

LOCAL | SUSTAINABLE | ORGANICALLY GROWN

# tine & toil farm

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

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**F**armer Nathan picked a peck of perfect peppers. How many perfect peppers did farmer Nathan pick? About 6 pecks. (I will be honest, I had to look up how much a peck was. It's 1/4 of a bushel.)

This week we are proud to be sharing with you our peppers in all their forms. First we have bell peppers. These are being grown in the high tunnel this year, so they can stay nice and dry and more disease free. We are growing just one type of bell pepper, and it is called "Flavorburst." The Flavorburst pepper will ripen to a light orange when fully ripe. If you want to try to ripen them a little further, we suggest putting them in a paper bag on your counter with a tomato in the bag too.

Also this week we are sharing out some of our first hot peppers. We have three different types. Shishito is a thin very mild pepper which is often grilled or roasted whole and served with just some salt, pepper, and oil. The next two are certainly noticeably spicier though not overwhelming. We have a Hungarian Hot Wax pepper, which is larger and moderately spicy, and a Cayenne pepper, which is long and thin and the spiciest of the three. If you are not a hot pepper person, just start small and use a little bit at a time. Try frying or roasting the peppers before using them, as opposed to just chopping them up raw. This will tone down the heat a little.

Happy Eating.

Your farmer, Nathan

## THIS WEEK'S TIP

One of the beautiful parts of buying and eating local, organically grown produce is the fact that you know you can trust your farmer and your food. Every part of our produce is good to eat, including the skins. So try leaving the skin on your potatoes, carrots, and cucumbers this week!

### Week 12 (B)

- adirondack blue potatoes
- basil
- bell peppers
- carrots
- cucumbers
- garlic
- head lettuce
- heirloom tomatoes
- hot peppers

# 2017

# CSA



*\* u-pick flowers & cherry tomatoes at the farm*

## TURKEY & FETA STUFFED BELL PEPPERS

*This lighter variation of a classic stuffed pepper recipe is perfect for late summer.*

### Ingredients

2 Tine & Toil green bell peppers, tops sliced off and seeds removed  
1 lb ground turkey  
1 cup diced tomatoes, canned or Tine & Toil fresh  
1 onion, small diced  
1 tablespoon olive oil  
2 cloves Tine & Toil garlic, minced  
2 tablespoon tomato paste  
¼ Tine & Toil basil, chopped  
¼ teaspoon red pepper flakes  
2 teaspoon salt  
½ cup feta cheese, crumbled

### Directions

1. Preheat oven to 350 degrees.
2. Heat the olive oil over medium heat in a large skillet on the stove. Once hot, add the onion and saute for 5 minutes until soft. Add the minced garlic and continue sauteing for another minute. Turn the heat to high. Add the tomato paste to the skillet and mash the onions and garlic together with the paste. Cook for three minutes, stirring continuously. Add the ground turkey and brown with the veggies. This should take about six minutes. Then, add the diced tomatoes, salt, basil, and red pepper flakes. Bring mixture to a simmer and cook for about 15-20 minutes, until sauce reduces and isn't as runny. Remove pan from heat and stir in the feta cheese.
3. Place the green bell peppers on a tin foil-lined sheet tray. Fill each pepper with turkey and feta mixture. Once peppers have been filled, cover peppers with a large piece of tin foil and seal. Bake peppers for 30 minutes. Serve and enjoy!

Adapted from eatliverun.com.

