



LOCAL | SUSTAINABLE | ORGANICALLY GROWN

tine & toil farm

www.tineandtoilfarm.com

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



I have been telling folks for a long time that fall is my favorite season to be outside on the farm, but each season I also realize again that it is also my favorite season to eat fresh farm produce too. We have tons of beautiful colors in the fields and on the trees this time of year.

We are excited to have spinach back in the shares again this week. This cool season green is not the easiest crop to grow though we had a great crop in the spring and this fall crop looks pretty nice too. We are growing two varieties. The first "Space" is a semi savoy or wrinkled spinach, the other "Red Kitten" is new this season for us" and has a beautiful red vein down the middle of its smooth leaf. Enjoy them both in any of your favorite spinach recipes – or the surprising beet quiche recipe in the newsletter this week.

Happy Eating and Happy Fall.

Your farmer,

Nathan



Week 24 (B)

- arugula
- beets
- cabbage or kale
- carrots
- flavorburst bell peppers
- icicle radish
- lettuce
- parsley
- spinach
- sweet potatoes
- winter squash

* u-pick flowers at the farm

2017

CSA



SWEET POTATO, BELL PEPPER, & BLACK BEAN TACOS

We have been devouring these tacos lately. Add an egg to each taco, and you can enjoy them for breakfast too!

Ingredients

2 tablespoons olive oil, divided
2 cloves Tine & Toil garlic
1-1.5 pounds Tine & Toil sweet potato, peel if desired and cube
15 oz. can black beans
1 teaspoon cumin
salt and pepper to taste
1 Tine & Toil flavorburst pepper, cut into thin strips
1 onion, cut into thin strips
8 small tortillas
optional toppings: cheese, plain yogurt or sour cream, Tine & Toil radishes, cilantro, avocado

Directions

1. Heat a large skillet over medium. Add 1 tablespoon olive oil and two cloves of minced garlic. Sauté the garlic one minute or just until fragrant. Add the diced sweet potato and 2 tablespoons of water. Sauté the sweet potato until soft and begin to fall apart. Season with salt and pepper to taste. Add another couple tablespoons of water during cooking if the skillet becomes dry.
2. Heat another skillet over medium. Add 1 tablespoon olive oil, peppers, and onion. Cook, stirring occasionally, until the peppers and onions begin to caramelize. Season with salt and pepper to taste.
3. Drain and rinse the black beans. Once sweet potatoes are soft, add beans to the skillet. Season with cumin, salt, and pepper. Sauté just until the beans are heated through. Prior to filling each tortilla, heat them in a dry skillet until slightly browned and crisp on each side. Fill with a scoop of the sweet potato and black bean hash, pepper and onions, and any additional toppings.

Adapted from cookieandkate.com.

ROASTED CARROT SOUP

This soup is bursting with rich flavors. It's the perfect addition to any fall lunch or dinner.

Ingredients

1 bunch Tine & Toil carrots, peeled if desired, cut into 1/2-inch slices (about 6 large carrots)
1 large yellow onion, thinly sliced
4 Tine & Toil cloves garlic, peeled and left whole
2 tablespoons extra-virgin olive oil
1 1/2 teaspoons kosher salt, divided, plus additional to taste
1 teaspoon ground cumin
1/4 teaspoon black pepper, plus additional to taste
2 cans diced tomatoes
1 teaspoon dried basil
1/2 cup plain yogurt, plus additional for serving

Directions

1. Preheat the oven to 400 degrees F. Generously coat baking sheet with oil. Set aside. Place the carrots, onions, and garlic in a large bowl. Drizzle with the olive oil, then sprinkle with 1 teaspoon salt, cumin, and pepper. Toss to evenly coat, then spread in a single layer on the prepared baking sheet, ensuring that the vegetables do not crowd one another. Roast for 25 to 30 minutes, turning twice throughout, until the vegetables are tender and browned.
2. Add vegetables and tomatoes to a large pot or dutch oven. Puree using an immersion blender. (You can also use a traditional blender, of course.) Stir in the basil, yogurt, and remaining 1/2 teaspoon salt. Bring to a gentle simmer and let cook for about 10 minutes, until fully heated through. Taste and add additional salt and/or pepper as desired. Serve warm, topped with fresh basil and/or additional yogurt.

