

LOCAL | SUSTAINABLE | ORGANICALLY GROWN

tine & toil farm

www.tineandtoilfarm.com

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I can hardly believe we are already 4 weeks into the CSA season. Thank you so much for all the positive feedback about the farm this season.

On the farm we grow over 40 different varieties of veggies as well as a number of herbs and flowers. We grow and tend the farm in a way that considers the life cycle of our entire little ecosystem. As just one example, there are many different ways farmers control weeds in today's agricultural world. Many spray herbicides to kill weeds, but we clearly believe that is not the healthiest choice for you our consumer, your families, our family, the land, or all the plants, animals, and people downhill and downstream from us. To tackle weeds on the farm, we use the following methods. Small hand tools and even just hands get close to directly seeded crops, a tractor mounted cultivator "sweeps" the weeds out of the pathways, and mulches cover the soil to suppress weeds while allowing our plants to grow through them. We employ all of these practices together in a multifaceted approach that leads to the best and healthiest produce for everyone and everything involved. As you enjoy the peas, kale, and escarole this week and look forward to the tomatoes, eggplant, and zucchini that are right around the corner, you might imagine all of these practices at play! Sure there are easier ways to do things, but we continue to refine our practices all the time and, after all, we don't call our farm Tine and "Toil" for nothing.

- Nathan

Week 4 (B)

beets
broccoli
escarole
kale
pea shoots
romaine lettuce
scallions
sugar snap peas

2016

CSA



WILTED ESCAROLE W/ FETA, WALNUTS, & HONEY

Escarole soup recipes are everywhere – and delicious! - but if you are looking for a unique warm salad right off the grill, try this easy, easy, easy recipe.

Ingredients

1 head Tine & Toil escarole
salt and pepper to taste
1 tablespoon olive oil

feta cheese, crumbled, to taste
walnuts, chopped, to taste
honey to taste

Directions

1. Quarter one head of escarole. Wash escarole quarters thoroughly. Shake to dry and sprinkle with salt and pepper.
2. If using the stove, add olive oil to a saute pan over medium high heat. If using the grill, toss escarole in oil. Place the escarole on the hot pan or grill and sear on all sides, until all leaves are slightly wilted. This will take only a few minutes.
3. Transfer escarole quarters to a plate and top with feta, walnuts, and honey. Serve immediately.

Adapted from www.food52.com.

KALE, BROCCOLI, BLUEBERRY, & HONEYED WALNUT SALAD

This hearty and healthy salad is bursting with flavor and finesse. It is a complete meal all on its own.

Ingredients

1 bunch Tine & Toil kale, ribbed and chopped
2 crowns broccoli, chopped into florets
1/4 red onion, thinly sliced
10 (or more!) ounces blueberries
* (no reason not to add other berries too!)
1 cup plain yogurt (whole milk preferable)

zest and juice of 2 lemons
7 tablespoons honey, divided
salt to taste
1 cup raw walnuts
4 teaspoons olive oil

Directions

1. In a medium bowl, mix together yogurt, lemon zest and juice, 4 tablespoons honey (or more if desired!), and salt to taste. In a large bowl, mix chopped kale, broccoli florets, onion, and blueberries. Toss with dressing to coat evenly. Let sit in the refrigerator for 1 hour or more.
2. Coat walnuts with oil and the remaining honey, 3 tablespoons. Toast on a cookie sheet at 350 F for 7-10 minutes. Watch this carefully to avoid burning. Toss in salad just before serving.

Adapted from www.heatherfeather360.com.

PICKLED SUGAR SNAP PEAS

Refrigerator pickles of all sorts are one of our favorite things to make and eat on the farm. This sugar snap pea version is a new addition to our ever-growing list of pickled snacks!

Ingredients

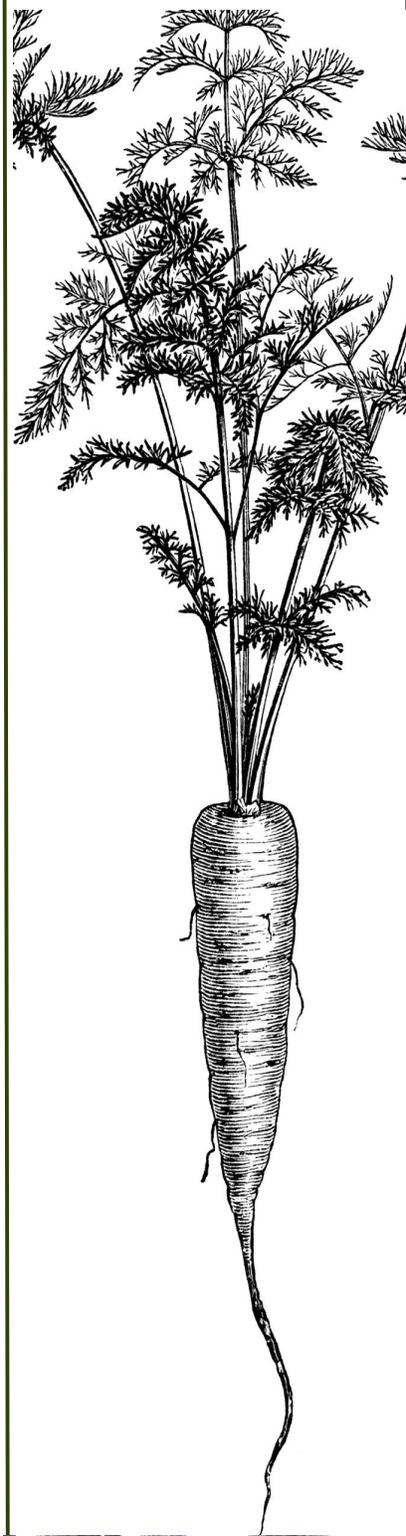
1 1/4 cups white distilled vinegar
1 1/4 cups cold water
1 tablespoon kosher salt
1 tablespoon raw cane sugar

1 pint Tine & Toil sugar snap peas
4 garlic cloves, thinly sliced
crushed red pepper to taste (optional)

Directions

1. Heat vinegar, salt, and sugar over medium heat until dissolved. Remove from heat and add cold water. Cool mixture completely.
2. Pack sugar snap peas (trimmed if desired), garlic, and red pepper (if using) in a 1 quart jar and pour cooled brine over. Refrigerate and enjoy!

Adapted from www.whitneyinchicago.com.



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