



LOCAL | SUSTAINABLE | ORGANICALLY GROWN

# TINE & TOIL FARM

2020 CSA

WEEK 10(B)

Carrots  
Cucumbers  
Fennel  
Garlic

Green Summer Crisp Head Lettuce  
Red Butterleaf Head Lettuce  
Summer Squash  
Tomatoes

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



## FROM YOUR FARMER

The tomatoes are coming in more heavily this week, in all shapes and colors and sizes, heirlooms, red slicing, and multi-colored cherries. We also saw our first okra fruits and tomatillos, both of which we love and look forward to sharing with you.

These plants all love the heat, but we have certainly been running the irrigation a little more than usual these past few days to help keep the plants stress-free. We ran the irrigation twice in the last three days for several hours at a time. We do the majority of our irrigation either late in the day or early in the morning. As I'm writing this, it is 9:15 PM, and I just turned on the irrigation. It proves to be pretty tricky to keep young transplanted crops like lettuce as well as our just seeded fall carrots moist in these conditions. One trick I'm using for our carrot planting is covering the seeded beds with an additional layer of row cover to help slow the evaporation and keep those seeds moist between watering. I have a few tricks to survive the heat as well. Primarily, I start work as early as possible usually around 5:00 AM and often take a break midday - or nap! - and pick up work again around 7:00 PM.

Looking ahead the sweet corn is sizing up. We picked just one ear so far, and it wasn't quite ready, but you will be the first, or maybe the second, to know when it is. Thanks again!

- Nathan

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## Roasted (or Grilled) Summer Squash w/ Lemon, Mint & Feta

*With just a few ingredients, this recipe transforms summer squash, the mid-season staple, into an exciting and flavorful addition to any dinner. The original recipe calls for you to roast the squash, but we like to grill it best!*

5 small Tine & Toil yellow summer squash or zucchini  
1/4 cup olive oil  
1/4 cup lemon juice (see notes)  
1/2 cup very finely chopped mint, or more (measure after chopping)  
salt to taste (I used about 1/2 tsp.)  
1 cup crumbled Feta cheese (more or less to taste)  
fresh-ground black pepper to taste

### Directions:

1. Preheat oven or grill to 475F. If roasting, put oven rack as high as it will go.
2. Prep squash by cutting off the stem and flower ends and quartering (or more) lengthwise. Then cut into pieces about 2 inches long.
3. Combine olive oil, lemon juice, mint and salt in a large bowl and toss squash with the mixture.
4. Arrange squash on roasting pan or grill in a single layer as much as possible. If roasting, turning every 10-15 minutes, until squash is slightly browned and cooked to your liking. If grilling, turn after about 5 minutes, when squash is charred nicely and cooked to your liking.
5. When the squash is done, put it back into the same bowl and toss with the Feta cheese. Season with fresh-ground black pepper to taste. This can be served hot or at room temperature.

*Adapted from [www.kalynskitchen.com](http://www.kalynskitchen.com).*

## Carrot Fritters w/ Spiced Yogurt

*Carrots are, perhaps surprisingly, one of the most versatile vegetables. They make great snacks right out of the fridge, but we also love them frittered!*

3/8 cup flour

1½ tsp ground cumin

1½ tsp ground coriander

1 small bunch cilantro, chopped, a few leaves reserved

1 Tine & Toil garlic clove, crushed

1 tbsp olive oil, plus extra for frying

3 medium eggs, beaten

3 large or 5 medium Tine & Toil carrots, grated, excess water squeezed out

2 onions, sliced

1 cup feta, crumbled

For the spiced yogurt:

1 tbsp olive oil

½ tsp ground coriander

½ tsp ground cumin

1½ tsp ground turmeric

½ tsp paprika

1/2 plain yogurt (greek or whole milk recommended)

Directions:

1. In a mixing bowl, combine the flour, cumin, coriander, cilantro, garlic, olive oil, eggs, carrots, onions and half of the feta. Season with salt and pepper. Stir well to coat the vegetables in the egg mixture.
2. Heat a large frying pan with oil on medium. Shape 8-10 patties from the carrot mixture. Fry in 2-3 batches, for 4-5 minutes on each side until golden brown and tender. Remove to paper towel, adding more oil as necessary between batches.
3. Heat the oil for the spiced yogurt in a separate pan over low-medium. Add spices and cook until fragrant. Remove from the heat and leave to cool. Stir the spiced oil into the yogurt and season with salt and pepper. Serve the fritters warm with the spiced yogurt and scatter with the remaining fresh cilantro and feta.

*Adapted from [www.deliciousmagazine.co.uk](http://www.deliciousmagazine.co.uk).*