## PURPLE POTATO & CHICKPEA SALAD W/ LEMON YOGURT DRESSING

*A pretty way to showcase and enjoy your adirondack blue potatoes.*

### Ingredients

3 large Tine & Toil adirondack blue potatoes  
1 tablespoon olive oil  
1 can chickpeas, drained and rinsed  
½ teaspoon salt  
¼ teaspoon pepper  
1 Tine & Toil cucumber, peeled and diced  
pinch red pepper flakes (optional)

### *for dressing:*

2 cups plain yogurt  
1 tablespoon olive oil  
juice from 1 lemon, about ¼ cup  
2 tablespoons Apple Cider Vinegar  
1 clove Tine & Toil garlic, minced  
½ tsp salt

### Directions

1. Bring a pot of water to a boil. Add potatoes and boil for 15 minutes or until tender.
2. Meanwhile, prepare dressing by combining all ingredients in a food processor and mixing well. Taste and add additional spices or liquid as needed. Set aside.
3. In a pan over medium heat, add olive oil. Heat and then add chickpeas, salt, and pepper. Cook for about 5 minutes or until chickpeas begin to brown. Set aside.
4. Once potatoes are done, drain and rinse with cold water. When cool, remove skin, and cut into small cubes.
5. Combine potatoes, cucumbers, chickpeas, and dressing in a bowl and mix well. Taste and add any additional spices.

Adapted from thesimplekitchen.com.

## HEIRLOOM TOMATOES ON GRILLED RUSTIC BREAD

*Incredibly easy and so good!*

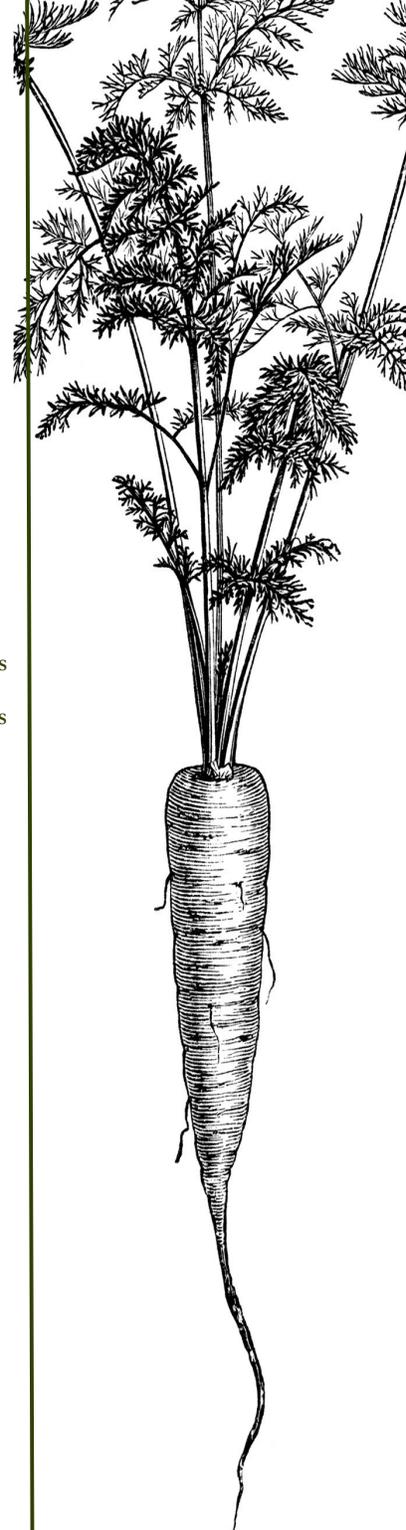
### Ingredients

1 large, long rustic Italian loaf, such as ciabatta  
2 cloves Tine & Toil garlic, split in half crosswise  
2 large Tine & Toil heirloom tomatoes, ranging in color  
½ cup extra-virgin olive oil, divided  
1 ½ teaspoons flaky sea salt, divided  
freshly ground pepper to taste

### Directions

1. Preheat grill to high. Trim top crust of loaf slightly to make a flat surface, then slice loaf horizontally to create 2 long halves. Grill bread until moderately charred, 1 to 2 minutes on each side. Rub bread on both sides of each half with garlic and place, cut sides up, on a platter.
2. Cut tomatoes into thin slices. Collect accumulated juices and spoon onto bread. Drizzle bread with a generous ¼ cup oil. Sprinkle with ¾ teaspoon salt; season with pepper. Top with tomato slices, shingled evenly onto bread. Drizzle with remaining oil and season with remaining salt. Serve.

Adapted from marthastewart.com.



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