recent discovery (and a close second overall to hakurei turnips). This easy salad complements those fragile shoots with sweet pears, the delicious bite of crumbled bleu cheese, and a zesty balsamic lemon dressing.

Ingredients

1 tablespoon fresh lemon zest
3 tablespoons fresh lemon juice
4 tablespoons balsamic vinegar
1/4 cup olive oil
sea salt and freshly ground pepper to taste
3 handfuls pea shoots, whole or roughly chopped
1/2 cup nuts – pecans, walnuts, or almonds – lightly toasted in a dry skillet
1 pear, thinly sliced (as thin as you can get it)
10 oz. (or more!) crumbled bleu cheese

Directions

1. Whisk together lemon zest, lemon juice, and balsamic vinegar. Add salt and pepper to taste. Pour in a thin, steady stream of oil as you whisk vigorously. Continue whisking until you reach your ideal consistency.
2. Mix together arugula, pear, and toasted nuts. Top with bleu cheese and drizzle with dressing.

Serving Suggestions

- This light but flavorful salad complements almost any meal. Serve with a quiche for brunch, a fancy grilled cheese for lunch, or barbecue off the grill for dinner.

Adapted from *Meg's Food Reality*:
<http://megsfoodreality.com/2012/04/recipe-redux-pea-shoots-salad/>

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