



FROM THE FARMER

We have two weeks left in our harvest season, but we are already looking to next year. If you are interested in returning as a CSA member next year, consider signing up early, now even, to get a discount: **ONE WEEK FREE.** Check out the website to secure your 2016 membership, or, as always, you can reach me by email, phone, or in person.

I am excited this week about the fall frosted carrots. They are especially sweet this time of year due to the increasingly cold weather. The watermelon radishes are beautiful as well, and the lettuce mix is a real treat, tender with various textures and colors. Making a great salad is pretty easy.

We have some family visiting from Indiana and Texas this week, and they are helping to finish the garlic planting this week. We will have nearly four full beds of garlic planted, which could yield as much as 150 lbs next season. This would mean garlic for everyone for almost two months of the season next year!

Nathan

NEWS

- This Sunday, November 1 we will have a booth at the 5K run and walk at **LUNDALE FARM** in Spring City, PA. Stop by!

2015 CSA



week 23

arugula
carrots
head lettuce
kale, swiss chard, or
broccoli rabe

lettuce mix
sorrel *or* spinach
sweet potatoes
watermelon radish

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SWEET CARROT RISOTTO

Another vegetarian risotto, this time with sweet fall carrots.

Ingredients

4 medium carrots, peeled and cubed
8 cups vegetable broth (you can also make your own using the remaining carrot water from step 1 below)
1/4 cup olive oil
1 medium onion, finely chopped
3 garlic cloves, smashed and minced
1 teaspoon fresh thyme, finely chopped
2 cups Arborio rice
1/2 cup dry white wine
4 medium carrots, peeled and grated
1/4 cup grated Parmesan cheese
3 tablespoons butter
2 tablespoons freshly squeezed lemon juice
sea salt and freshly ground black pepper to taste

Directions

1. Boil the 4 cubed carrots in a large pot of heavily salted water until just tender, roughly 4 minutes. Puree the carrots with 3/4 -1 cup of the hot water in a blender or with an immersion blender. Set aside.
2. Bring the broth to a simmer and keep on low heat as you prepare the risotto.
3. Heat the oil over medium heat in a large pan. Add onion, garlic, and thyme. Season with salt and pepper. Cook, stirring often, until the onion is translucent, roughly 4-5 minutes.
4. Add the rice and more salt. Cook, stirring constantly, until the rice begins to crackle, about 1 minute. Add wine and cook, stirring constantly, until all of the wine has evaporated. Add the grated carrots and cook, stirring often, until the carrots start to wilt, less than 1 minute.
3. Add 2/3 cup of the warm broth and cook, stirring often, until almost completely absorbed. Continue to add broth, 2/3 cup at a time, stirring frequently, for 10 minutes. The pan should never be dry. Stir in the reserved carrot puree. Season with salt and pepper. Add more broth, just a little at time, tasting regularly for another 10 minutes until the rice is tender but firm.
4. Remove from heat, stir in the Parmesan and butter, and season with salt, pepper, and lemon juice. Add seasoning plus more broth to taste right before serving.

Serving Suggestions

- Great with a side of pasta, chicken, or pork!

Adapted from *Chowhound*:

<http://www.chowhound.com/recipes/sweet-carrot-risotto-28366>

SORREL SOUP

This bright and beautiful soup is a starter for any autumn meal.

Ingredients

1 bunch sorrel leaves, washed
2 tablespoons butter
1 medium onion, chopped
1 potato, peeled and cut into 1 inch cubes
4 cups chicken or vegetable broth
1/4 cup half and half
sea salt and freshly ground pepper to taste

Directions

1. In a large soup pot, brown onion in butter over medium heat. Add sorrel leaves and stir until brown and wilted. Add broth, potato, and salt and pepper to taste. Cook for 10-15 minutes until potatoes are just tender.
3. Puree with immersion blender until smooth. Add half and half. Season with more salt and pepper if desired.

Serving Suggestions

- Top with homemade butter croutons or plain yogurt.

Adapted from *Finger Lakes Feasting*:

<http://www.fingerlakesfeasting.com/recipe/sorrel-soup/>

WATERMELON RADISH & AVOCADO SALAD

Fall fare that tastes like the first weeks of spring.

Ingredients

1 shallot, finely diced
2 tablespoons fresh lemon juice (more as desired)
1 1/2 tablespoons white wine vinegar
salt to taste
1 avocado, halved lengthwise, pitted, and diced
1 avocado, halved lengthwise, pitted, and cubed
1/4 cup olive oil
1 head lettuce, roughly chopped
1-2 watermelon radishes, sliced paper thin
1 handful cilantro, roughly chopped

Directions

1. Stir together shallot, lemon juice, vinegar, and a pinch of salt. Stir in diced avocado, another pinch of salt, and let stand 10 minutes. Whisk in olive oil to make a vinaigrette.
2. In a large bowl, combine lettuce, radish, cilantro, and cubed avocado. Gently stir in vinaigrette. Season with more salt and lemon juice if desired. Serve immediately.

Serving Suggestions

- Add chicken or salmon to turn this side salad into the main course!

Adapted from *Williams Sonoma*:

<http://blog.williams-sonoma.com/todays-recipe-watermelon-radish-salad-with-avocado-vinaigrette/>

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