Adapted from wellplated.com.

ROASTED BEET, SPINACH, & GOAT CHEESE QUICHE

This unexpected quiche is both beautiful and delicious. Bring on the fall brunch!

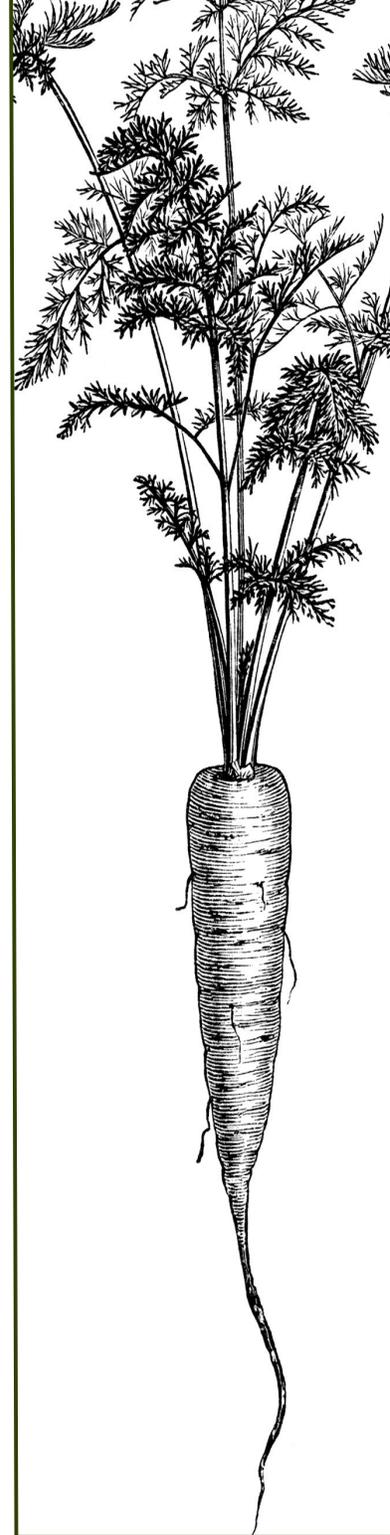
Ingredients

1 cup plus 2 tablespoons whole wheat flour	salt and pepper to taste
1/2 teaspoon salt	2 large handfuls Tine & Toil spinach, stems trimmed and roughly chopped
6 tablespoons cold butter, cut in cubes	3 Tine & Toil eggs
2 ounces cold water	1/2 cup Greek yogurt
2 tablespoons toasted sesame seeds	1/2 cup milk
3 medium Tine & Toil beets, sliced	1 tablespoon dry rosemary
1 sweet onion, sliced	salt and pepper
2 tablespoons olive oil	6 ounces goat cheese
1/4 cup balsamic vinegar	1/4 cup grated parmesan

Directions

1. Gently grease quiche pan and sprinkle with 1 tsp toasted sesame seeds. In a food processor add flour, salt, and cold butter. Pulse until crumbly. Add water and pulse until dough forms. Add 1 tsp toasted sesame seeds and pulse 2-3 times, until combined. Remove pastry and form into a ball. Using a rolling pin, roll out pastry on a lightly floured surface. Line prepared quiche pan with the pastry and set aside.
2. Preheat oven to 375°F. Add beets and onions to a baking sheet. Drizzle with olive oil, balsamic vinegar. Season with salt and pepper. Roast 30 minutes. Remove from oven and add spinach to baking sheet. Roast 5 minutes, remove, and set aside.
3. Reduce oven temperature to 350°F. In a mixing bowl, whisk eggs, yogurt, milk, rosemary, salt, and pepper. Add roasted beets, onions, and spinach to quiche crust. Sprinkle in crumbled goat cheese. Pour egg mixture into the quiche crust. Bake 50 minutes. Sprinkle grated parmesan over quiche and bake another 5 minutes. Remove from oven and let sit 10 minutes.

Adapted from food52.com.



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