

LOCAL | SUSTAINABLE | ORGANICALLY GROWN

# tine & toil farm

[www.tineandtoilfarm.com](http://www.tineandtoilfarm.com)

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We are constantly looking forward to and planning for the next planting or season. Despite the fact that none of you likely want to turn on your oven this week to roast a squash, we are starting our winter squash seeds in the greenhouse. We also hope to get the watermelon transplanted into the ground this week. The warm weather makes for good weeding as you can pull the weed up and leave it in the sun to bake without chance of it taking root again. As you can imagine we have been irrigating a little more than usually over the last week. On average we run our pump to water our fields with drip irrigation once every 3 to 4 days.

I have included a picture of the oat and red clover cover crop we mowed down this week. You can think of the term "cover crop" as the opposite of "cash crop" though I am pretty proud of our cover crops as it is one of the things we do that makes our farm truly sustainable and regenerative. We mowed the 3.5 foot crop high to kill the oats and leave the plant and its deep roots to decay and add organic matter (think compost) into the soil while leaving the red clover to keep growing and add nitrogen to our fields.

Thanks for helping us manage the farm in such a healthy way.

Your farmer, Nathan

## THIS WEEK'S TIP

Like mustard greens, escarole is an underused green in much American cuisine. Similar to endive, this beautiful leafy green is slightly bitter in flavor and can be used in salads or soups, sauteed, grilled, or braised. The juicy and crunchy white inner leaves are the best to use for raw preparation, and the dark outer leaves are excellent when cooked.

### Week 4 (B)

arugula

d'avignon and rover radishes

escarole

hakurei turnips

head lettuce

spinach

sugar snap peas

thyme

# 2017

# CSA



## WILTED ESCAROLE W/ FETA, WALNUTS, AND HONEY

*I look forward to escarole every year just so I can enjoy this perfect recipe! It is really a favorite. Feel free to swap out the feta and walnuts for your favorite cheese and nut combination.*

### Ingredients

1/2 head Tine & Toil escarole  
sea salt and freshly ground pepper to taste  
2 teaspoons olive oil  
2 ounces feta cheese (or more to taste)  
1/3 cup walnuts, roughly chopped  
honey to taste

### Directions

1. Cut half head of escarole in two and wash carefully. Shake to get rid of excess water. Coat with olive oil and sprinkle with salt and pepper.
2. Place on medium-high heat grill and cook for about 1-2 minutes on all sides until leaves are wilted. Alternatively, you can also sear the escarole in a saute pan, but I much prefer to use the grill.
3. Transfer escarole to a plate and top with honey, feta, and walnuts. Serve immediately.

Adapted from food52.com.

## SPRING PASTA SALAD W/ ESCAROLE, PEAS, AND RADISHES

*This salad makes an ideal light lunch or side for your late-spring dinner. Serve with crusty bread and a glass of your favorite crisp, white wine!*

### Ingredients

1/4 cup olive oil  
zest from 2 lemons  
juice from 1-2 lemons (to taste)  
1 cup roughly chopped fresh herbs: chives, parsley, thyme, dill, mint  
sea salt and freshly ground black pepper to taste  
1 pound whole wheat penne pasta  
1/2 pint Tine & Toil sugar snap peas  
1/2 head Tine & Toil escarole, washed carefully and torn into bite-sized pieces  
1 bunch Tine & Toil radishes, trimmed and thinly sliced

### Directions

1. Whisk together oil, lemon juice, lemon zest, and herbs in a small bowl for the dressing. Season with salt and pepper and set aside.
2. Cook pasta in salted water according to package directions. Add peas with less than 1 minute remaining. Stir once and drain pasta and peas together in the colander. Transfer the hot pasta and peas to a large bowl and immediately add escarole, radishes, and dressing. Add more salt, pepper, and lemon juice to taste. Serve warm.

Adapted from wholefoodsmarket.com.

## LEMON ARUGULA PIZZA

*If you are bored with arugula salads, use the green to top your next pizza. You will be surprised how well peppery arugula balances with zesty lemon, warm mozzarella cheese, and your favorite dough recipe.*

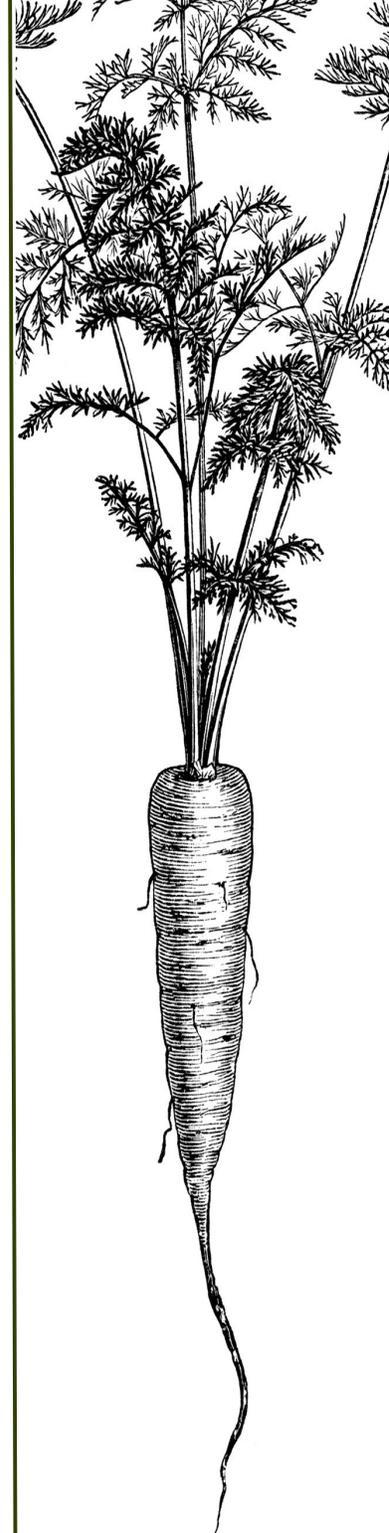
### Ingredients

your favorite pizza dough recipe for 1 pie  
1 tablespoon olive oil  
6 ounces fresh mozzarella, sliced  
1/2 cup parmesan cheese, shredded  
2 cups arugula, roughly chopped  
2 tablespoons fresh lemon juice (more to taste)  
sea salt and freshly ground pepper to taste  
Additional parmesan cheese to serve (optional)

### Directions

1. Preheat oven to 450 F. Roll dough out on a lightly floured surface and place on preheated pizza stone.
2. Brush dough with oil. Top with mozzarella slices and parmesan. Place pizza in the oven and bake for 12-15 minutes or until pizza crust is golden and cheese is melted. (You can also try this on the grill!)
3. Remove pizza from the oven and place arugula on top. Squeeze fresh lemon juice over the arugula and season with salt and pepper to taste. Garnish with additional parmesan and serve.

Adapted by bonappetit.com.



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(@tineandtoilfarm).