

LOCAL | SUSTAINABLE | ORGANICALLY GROWN

tine & toil farm

www.tineandtoilfarm.com

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This week on the farm we are really starting to transition into our fall work. We pulled all of the early high tunnel tomatoes out. With Del's help that job went pretty quickly. It is remarkable how quickly something can come down compared to the time and effort required to start the plants way back in March in the greenhouse.

On the farm we are continually looking toward the next planting or even next season, trying to use our space and time effeciently while at the same time nurturing the soil. After the high tunnel tomatoes we will be planting late winter greens like kale, spinach, and radishes.

We hope you enjoy the array of peppers this week. We just grow one bell variety, which is called "flavorburst," but we are sharing out many different colors and varieties of hot peppers this week.

Happy Eating.

Your farmer,
Nathan

**THIS
WEEK'S
TIP**

If you want to temper that peppery arugula, try using a lemon- or yogurt-based dressing. The acidity of the lemon wilts the arugula and the cool yogurt balances out that peppery flavor.

Week 16 (B)

arugula

flavorburst bell peppers

hot peppers

magenta head lettuce

kennebec potatoes

purple & green beans

red ike beets

tomatoes

* u-pick flowers at the farm

2017

CSA



FRESH GREEN BEAN CASSEROLE

This fresh version of a classic casserole is just what we need as the weather starts to cool.

Ingredients

For the topping:

2 medium onions, thinly sliced
1/4 cup all-purpose flour
2 tablespoons bread crumbs, homemade or panko
1 teaspoon kosher salt
cooking oil

For beans and sauce:

2 tablespoons plus 1 teaspoon salt, divided
1 pound Tine & Toil green and purple beans, trimmed and halved
2 tablespoons unsalted butter
12 ounces mushrooms, trimmed and cut into 1/2-inch pieces
1/2 teaspoon freshly ground black pepper
2 cloves Tine & Toil garlic, minced
1/4 teaspoon freshly ground nutmeg
2 tablespoons all-purpose flour
1 cup vegetable or chicken broth
1 cup half-and-half

Directions

1. Preheat the oven to 475 degrees F. Combine onions, flour, panko and salt in a large bowl. Toss to combine. Spread onions on an oiled sheet pan. Bake on middle rack until golden brown, roughly 30 minutes. Toss onions 2-3 times during cooking. Remove from the oven and set aside. Turn the oven down to 400 degrees F.
2. Meanwhile, prepare beans. Bring large pot of water and 2 tablespoons of salt to a boil. Add beans and blanch for 5 minutes. Drain in a colander and plunge into a bowl of ice water to stop the cooking. Drain and set aside.
3. Melt butter in a large cast iron skillet over medium-high heat. Add mushrooms, 1 teaspoon salt and pepper and cook, stirring occasionally, 4 to 5 minutes. Add garlic and nutmeg and continue to cook for another 1 to 2 minutes. Sprinkle flour over the mixture, stir to combine, and cook 1 minute. Add broth and simmer 1 minute. Decrease heat to medium-low and add half-and-half. Cook until mixture thickens, stirring occasionally, approximately 6 to 8 minutes.
4. Remove sauce from the heat and stir in 1/4 of the onions and all of the green beans. Top with the remaining onions. Place into the oven and bake until bubbly, approximately 15 minutes. Remove and serve immediately.

Adapted from foodnetwork.com.

WARM POTATO & ARUGULA SALAD

Try a warm potato salad packed with all those summertime flavors but sneaking into the comfort food of early fall.

