



Local | Sustainable | Organically Grown

# tine & toil farm

[www.tineandtoilfarm.com](http://www.tineandtoilfarm.com)

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**T**he fall is my favorite time of year to be a farmer. Cooler weather, changing colors, and working outside. Plus the plants start to slow down their rapid growth, which means the weeds don't grow as fast! This part of the season we find ourselves with more crops coming out of the fields for harvest than any other time this season! We are proud to start sharing out the winter squash harvest this week, starting with the spaghetti squash followed by acorns, butternuts, kabocha, and even some pumpkins over the next few weeks. After the overly wet season last year destroyed the winter squash crop, we are extra proud and appreciative of our members who have supported us through the years! This week we are going to continue to clean and prep the fields for winter. We already spread 500 lbs of limestone on the new field and we will plan to disk the field soon to establish a fall cover crop.

Nathan



## Week 19 (A)



- arugula
- beets
- bok choy
- broccoli rabe
- escarole
- fennel
- herbs
- head lettuce
- mesclun salad mix
- spaghetti squash
- swiss chard

# 2019 CSA

## grilled ciabatta w/ spicy broccoli rabe & fennel

Try this recipe as an app, side, or main course.  
Adapted from mccormick.com.

### Ingredients

1/2 cup olive oil  
3 teaspoons Italian seasoning  
1 1/2 teaspoon garlic powder  
1 teaspoon crushed red pepper flakes  
1/2 teaspoon salt  
1 bunch Tine & Toil broccoli rabe, rinsed and trimmed of thick lower stems  
2 Tine & Toil fennel bulb, fronds reserved and bulbs cut crosswise into 1/2-inch slices  
1 loaf ciabatta bread, split in half horizontally  
2 cups ricotta cheese  
1/2 cup shaved Parmesan cheese

### Directions

1. Mix oil, Italian seasoning, garlic powder, red pepper and sea salt in large bowl. Reserve 2 tablespoons for drizzling. Add rabe and fennel to bowl; toss to coat. Let stand at least 10 minutes.
2. Grill rabe and fennel over medium-high heat 4 minutes per side or until charred and tender-crisp. Grill bread halves 2 minutes per side or until grill marks appear. Cool rabe and fennel slightly then coarsely chop.
3. Spread ricotta evenly on grilled bread. Top with rabe and fennel. Drizzle with reserved oil mixture. Top with Parmesan as well as salt and fennel fronds, if desired. Cut and serve immediately.



## spaghetti squash spring rolls

Just a few ingredients, and so good.  
Adapted from leelalicious.com.

### Ingredients

rice paper sheets  
1/2 Tine & Toil spaghetti squash  
olive oil  
salt  
1 garlic clove minced  
8 (or more) Tine & Toil head lettuce leaves  
herbs of choice (cilantro, chives, etc.)

### Directions

1. Preheat the oven to 350 F. Scrape out the seeds from half a spaghetti squash. Rub it with a little olive oil and sprinkle with salt. Place cut side down on a baking sheet and roast for 25 minutes.
2. Cool for 10 minutes, then use a fork to scrape out the spaghetti strands. Combine with minced garlic and set aside to cool.
3. Prepare a work station with all your ingredients within reach. Fill warm (not hot) water into a large, shallow bowl or pan. Dip 1 rice paper sheet at a time. Let soak until somewhat softened (10-20 seconds) but not limp, and place on a flat surface like a large plate or cutting board. On one end layer your veggies. Wrap like a burrito. Fold one end over, tuck in the sides and finish rolling up.
4. Serve with soy sauce or a simple peanut sauce.