

tine & toil farm

www.tineandtoilfarm.com

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We are pretty proud of the lettuce we are harvesting right now. This week's perky green Romaine head lettuce, oddly enough named "Winter Density," has been a great spring crop for us. We have been taking some of this head lettuce to the Pottstown farmers market, and one customer stopped and asked me, "How did you grow this lettuce?" I, being the kind of person who likes to talk but works in the quiet of plants most days, gave her the long answer:

Well the first week in April we seeded two trays of Winter Density lettuce. It was still so cold then that we had the heater going in the greenhouse to keep the seeds warm enough to germinate quickly. We watered the trays once or twice a day and tucked them under a blanket of row cover at night to stay warmer still.

About a month later in the second week of May, we prepared a bed for them in the field, spread some compost, and transplanted about the seedlings. Luckily my mother and father were visiting at the time, and they helped plant those perfectly straight 40-foot rows. We hand watered them for their first drink in the ground that same day. After that we laid out the drip irrigation, and they were off to compete with the weeds. Luckily the spring lettuce grows well and this bed was particularly clean, so I think we only had to weed them once.

After another month out in the field, we harvested the perfect heads of lettuce in the cool of the morning, washed them off, and here they are for all of you. I like to think about the journey continuing as you sit around a table eating and sharing with others as the food we grew fuels your work and play.

I like my job!

- Nathan



Week 5 (A)

arugula
broccoli
cilantro *or* dill
escarole
romaine lettuce
scallions
sugar snap peas
swiss chard

2016

CSA



MEDITERRANEAN BROCCOLI, ARUGULA, & QUINOA SALAD

This salad is rich in flavor, texture, and springtime color! It makes a delicious vegetarian side or entree or consider topping with fish or chicken.

Ingredients

1 cup quinoa	10 olives
2 cups vegetable broth	1/2 cup feta cheese
1 head Tine & Toil broccoli, chopped	1/2 cup walnuts, chopped
4 Tine & Toil scallions	3 tablespoons olive oil
2 cloves garlic, minced	juice and zest from 1 lemon
2-3 cups Tine & Toil arugula	Salt and pepper to taste

Directions

1. Preheat oven to 400 F. Toss chopped broccoli with 1 tablespoon olive oil and sprinkle with salt and pepper to taste. Roast in oven for 15 minutes.
2. Chop scallions. Reserve white ends to add to broccoli. Reserve green ends for main salad.
3. After 15 minutes, remove broccoli from the oven. Add chopped white scallions and minced garlic and stir on baking sheet. Return to the oven for 5 minutes. Remove and let cool slightly.
4. Rinse quinoa. Add to 2 cups vegetable broth and bring to a simmer over medium heat on the stove. Cook about 15 minutes or until water absorbs. The quinoa should be tender but chewy.
5. In a large bowl combine roughly chopped arugula and olives, feta, broccoli, quinoa, remaining green scallions, and walnuts. In a smaller bowl, mix together lemon juice, zest, 2 tablespoons of olive oil, salt and pepper to taste. Pour over salad, toss together, and serve.

Adapted from www.greenvalleykitchen.com.

ROASTED SCALLION & SUGAR SNAP PEA SPRING ROLLS

Spring rolls might seem like an intimidating culinary project, but with a little patience and practice, they can be a regular (and delicious) part of your cooking. They certainly are in our family! Once you get the hang of them, always make a few extra; they are the perfect snack or quick lunch!

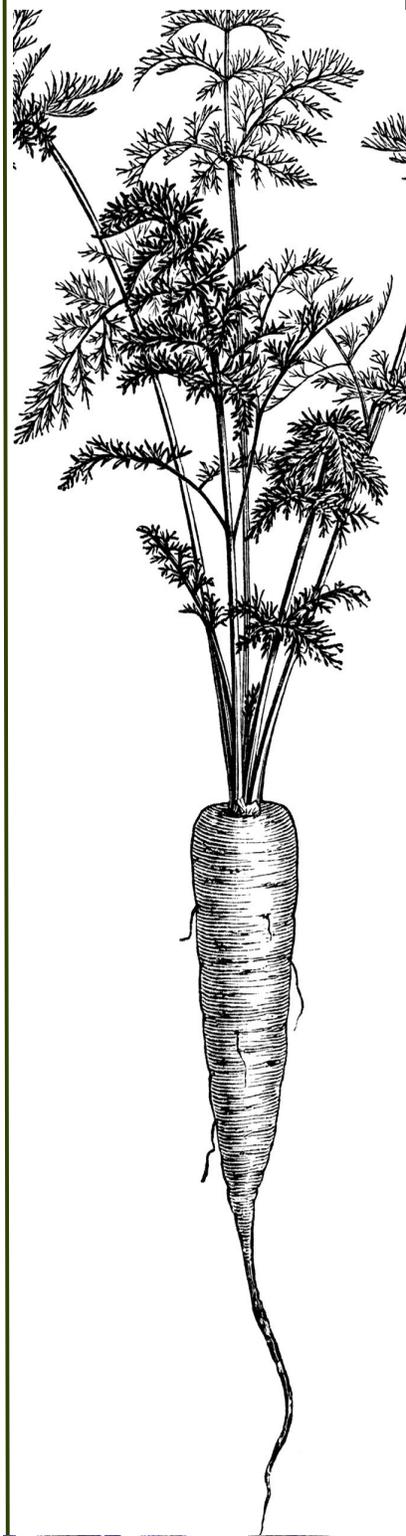
Ingredients

1 pint Tine & Toil sugar snap peas	<i>For dipping sauce:</i>
1 bunch Tine & Toil scallions	1/2 cup soy sauce
1 tablespoon olive oil	1/4 cup rice vinegar
4 ounces rice noodles (preferably brown)	1 teaspoon sesame oil
1/4 cup toasted sesame seeds	1 tablespoon honey or agave
1/4 cup minced Tine & Toil cilantro	1 teaspoon fresh ginger, grated, (optional)
8 spring roll wrappers	1 teaspoon siracha

Directions

1. Preheat oven to 425 F. Wash and trim peas. Remove roots and top 1 inch of scallions then slice in half lengthwise and in half across. Toss scallions and peas with olive oil and roast until tender and bright green, about 20 minutes.
2. Cook rice noodles according to package. Drain, rinse, and set aside.
3. Prepare a rolling station with roasted peas and scallions, cilantro, sesame seeds, rice papers, a dish of hot water large enough for wrappers (I often use a pie pan so the wrappers stay flat and avoid sticking to themselves!), and a cutting board (plastic works better than wood).
4. Roll! Soak one rice wrapper in hot water 10-15 seconds (you want it to be just pliable). Place wrapper on cutting board and layer noodles, peas, scallions, cilantro, and sesame seeds (experiment with amounts as you go to create full – but not too full – rolls). Roll, fold, and tuck to form the finished spring roll (Google image “how to make a spring roll” if you want to see a visual!) Be patient with yourself, learn as you go, have fun, and remember, the ugly rolls taste just as good as the pretty ones.
5. Whisk ingredients for sauce and transfer to small dipping bowl. Serve rolls cut in half.

Adapted from www.thekitchn.com.



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