



LOCAL | SUSTAINABLE | ORGANICALLY GROWN

TINE & TOIL FARM

2020 CSA

WEEK 13(A)

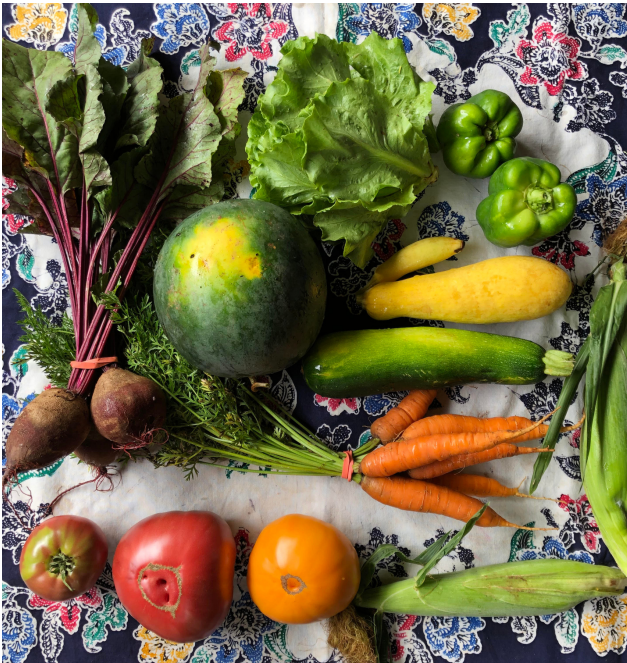
Beets
Carrots
Cucumbers
Head Lettuce
Peppers
Sugar Baby Watermelon
Summer Squash
Tomatoes

www.tineandtoilfarm.com



FROM YOUR FARMER

It was a wet week last week for everyone. We measured six inches of rain on Tuesday, which incidentally is the most our rain gauge can measure. Then we got another inch of rain between Thursday and Friday. Needless to say we didn't run the irrigation much, or at all actually last week. On Tuesday the creek rose so high that it nearly reached the pump, so I had to get out in the rain and moved it out of there with the tractor. Since the pump had to be moved, we realized it was a perfect time to have it serviced by the neighbor just down the road that does small engine repair.



We hope you find yourself coming up with many reasons that you enjoy eating the vegetables from our farm: our growing practices, the variety, the flavors. When you choose to spend this part of your food budget with us, you are keeping the money that you spend in our local community. Thanks so much for voting with your dollars, and supporting our small family farm.

- Nathan



tineandtoilfarm@gmail.com
(215) 964-8960

Carrot & Beet Fritters

We love a fritter here on the farm, and this colorful beet and carrot version are a unique addition to your next summertime dinner.

2 large Tine & Toil beets, peeled and grated
2 large Tine & Toil carrots, peeled and grated
1/2 cup flour
1 teaspoon ground cumin
2 teaspoons Dijon mustard
1 egg, lightly whisked
vegetable oil, to shallow fry
salt and pepper to taste
bed of Tine & Toil salad greens
plain yogurt for serving
lemon wedges for serving

Directions:

1. Place the grated beet on a sheet of paper towel. Pat dry and set aside. Squeeze any excess liquid from grated carrot. Combine the flour and cumin in a medium bowl. Add the carrot, mustard, and egg and stir to combine. Season with salt and pepper to taste. Gently stir in the beetroot.
2. Heat the oil in a large frying pan. Cook tablespoonfuls of the carrot and beet mixture, in batches, for 3 mins or until golden and crisp. Transfer to a plate lined with paper towel to drain.
3. Divide the salad leaves and fritters among serving bowls. Serve with yogurt and lemon wedges.

Adapted from www.taste.com.

Summer Squash & Tomato Gratin

So few ingredients. So delicious!

1/3 cup grated Parmesan

4 Tbsp. olive oil, divided

Kosher salt and freshly ground black pepper, to taste

1 large Tine & Toil tomato, sliced

2 large Tine & Toil summer squash, thinly sliced

1 cup coarse fresh breadcrumbs

Directions:

1. Toss breadcrumbs with Parmesan and 2 Tbsp. oil; season with salt and pepper. Heat remaining 2 Tbsp. oil in a medium ovenproof skillet over medium-high heat. Add tomato; cook, tossing occasionally, until juices are bubbling, about 4 minutes; season with salt and pepper. Top with squash and breadcrumb mixture.
2. Bake at 350° until squash is tender and breadcrumbs are golden brown, 20–25 minutes.

Adapted from www.bonappetit.com.