

LOCAL | SUSTAINABLE | ORGANICALLY GROWN

# tine & toil farm

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

1334 Coldsprings Road, Pottstown, PA | (215) 964-8960



We are excited to be starting our third CSA season here at Tine & Toil Farm. Special thanks to those folks who have been with us for all three years, and we look forward to getting to know all the new members this season.

We began our season with a welcome party at the farm last Saturday, a new annual tradition. Thanks to everyone who came out and helped us taste the new strawberry crop and indulge in some farm-fresh snacks.

The crops are off to a good start. We're featuring greens, radishes, bok choy, eggs, and strawberries in this week's harvest. This is the first strawberry crop from plants we started last year. Looking ahead, we planted 500 more strawberry plants this spring, some of which are "everbearing" and will begin producing this season! We are also working hard for crops that will appear later in the season. This week we are seeding watermelons and flowers for the "cut your own" flower beds. We've also taken your suggestions and planted much more peas and potatoes this season. Both crops look great.

Here is to a sweet and delicious season!

Your farmer, Nathan



## THIS WEEK'S TIP

Green garlic is available in the early spring. It is similar to a leek in appearance and has a milder garlic flavor in comparison to the cloves that will be coming in a few more weeks. Chop it up as you would a green onion, and use it in any recipe that calls for garlic.



### Week 1 (A)

bok choy  
d'Avignon radishes  
eggs  
green garlic  
lettuce mix  
parsley  
spinach  
strawberries

# 2017

# CSA



## **RADISH & BUTTER SANDWICHES**

*We are borrowing this favorite recipe from our first 2015 newsletter. Creamy butter complements spicy Tine & Toil radishes on these sandwiches perfect for a spring brunch. For a simple snack version dip whole radishes in whipped butter with plenty of salt.*

### Ingredients

thick and crusty bread or baguette  
Tine & Toil radishes  
butter, room temperature  
coarse sea salt

### Directions

1. Slice the bread for individual sandwiches, toast slightly, and let cool. Butter generously, making sure the butter doesn't melt but instead coats the bread. Use slightly more butter than seems reasonable!
2. Slice radishes thinly and layer them generously on the bread. Sprinkle with sea salt. Again, be generous!

Adapted from [cooking.nytimes.com](http://cooking.nytimes.com).

## **STRAWBERRY & SPINACH SALAD W/ HONEY VINAIGRETTE**

*This favorite spring salad features a new Tine & Toil crop: strawberries!*

### Ingredients

1/2 bag Tine & Toil spinach (you can supplement with Tine & Toil lettuce mix)  
1 cup sliced Tine & Toil strawberries  
1/2 cup crumbled Gorgonzola cheese  
1/2 cup raw pecans, roughly chopped  
1/4 cup balsamic vinegar  
2 tablespoons honey  
1/2 cup olive oil  
sea salt and freshly ground pepper to taste

### Directions

1. Combine spinach, strawberries, Gorgonzola, and pecans in a large bowl.
2. Stir the vinegar and honey together in a small bowl. Pour oil in a slow, steady stream while whisking constantly. Season with salt and pepper to taste. Drizzle dressing on salad and mix just before serving.

Adapted from [allrecipes.com](http://allrecipes.com).

## **SPICY COCONUT SALMON CURRY W/ BOK CHOY**

*While most of our recommended recipes are vegetarian, we will try to include fish and meat suggestions occasionally this season. This easy salmon curry features bok choy, one of the most popular springtime vegetables from the farm.*

### Ingredients

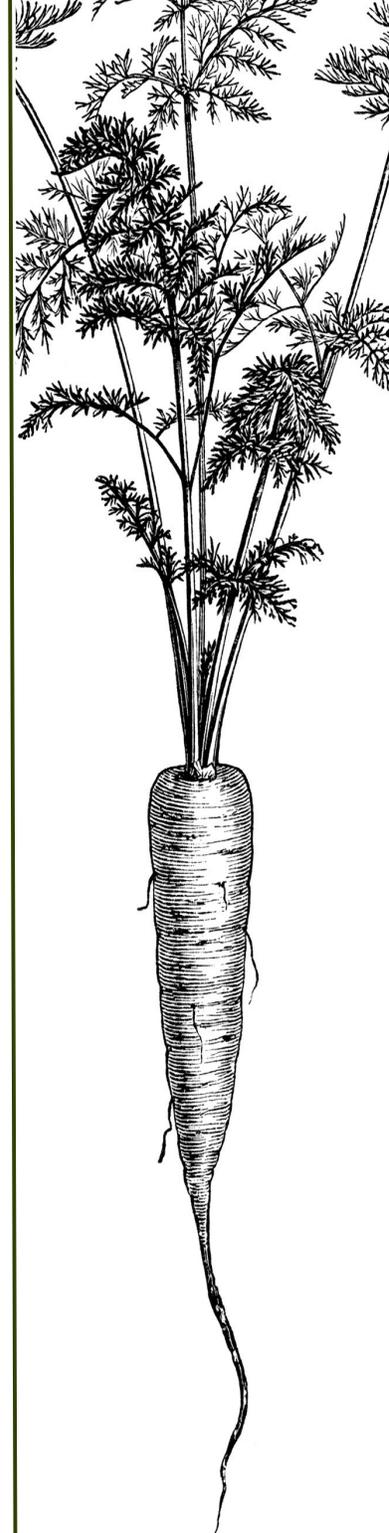
2 tablespoons coconut or vegetable oil  
1 small onion, diced  
1 Tine & Toil green garlic stalk, finely diced  
1 inch fresh ginger, peeled and very thinly sliced  
sea salt  
2 tablespoons green curry paste  
1 14 oz. can unsweetened coconut milk  
1 1/2 cups vegetable broth  
1 head Tine & Toil bok choy, trim ends and roughly chop stalks and greens  
2 wild salmon fillets, fresh or thawed if using frozen, skins removed  
lime wedges for serving

### Directions

1. Heat oil in a saucepan over medium heat. Add onion, garlic, ginger, and a pinch of salt. Cook, stirring occasionally, until softened. Stir in curry paste. Cook 1 minute. Add coconut milk and 1 1/2 cups vegetable broth and bring to a simmer for 10 minutes. Add bok choy, cover, and simmer for 2 minutes until crunchy but just tender.
2. Season salmon fillets with salt and add to curry. Cover pot and remove from heat. Let stand until salmon is just cooked through, about 3 minutes. Gently break up salmon into large chunks. Serve immediately with lime wedges.

Optional: You can opt for a hardier version of this curry by adding roughly chopped carrots or sweet peppers at the same time as the coconut milk and/or serving soup over rice or rice noodles.

Adapted from [marthastewart.com](http://marthastewart.com).



Share your recipes,  
pictures, and creations  
with this week's items on

**Facebook** or  
**Instagram**

(@tineandtoilfarm).