

Week 12



4e Green Farm Winter Vegetable CSA

What's in your bag ?

Weekly Recipe Ideas

Broccoli & Collard Greens Power Bowl

Collard Greens
Mustard Greens
Swiss Chard
Red Onion
Broccoli
Cilantro
Mesclun Mix

Ingredients

- 5 large collard green leaves
- 1 cup diced potatoes
- 1 cup chopped broccoli
- 1 teaspoon coconut oil
- 1/4 teaspoon paprika powder
- 1/4 teaspoon salt
- 1/8 teaspoon garlic powder
- 1/2 teaspoon dried rosemary

Directions

- Wash and dice the potatoes.
- In a large pan, heat the coconut oil and toss in the diced potatoes when hot.
- Season with salt, paprika powder, garlic powder & dried rosemary.
- Put the lid on and roast the potatoes on medium to high heat for about 10-15 minutes until soft, while stirring every once in a while. Add in the chopped broccoli and let it roast (with the lid on) for another 5 minutes until soft.
- Wash the collard greens and remove the stems, roll them up and cut into thin slices, and add them to the pan. Season with a pinch of salt and let them roast on medium heat with the lid on for about 5 minutes.
- Stir everything together and add more salt to taste. You can turn on the heat to high at the end when your potatoes and not brown and crispy yet!
- Divide it onto two plates and enjoy!

For more
recipes visit
4egreenfarm.com/blog

Farming Inspiration

*"There is nothing that is
comparable to it, as satisfactory or
as thrilling, as gathering the
vegetables one has grown."*

Alice B. Toklas

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Mustard Greens Casserole

Mustard Greens Japanese, Indian & Italian Style

Mustard Greens Frittata

Mustard Greens with Meatballs



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Next Week's Soup: **TOMATO**

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