



LOCAL | SUSTAINABLE | ORGANICALLY GROWN

# TINE & TOIL FARM

2020 CSA

WEEK 17(A)

Broccoli Rabe  
Delicata Squash  
Garlic  
Head Lettuce  
Lettuce Mix  
Okra  
Red Potatoes  
Sweet Peppers  
Tomatoes

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



## FROM YOUR FARMER

I think that it's fair to say that it has been a long time since we had a great winter squash harvest. Last season was okay, the year before that was about the same, but 2017 was a rough season and we didn't get any squash at all. You would have to go all the way back to 2016 to get near this season's harvest, but this year we harvested probably twice as much as our best year in the past. The growing conditions were considerable, we planted them a little earlier than we did in years past, and of course we put a lot of work into weeding. It all paid off, and we harvested more than one truckload full of squash. Eve and Del proved to be great help when it came time to bring the squash into the greenhouse and sort them out on the tables where they will cure for a couple of weeks. We are starting to give out the Delicata squash this week in the shares, and you can expect to see squash for most of the fall. We like the Delicata squash as it is a little more starchy and dry than the other squash and lends itself to roasting slices and eating the way you would a potato or sweet potato. There is also no need to peel the Delicata squash, you can eat the skin too! Enjoy.

- Nathan



tineandtoilfarm@gmail.com  
(215) 964-8960

## **Pressed Broccoli Rabe and Mozzarella Sandwiches**

*We love to put broccoli rabe at the center of sandwiches and hoagies. This fairly simple recipe doesn't disappoint. But plan ahead for the final step: an hour-long press!*

Kosher salt

1 bunch Tine & Toil broccoli rabe, tough stems discarded, coarsely chopped

3 tablespoons olive oil, divided

2 Tine & Toil garlic cloves, minced

Pinch red pepper flakes

1/4 cup green olives, pitted and finely chopped

1 1/2 tablespoons drained brined capers, finely chopped

1 tablespoon red wine vinegar

4 Individual-size sandwich rolls, split

1 pound fresh mozzarella cheese, sliced

### Directions:

1. Pour water into a large saucepan to fill about 1-inch and bring to a boil over high heat. Add a large pinch of salt and then the broccoli rabe and cook, stirring occasionally, until bright green and slightly wilted, about 30 seconds. Drain, wipe the pot dry, and return it to high heat.
2. Add 2 tablespoons oil, garlic, and red pepper flakes, and stir until the garlic is fragrant, about 15 seconds. Immediately add the drained broccoli rabe and a large pinch of salt and cook, stirring, until the broccoli rabe is coated with the garlicky oil and softens, about 3 minutes. Remove from the heat and set aside to cool.
3. Place the olives, capers, vinegar, remaining 1 tablespoon oil, and a small pinch of salt in a small bowl and stir to combine. Place the rolls, cut-side up, on a work surface and evenly distribute the olive mixture among the rolls, putting some on both halves of each roll. Divide the mozzarella and broccoli rabe evenly among the rolls, close the rolls, and then tightly wrap each sandwich in plastic wrap.
4. Place something flat and heavy on top of the sandwiches, such as a large cast-iron skillet. Let the sandwiches sit under this weight for at least an hour before eating or putting them in your backpack.

## Delicata Squash and Tomato Gratin

*This recipe pairs the earliest winter squash with the latest summer tomatoes to make a yummy fall meal.*

6 tablespoons butter, divided

2 medium red onions, thinly sliced

2 Tine & Toil delicata squash, cut in half lengthwise, seeds removed, then cut into ½ inch thick moons

1½ teaspoons salt, divided

1¼ pound Tine & Toil tomatoes, sliced thin

½ cup vegetable broth

½ cup all purpose flour

1¼ cup whole milk

1 tablespoon Dijon mustard

2 cups gruyere cheese, grated

2 tablespoons flat-leaf parsley, chopped

### Directions:

1. Preheat oven to 400F. In a heavy bottomed skillet, melt 4 tablespoons butter over medium heat. Add red onions and cook for 2 minutes, until they start to soften. Add squash and ½ teaspoon salt. Cook until squash starts to brown, 5 minutes. Pour in stock, bring to a simmer, reduce heat and cook for 5 more minutes.
2. Meanwhile, make the sauce. In a small saucepan, melt remaining 2 tablespoons of butter. Remove from heat and whisk in flour until a thick paste forms. Slowly add milk, whisking constantly. Return saucepan to heat and continue to whisk until mixture starts to thicken, about 3 minutes. Remove from heat and stir in 1 teaspoon salt, Dijon mustard, and half of the cheese.
3. Transfer squash and onions to a 9 x 13 inch baking dish. Add tomatoes, tucking them all around the squash and between layers, so their evenly spread throughout the baking dish. Pour sauce on top and use a wooden spoon to mix throughout. Top gratin with remaining cheese and parsley.
4. Bake for 15 minutes until squash is soft and cooked through. Turn broiler on high and finish under the broiler for 5 minutes, so cheese starts to brown. Let cool for 10 minutes before serving.