

LOCAL | SUSTAINABLE | ORGANICALLY GROWN

tine & toil farm

www.tineandtoilfarm.com

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We are so excited to finish strong this season with another week full of deliciousness. Enjoy your last share of the season, and think of us this winter. I hope some of our produce might make it into your Thanksgiving holiday spread. I remember starting our season with the first radish and mint, then peas, and all that waiting for the first ripe tomato. It's easy for us to mark the changes in the seasons with the new crops we harvest.

We realize there are many other ways you could buy produce, but we are so proud you have joined us this season and been a part of our small family farm. We hope you will think fondly over your past six months of eating with us and consider joining us again next year.

Thanks for supporting the important work we do, and happy eating.

Your farmer,

Nathan



Week 25 (A & B)

arugula
asian greens
chiogga beets
cabbage
carrots
flavorburst bell peppers
radishes
lemongrass
lettuce
sweet potatoes

2017

CSA



ROASTED SWEET POTATO & ARUGULA SALAD

This easy and delicious recipe makes for a perfect fall salad.

Ingredients

1.5 lb Tine & Toil sweet potato, peeled (about 2 medium)
1½ tablespoons olive oil
3 handfuls Tine & Toil arugula
½ cup pecans
1 teaspoon oil
3.5 oz bacon, chopped (optional)
2 oz goat cheese or feta
1 tablespoon honey
2 tablespoon fresh lemon juice
2 tablespoon extra virgin olive oil
½ teaspoon Dijon mustard
salt and pepper, to taste

Directions

1. Preheat oven to 425 F. Cut sweet potato into ¾" thick slices. Cut larger rounds in half. Place in a bowl, drizzle with oil, sprinkle with salt and pepper, and toss to coat. Roast for 20 minutes, turn and roast for a further 10 minutes or until golden.
2. Meanwhile, combine honey, lemon juice, olive oil, mustard, and salt and pepper in a jar and shake until combined.
3. Toast pecans in a dry skillet over medium high heat for 3 minutes, or until they smell nutty. Remove nuts and cook bacon until golden, if using.
4. To assemble, place everything in a bowl, reserving some bacon, pecans and goats cheese for garnish. Drizzle with most of the dressing and toss gently. Transfer into a serving bowl, garnish with remaining bacon, pecans and goats cheese. Drizzle with remaining dressing. Serve!

Adapted from recipetineats.com.

SPICY COCONUT & LEMONGRASS BRAISED ASIAN GREENS

The rich layers of flavor make this a complete dish, but you can make it even more robust by serving with tofu, shrimp, chicken, or pork.

Ingredients

1 tablespoon coconut oil (vegetable oil can be used)
4 cloves Tine & Toil garlic, peeled and chopped
2-4 Serrano chilis, thinly sliced (remove seeds for less spice)
1 onion, chopped
3" chunk of ginger, peeled and cut into thin matchsticks
2 stalks Tine & Toil lemongrass, tender white only and bruised with the back of a knife
2 tbsp Thai dry, red, or green curry paste
2 cans coconut milk (full fat or light, or a combination of the two)
1 bunch Tine & Toil Asian greens (mustard or totsoi), stems removed and cut into 1/2" wide strips
salt and pepper
rice vinegar, for garnish

Directions

1. In a large pot over medium heat, add coconut oil and garlic and saute until fragrant, about 1 minute. Add chilis, onion, ginger and lemongrass and saute another 5 minutes. Add Thai curry paste and the coconut milk and stir to combine. Bring to a boil.
2. Add in the greens and reduce the heat to medium. Cover pot and braise for 30-45 minutes, until greens are tender to your liking. Serve with hot white rice and a dash of rice vinegar on top.

Adapted from fmitk.com.

CHIOGGA BEET YOGURT DIP

This Persian dip – a borani – has a beautiful hue to match its delicious flavors.

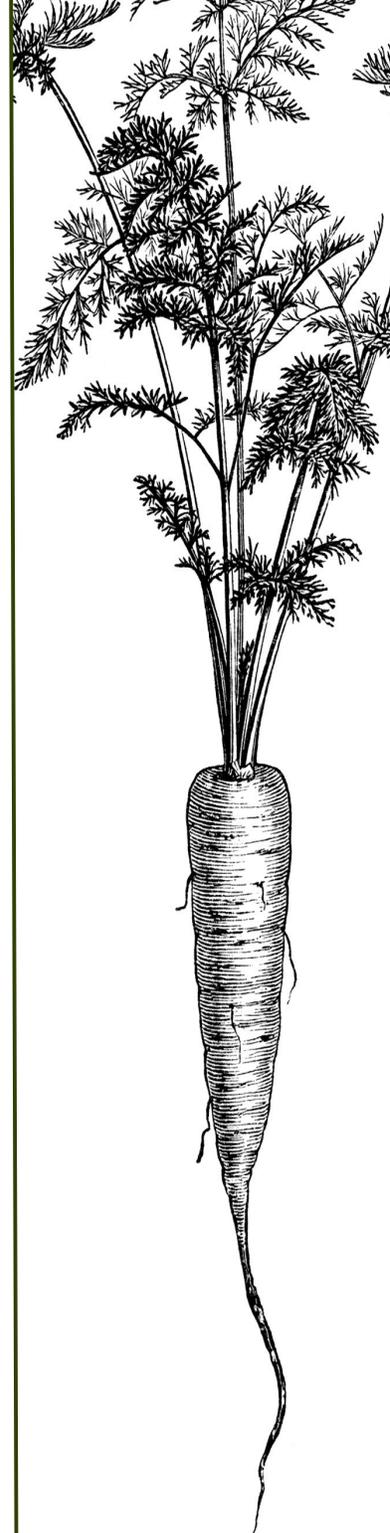
Ingredients

3 medium Tine & Toil chioggia beets
¼ cup plus 3 teaspoons extra virgin olive oil, divided
¾ teaspoon kosher salt, divided
½ teaspoon cumin seeds
1 clove Tine & Toil garlic, thinly sliced
½ medium shallot, thinly sliced
1 cup whole milk Greek yogurt
2 tablespoons fresh lime juice
2 ounces fresh goats milk feta, crumbled (about ¼ cup)
1 tablespoon sesame seeds, toasted
fleur de sel or Jacobsen salt, more for serving
grilled or toasted baguette or seeded crackers, for serving

Directions

1. Preheat oven to 350°F. Rub beets with 1 teaspoon olive oil and season with ¼ teaspoon salt. Roast on a baking sheet until tender, about 50 to 60 minutes. Let cool, then peel. Cut the beets into medium chunks and set aside.
2. Toast the cumin seeds in a dry skillet until fragrant, 1 to 2 minutes, then grind into a powder, preferably with a mortar and pestle. In a small pan over medium low heat, heat 2 teaspoons olive oil and sweat garlic and shallot until tender, 4 to 5 minutes.
3. In a blender or a food processor, combine the beets, ¼ cup olive oil, ½ teaspoon salt, cumin, garlic, shallot, yogurt, and lime. Continue pulsing until very smooth. Spoon borani into a serving bowl. Sprinkle with feta, sesame seeds, and finishing sea salt and drizzle with extra virgin olive oil. Serve with baguette or crackers.

Adapted from epicurious.com.



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