

LOCAL | SUSTAINABLE | ORGANICALLY GROWN

tine & toil farm

www.tineandtoilfarm.com

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



The farm is happy after all of this much-needed rain. We got about 3 inches over the last week, but after all of the clouds, the plants need a little more sunshine to keep growing. We want it all around here!

We are very excited to start sharing out the first of the winter squash this week. Spaghetti Squash are delicious and there is plenty of ways to eat them: topped with butter, herbs, and cheese; covered in homemade marinara; or stuffed and roasted with your favorite veggies and meats. All of the winter squash survived a difficult season of “squash bugs.” We planted the squash in early July with the help of several volunteers, used organic and safe sprays on the bugs in late July, and kept up with several nights of hand-picking bugs off the plants until dark. After all that work, it feels like a great success to start sharing them with you. Enjoy!

To peek your interest, I've also included a picture of our heriloom red dent corn we grew for the first time as an experimental small crop of 20 plants. The Italian Red Floriani is beautiful.

- Nathan

Tine & Toil Farm Pork

Hot Italian Sausage	\$9.00/per lbs	
Italian Sausage	\$9.00/per lbs	
Country Sausage	\$9.00/per lbs	
Pork Chops	\$10.00/per lbs	
Bacon (Smoked)	\$11.00/per lbs	(Nitrate Free)
Ham (Smoked)	\$10.00/per lbs	(Nitrate Free)
Ham Steaks/Slices	\$10.00/per lbs	(Nitrate Free)
Spare Ribs	\$8.00/per lbs	
Shoulder Roast	\$10.00/per lbs	
Loin Roast	\$10.00/per lbs	

Week 20 (B)

- arugula
- bell peppers or eggplant
- broccoli rabe
- escarole
- garlic
- purple & green beans
- spaghetti squash
- siberian kale
- watermelon radish

2016

CSA



LEMON EGG SOUP W/ ESCAROLE

This rich soup is brightened up with fresh lemon and perfect Tine & Toil escarole..

Ingredients

5 cups chicken or vegetable stock
½ cup white rice
4 cups Tine & Toil escarole, coarsely chopped
3 large Tine & Toil eggs
2-3 tablespoons fresh lemon juice, as needed
½ teaspoon finely grated lemon zest
sea salt and freshly ground black pepper to taste

Directions

1. In a medium pot, bring stock to a simmer. Add rice and simmer gently until tender, 15-20 minutes. Stir in escarole for the last 5 minutes.
2. In a medium bowl, whisk together the eggs and 2 tablespoons lemon. Whisk constantly while slow ladleing 1 cup of hot broth into the egg mixture. Pour mixture into the pot of remaining hot stock. Cook gently until soup begins to thicken, 2-3 minutes. Season with lemon zest, salt, pepper, and more lemon juice if desired.

Adapted from cooking.nytimes.com.

BROCCOLI RABE PASTA W/ GOAT CHEESE

A surprising caprese variation that stuns with the bright tartness of green tomatoes.

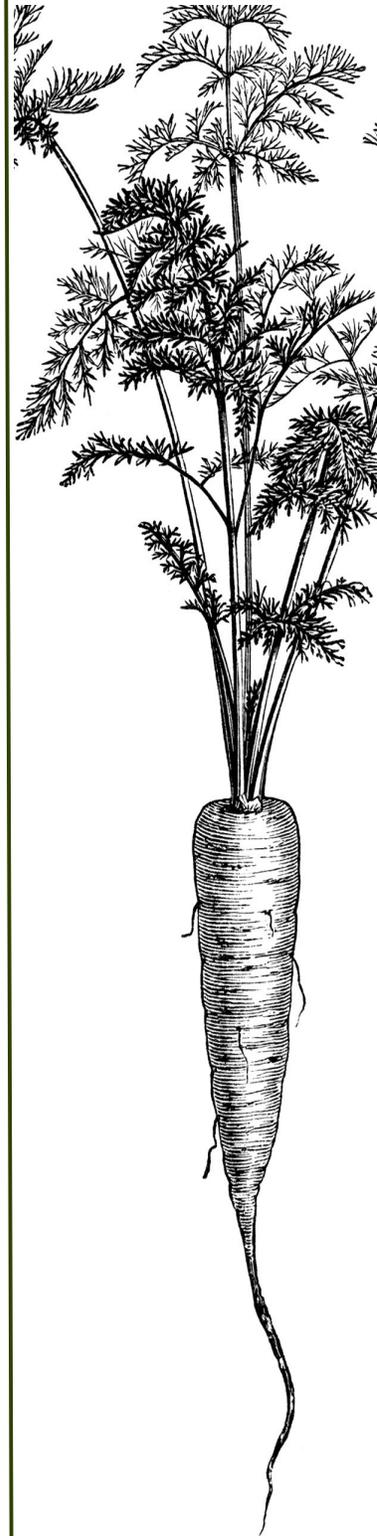
Ingredients

2 teaspoons sea salt
1 bunch Tine & Toil broccoli rabe, trimmed and cut into 3 inch pieces
16 ounces filei, penne, or fusilli
3 tablespoons butter
1 tablespoon olive oil
2 garlic cloves, chopped
¾ teaspoon dried crushed red pepper
2 teaspoons lemon zest
¼ cup freshly grated Parmesan cheese
1 tablespoon lemon juice
freshly ground black pepper to taste
4 ounces goat cheese, crumbled

Directions

1. Bring large pot of water to boil in a large Dutch oven. Add salt, return to a boil, and stir in broccoli rabe. Cook 1 minute or until crisp-tender; drain. Plunge into ice water immediately to stop cooking process. Drain.
2. Cook pasta in Dutch oven according to package directions. Drain. Reserve ½ cup pasta water.
3. Melt butter with oil in Dutch oven over medium heat. Add garlic and saute 1-2 minutes or until tender. Add red pepper and lemon zest. Cook, stirring constantly, 1 minute. Stir in rabe and cook, stirring constantly, 1 minute. Stir in hot cooked pasta, reserved pasta water, Parmesan, and lemon juice. Cook 1-2 minutes. Season with salt and papper. Top with cheese. Serve.

Adapted from myrecipes.com.



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