



LOCAL | SUSTAINABLE | ORGANICALLY GROWN

# 2015 CSA



## week 10 share items

carrots  
cucumbers  
dill or cilantro  
green leaf head lettuce  
heirloom tomatoes

nadia or rosa bianca eggplant  
noche zucchini  
red ace beets  
red tropea onion  
siberian dwarf or toscano kale

u-pick: bouquet of flowers and 2 quarts cherry tomatoes

## FROM THE FARMER

Carrot season has begun!

People often ask me what crop I enjoy growing most, and it is difficult to answer, but carrots are definitely one of my favorites. Carrots are pretty hard to grow. They are a direct-seeded crop that takes longer than most to germinate, requires careful thinning, and demands multiple weedings throughout the season. The flavorful and good-sized Napoli carrots you are getting this week were planted way back in April. At the end of all the work, it is a great sense of accomplishment to see such a beautiful product.

Nathan

## NEWS

- Complete payment of the CSA share is due on **August 20**. If you still owe toward the full \$700, you can send a check any time. As the due date draws closer, we will also send individual emails to remind you of the amount due. Thanks!
- If you have pint sized berry baskets, please bring them next time you are at the farm.
- Members only: **EGGS \$4/dozen.**
- We are now on Instagram! @tineandtoilfarm

tine & toil farm

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## **GRILLED BEETS W/ DILL CUCUMBERS**

*The yogurt, dill, and cucumbers cool down the charred earthiness of the grilled beets for a refreshing and satisfying summer meal.*

### Ingredients

3-4 beets, trimmed but not peeled  
 1/2 cup ice  
 1 tablespoon safflower or canola oil  
 3 tablespoons white wine vinegar  
 sea salt and freshly ground pepper to taste  
 1 cucumber, preferably English with smaller seeds, halved and thinly sliced  
 4 tablespoons plain yogurt or sour cream  
 2-3 tablespoons chopped dill

### Directions

1. Heat grill to a hot heat. Wrap whole beets in foil with the ice. Cook covered until beets are tender. Turn after 20 minutes and test by piercing with a knife after 40 minutes.
2. Remove when done. Cool slightly. Rub off skin (a paper towel makes this easier). Cut beets into wedges. Toss with oil and 1 tablespoon vinegar. Season with salt and pepper to taste.
3. In another bowl, toss sliced cucumbers with yogurt, dill, and 2 tablespoons of remaining vinegar. Season with salt and pepper to taste.
4. Place beets on a platter. Top with cucumbers. Serve.

### Serving Suggestions

- Try serving on a pita for a new twist on a vegetarian gyro.
- Experiment with vinegar amounts. You may want to use more than the recipe calls for!

Adapted from *Martha Stewart*:

<http://www.marthastewart.com/314000/grilled-beets-with-dilled-cucumbers#Beet%20Recipes//274226/beet-recipes/@center/276955/seasonal-produce-recipe-guide|314000>

## **CARROT AND KALE W/ A GINGER SAUCE**

*The ginger sauce really invigorates these reliable vegetables for a pleasantly unexpected result.*

### Ingredients

6-8 carrots, peeled  
 1/4 cup safflower or canola oil  
 1 onion, thinly sliced  
 1/3 cup raisins, coarsely chopped  
 3 cloves garlic, minced  
 2 teaspoons finely grated fresh ginger  
 1 tablespoon finely grated lemon zest  
 1 tablespoon freshly squeezed lemon juice  
 sea salt and freshly ground pepper to taste  
 1/2 bunch kale leaves, removed from stems and coarsely chopped

### Directions

1. Slice carrots in thin ribbons using a vegetable peeler or mandolin. De-stem and chop kale leaves.
2. Add onion to oil over medium heat. Stir frequently until soft. Add raisins, garlic, ginger, lemon zest, and salt to taste. Stir

constantly for 1 minute. Add carrots, kale, and 1/2 cup water, stirring until the vegetables are softened but still bright in color, about 10 minutes.

3. Remove from heat. Stir in lemon juice and season with salt and pepper to taste.

### Serving Suggestions

- Consider making a ginger broth by adding vegetable broth and serve as a soup with soba noodles!

Adapted from *Rachael Ray*:

<http://www.rachaelraymag.com/recipe/gingered-carrot-kale-ribbons/>

## **SPICY EGGPLANT**

*This is Nathan's favorite eggplant recipe. I think he asked for it three times in one week last summer! There is a huge number of ingredients in this recipe, and I've never had all of them on hand. You can experiment, skip, add ingredients as you like. I do!*

### Ingredients

1 large eggplant, cut into 1 inch cubes (you can peel the eggplant or leave the skin on)  
 1 onion, diced  
 1 tablespoon sesame oil  
 2 tablespoons coconut oil  
 6 cloves garlic, roughly chopped  
 4 tablespoons finely chopped fresh ginger  
 3 tablespoons brown sugar  
 1 teaspoon crushed red pepper flakes (more or less to your taste)  
 2 teaspoons molasses  
 3 tablespoons soy sauce  
 1 cup tomatoes diced in juice or 1/2 cup tomato sauce  
 2 tablespoons rice vinegar  
 sea salt to taste  
 basil to taste (optional)  
 scallions or chives to garnish (optional)

### Directions

1. Cook eggplant in sesame oil over medium heat. Add a pinch of salt and a pinch of crushed red pepper. Saute, stirring occasionally, until tender but not mushy, approximately 5 minutes. Set aside.
2. In the same pan, heat 1 tablespoon coconut oil and saute onion with another pinch of crushed red pepper. Saute until tender. Set aside.
3. In the same pan, cook garlic and ginger in 1 tablespoon coconut oil until just browned. Add tomato, brown sugar, remaining crushed red pepper, molasses, soy sauce, rice vinegar, and 1/2 cup water. Simmer on medium for 10 minutes. Add eggplant and onion. Simmer until vegetables are desired tenderness, probably just around 5 minutes. Stir in a handful of chopped basil.

### Serving Suggestions

- Serve over rice topped with basil, scallions, or chives if desired.

Adapted from *Delightful-Delicious-Delovely*:

<https://delightfuldeliciousdelovelyblog.wordpress.com/2013/08/23/spicy-vegan-chinese-eggplant/>

Share your own recipes, pictures, and creations using this week's items on Facebook, Twitter (@tineandtoil), or Instagram (@tineandtoilfarm).