



LOCAL | SUSTAINABLE | ORGANICALLY GROWN

TINE & TOIL FARM

2020 CSA

WEEK 18(B)

Adirondack Blue Potatoes

Beets

Bok Choi

Broccoli Rabe

Head Lettuce

Honey Nut Squash

Lemongrass

Sweet Corn

Sweet Peppers

Tomatoes

www.tineandtoilfarm.com



FROM YOUR FARMER

Weather like we are having this week is great "working weather." We sweat through July and August, and September is our reward September. We can finally toil with ease.

This week we are planning to harvest the rest of our Adirondack Blue potatoes. We already harvested half of them, and you will be enjoying them this week in your share. I am also so excited to see greens returning to the share list. Our fall greens have been growing well and very quickly over the past few weeks, and this week you will be enjoying Broccoli Rabe and Bok Choy. The last of the season's sweet corn, and dare I say the best, will also be available this week.



Finally, I hope you get excited about the lemongrass. We haven't grown this in a couple of years, but I missed it, so get creative and enjoy. Lemongrass is said to repel both mosquitoes and dragons, so you should be well protected this week.

- Nathan



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Baked Honey Nut Squash w/ Broccoli Rabe & Quinoa

Honey Nut Squash are similar to butternuts but slightly sweeter - and much smaller and cuter. They are great for individually-sized, stuffed dinners. You can try any of your favorite stuffing ingredients, including this week's broccoli rabe!

2 Tine & Toil honey nut squash, sliced in half lengthwise, seeded, and hollowed out leaving 1/4 inch on the sides

olive oil

1 cup quinoa

2 cups veggie stock

1 large yellow onion, finely chopped

2 cloves garlic, minced

1/2 bunch Tine & Toil broccoli rabe, tough stems removed and chopped

2 tablespoons balsamic vinegar

1/2 cup dried currants, cranberries, or dates

1/2 cup almonds, chopped

olive oil

salt and pepper

Directions:

1. Preheat oven to 400 degrees. Drizzle prepared squash halves with a little olive oil. Place squash on an oiled baking sheet cut side down and roast for 20 minutes.
2. Meanwhile, place 1 cup uncooked quinoa and two cups veggie stock in a pan. Bring to a boil and simmer for 12-15 minutes, or until quinoa is fully cooked.
3. Saute' garlic and onion in a few tablespoons of olive oil over medium heat. After about 7 minutes add broccoli rabe. Continue to cook until rabe is bright green and wilted. (about 8 minutes)
4. Mix the quinoa and rabe mixture together (you may have extra quinoa, save it for a later use) with the balsamic and currants/raisins/dates. Scoop a healthy portion of quinoa mixture into each squash half and place back in the oven for another 5-7 minutes.
5. Top with almonds and serve warm.

Spicy Lemongrass Bok Choy

Serve this flavor-rich recipe with rice and your favorite protein. We like tofu here on the farm!

3 stalks Tine & Toil lemongrass, thinly sliced on the diagonal

2 Tbsp coconut oil

1 head Tine & Toil bok choy, roughly chopped keeping stalks and greens separate

1 large garlic clove, minced

1 green or red chile, minced

2 Tbsp soy or tamari sauce

1/2 tsp agave, honey, or rice syrup

4 Tbsp chopped fresh basil or cilantro

Directions:

1. Heat oil over high heat in a large, heavy skillet or wok; add lemongrass and bok choy stalks and stir-fry (pan sear) for 3 to 4 minutes.
2. Add bok choy greens, garlic, and chile peppers. Cook for an additional 1 to 2 minutes or until vegetables are crispy and tender.
3. Toss in soy sauce, sweetener and herbs.

Adapted from www.ediblevineyard.com.