



FROM THE FARMER

Enjoy the cabbage in the final share of the season. It is one of our favorite winter hardy veggies. This mild variety is called Farao. The carrots are even sweeter this week. Del ate a whole huge carrot the other day and wouldn't even share a bite with me!

In this last week of the season, I want to say one more "thank you" for supporting local, organically-grown produce and our family farm. It is a joy to partner with conscientious consumers who invest time and finances to eat food that is good for you, your families, the soil, and your local economy. It takes a lot of work to grow and distribute these foods, and I share in all the successes of the season with my family and our great work-shares, Michelle and Bexx.

Egg production is slowing down as it gets colder, but we will have **EGGS** throughout the winter. Stop by the farm anytime to pick up a dozen.

We will be in touch this winter with periodic winter produce availability and news about the 2016 CSA season. If you are interested in returning as a CSA member next year, consider signing up early, now even, to get a discount: **ONE WEEK FREE**. Check out the website to secure your 2016 membership, or, as always, you can reach me by email, phone, or in person.

Follow us on Instagram and Facebook to see progress on our winter projects, including a mobile hen house, upgrading ventilation in the high tunnel and greenhouse, and our November farewell to the pigs and butcher day with the chefs of **The Garces Group** in Philadelphia.

Thank you!
Nathan

2015 CSA



week 25

arugula
broccoli rabe, kale, *or*
swiss chard
cabbage
carrots

cauliflower
head lettuce
lettuce mix
radishes
turnips

tine & toil farm

www.tineandtoilfarm.com

1334 Coldsprings Road, Pottstown, PA

(215) 964-8960

tineandtoilfarm@gmail.com

CARROT AND POTATO LATKES

Carrots add sweetness and beautiful color to traditional latkes.

Ingredients

2 tablespoons all purpose flour
1 tablespoon freshly squeezed lemon juice
1 pound potatoes, peeled and grated
1/2 pound carrots, peeled and grated
1 egg, lightly beaten
canola or safflower oil
salt and pepper to taste

Directions

1. Preheat oven too 400 F.
2. Peel and grate potatoes and carrots into a colander. Mix in lemon juice and let drain for 5 minutes. Transfer to a bow and mix in egg, flour, salt, and pepper.
3. Heat oil in a large skillet over medium heat. Spoon latke mixture into the pan in roughly 1/4 cup increments. Press on each latke slightly with a spatula to make a cake about 1/2 inch thick. Cook until browned, about 3 minutes, flip, and repeat. Transfer to the baking pan as each latke finishes in the skillet. Continue until the mixture is gone.
5. Bake 8-10 minutes to cook pancakes through. Season with salt and pepper to taste.

Serving Suggestions

- For a traditional latke experience, serve hot with plain yogurt or applesauce for dipping.
- Make these latkes the center of your meal by serving on a bed of greens and topping with egg, black beans, and/or caramelized onions.

Adapted from *Martha Stewart*:

<http://www.marthastewart.com/316068/carrot-and-potato-latkes>

SHAVED TURNIP SALAD WITH ARUGULA AND PROSCIUTTO

A simply perfect fall salad.

Ingredients

4 teaspoons red wine vinegar
2 teaspoons honey

1/4 cup extra virgin olive oil
sea salt and freshly ground pepper to taste
4-5 hakurei turnips
8 cups arugula
4 ounces thinly sliced prosciutto

Directions

1. Whisk together vinegar, honey, oil, salt, and pepper.
2. Slice the turnips paper thin. Combine in a large bowl with arugula and prosciutto. Toss with dressing. Adjust seasonings as necessary.

Serving Suggestions

- This salad is perfect to bring to work or encourage the kids to eat their greens.

Adapted from *NYT Cooking*:

<http://cooking.nytimes.com/recipes/1013954-shaved-turnip-salad-with-arugula-and-prosciutto>

TURNIP AND CABBAGE SLAW WITH YOGURT

This unexpected fall slaw is tangy, sweet, and delightful.

Ingredients

1 clove garlic
1/2 cup plain Greek yogurt
1/4 cup olive oil
sea salt and freshly ground black pepper to taste
1/2 – 1 whole head cabbage, cored and shredded
4 medium turnips, coarsely grated
1/4 cup chopped dill or other fresh herb

Directions

1. Roughly mince the garlic. Sprinkle with salt and, using the flat side of your knife, mash into a paste. Transfer to small bowl and whisk garlic together with salt, pepper, yogurt, and oil.
2. In a larger bowl, combine cabbage, turnips, dressing, and herbs. Toss well. Let stand for 20 minutes. Adjust seasonings. Serve.

Serving Suggestions

- This is a great side for any sandwich or burger. It also makes a fun salad on the top of a bed of greens.

Adapted from *NYT Cooking*:

<http://cooking.nytimes.com/recipes/1014526-turnip-and-cabbage-slaw-with-yogurt-dressing>

Share your own recipes, pictures, and creations using this week's items on Facebook, Twitter (@tineandtoil), or Instagram (@tineandtoilfarm).