Ingredients

1/2 pound Tine & Toil kennebed potatoes
1 tablespoon olive oil
1 small shallot, diced
1/4 teaspoon sea salt
1/4 teaspoon black pepper
4 cups Tine & Toil baby arugula, chopped if desired
1/4 cup toasted walnuts
1/4 cup shaved Parmesan

For dressing:

2 tablespoons olive oil
1 tablespoon lemon juice
1 teaspoon honey
salt and pepper, to taste

Directions

1. Cut potatoes, skin on, into 1/4-inch-thick slices. Blanch in salted boiling water for 4-5 minutes, until just tender but still holding their shape. In a skillet, heat olive oil over medium-low heat. Add shallot, blanched potatoes, salt and pepper. Cook until the potatoes have started to brown and are soft, 10 to 12 minutes.
2. Combine arugula, potatoes, walnuts and Parmesan in a large bowl. In a small bowl, whisk together dressing ingredients; pour over the salad, and toss until everything is well-combined.

Adapted from naturallyella.com.

ROASTED SALSA

This smoky salsa is full of poignant flavor . . . and it freezes really well!

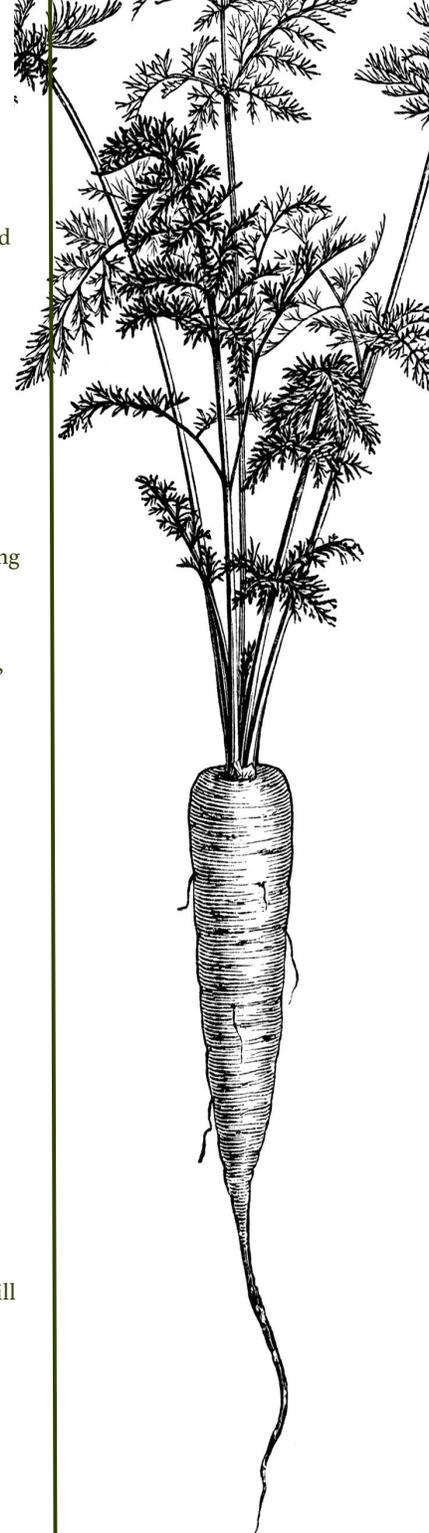
Ingredients

2 large Tine & Toil tomatoes
1 medium white onion, halved
3 Tine & Toil jalapenos or hot pepper of your choice
3 Tine & Toil garlic cloves, unpeeled
3 tablespoons fresh lime juice (from 2 limes)
coarse salt and ground pepper
1/4 cup chopped fresh cilantro

Directions

1. Heat broiler with rack in top position. Place whole tomatoes, onion, jalapenos, and garlic in a single layer on a rimmed baking sheet. Broil until vegetables are blistered and slightly softened, rotating sheet and flipping vegetables frequently, 6 to 8 minutes. The garlic may need to be removed earlier, if it is browning too quickly.
2. Discard garlic skins. In a food processor, pulse garlic and vegetables until coarsely pureed. Add lime juice, season with salt and pepper, and pulse to combine. Transfer salsa to a bowl and stir in cilantro. Refrigerate up to 3 days, freeze up to 3 months.

Adapted from marthastewart.com.



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