



Local | Sustainable | Organically Grown

tine & toil farm

www.tineandtoilfarm.com

1334 Coldsprings Road, Pottstown, PA | (215) 964-8960



I'm sure this cool weather is temporary and we will return to hot temperatures before fall really sets in, but the last few days of working in 70 degree weather has been a welcome change. Each year at about this time I start to feel a little anxious about our shortening days, which means the window for planting is starting to close, so at the end of last week, we had one more big greenhouse planting; we filled all our open table spaces with lettuce, asian greens, fennel, kale, beets, escarole, and herbs. I've continued planting this week with the same fervor, direct seeding arugula, turnips, radish, salad mix, and spinach. Spinach seeds can be pretty picky about germination conditions, and they don't grow well if the soil temperature is much above 80, so we follow the rule of thumb that if you have to wear a sweatshirt to work in the morning for two days in a row, then it's cool enough to start planting spinach again. We have some new lettuce varieties we are trying out this fall as well as new spinach. There is still plenty to get excited about. Were planning on a great fall for you all!

Nathan



Week 15 (A)



adirondack blue potatoes

arugula

carrots

garlic

heirloom tomatoes

herbs (cilantro, parsley, or chives)

magenta head lettuce

peppers

red burgundy okra

Pick Your Own: flowers

2019

CSA

roasted okra & tomatoes

We have fallen in love with okra, and this super easy recipe makes for a delicious treat.

Adapted from allamericalselections.org.

Ingredients

1 pint Tine & Toil okra
1-2 Tine & Toil tomatoes, thinly sliced
4 tablespoons olive oil
1-2 tablespoons seasoning (garam masala, garlic powder, or chili powder)
salt and pepper to taste

Directions

1. Preheat oven to 425.
2. Slice okra pods in half lengthwise. Toss with 2 tablespoons oil, 1 tablespoon seasoning, salt and pepper. Roast in a single layer on a baking sheet for 5 minutes.
3. Meanwhile, toss tomatoes with remaining 2 tablespoons oil, 1 tablespoon seasoning, salt and pepper. Scatter tomatoes on sheet with par-baked okra and cook for another 7-10 minutes until the okra is crisp.



carrot fritters

These simple fritters make for a perfect side, salad topper, or snack served with yogurt or hummus. You can even top one with an egg and enjoy it for breakfast!

Adapted from nourisheveryday.com.

Ingredients

1/2 bunch Tine & Toil carrots
3 tablespoons all purpose or buckwheat flour
1 large egg
2-3 tablespoons fresh Tine & Toil herbs (parsley or chives)
salt and pepper to taste
olive oil for frying

Directions

1. Grate the carrots into a large bowl. Add the flour, salt, pepper, herbs, and egg. Combine to form a thick lumpy mixture.
2. Heat a pan to a medium heat and add 2 teaspoons oil. Scoop generous heaped tablespoons of the mixture into the pan and flatten into fritter shapes. Cook for approximately 3 minutes on each side. Repeat, adding more oil between batches.