

LOCAL | SUSTAINABLE | ORGANICALLY GROWN

tine & toil farm

www.tineandtoilfarm.com

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This Wednesday is the summer solstice, and it really feels like the seasons are transitioning on the farm. Just this week the whole family, even Del, was in the field trellising tomatoes. There are fruits already on the tomatoes in the field and the high tunnel though we still might be almost two weeks away from our first juicy tomato. The summer squash are just starting to produce, but not yet enough for everyone.

There are plenty of beautiful crunchy and sweet peas for everyone, however. I love everything about growing peas; the plants are beautiful and flowers are stunning. The peas we are harvesting this week were planted way back in early April. Since peas like to grow in the cool soil of spring and do not tolerate frost at all, I like to think of them as the poster child for eating locally and seasonally. Peas are in the legume family of plants which means they have the ability to pull nitrogen out of the air and deposit it into the soil! So the soils where the peas were planted this spring will help feed the crops we plant there later in the fall. All of these reasons and more to give whirled peas a chance!

Your farmer,
Nathan

THIS WEEK'S TIP

We love to use our crops creatively in the kitchen here on the farm. Hakurei turnips are a great snack on their own, but you can also pickle them, using the recipe on the back, and in a few weeks have a whole new turnip experience. Spinach is a favorite for many, but instead of just the same old salad, try a spinach yogurt dip with a lot of dill!

Week 5 (A)

broccoli

d'avignon and rover radishes

dill

hakurei turnips

kale

lettuce mix

spinach

sugar snap peas

2017

CSA



KALE DIP W/ SUGAR SNAP PEAS

This is a perfect snack, lunch, or appetizer!

Ingredients

1 tablespoon extra-virgin olive oil
1 garlic clove, thinly sliced
3 cups Tine & Toil kale leaves, thinly sliced
coarse salt
1 cup cottage cheese
pinch red-pepper flakes
1 tablespoon lemon juice
2 cups Tine & Toil sugar snap peas, trimmed

Directions

1. Heat oil in a pan over medium heat. Add garlic and kale. Season with salt and cook, covered, stirring occasionally, until tender, about 3-4 minutes. Let cool.
2. Transfer kale to a food processor. Add cottage cheese and puree until smooth. Season with pepper flakes and lemon juice.
3. Cook peas in a pot of well-salted boiling water until bright green and tender, just 1-2 minutes. Transfer immediately to an ice-water bath, drain, and serve with dip.

Adapted from marthastewart.com.

ROASTED BROCCOLI PASTA SALAD

Hearty and delicious.

Ingredients

1 head Tine & Toil broccoli
3 garlic cloves, halved lengthwise, skin on
2 tablespoons olive oil
coarse salt and freshly ground pepper to taste
8 ounces penne pasta
1-2 tablespoons fresh lemon juice
1 cup roasted red peppers cut into thin strips
1/4 cup pitted Kalamata olives, halved
1/2 cup walnuts, broken
2-3 tablespoons fresh Tine & Toil dill, chopped (optional)

Directions

1. Preheat oven to 450. Cut stems from broccoli, peel outer layer, and cut diagonally into 1/2 inch slices. Separate florets into bite-sized pieces. Toss broccoli, garlic, 1 tablespoon oil, salt, and pepper on a baking sheet. Roast 15-20 minutes until browning and tender. Rotate pan halfway through. Set aside.
2. Cook pasta according to package in well-salted water. Drain – reserving 1/4-1/2 cup pasta water – rinse pasta in cold water, and return to pot.
3. Remove skin from roasted garlic and mash in a small bowl. Whisk in lemon juice, oil, and dill (if using). Season with salt and pepper. Pour over pasta and mix together with broccoli, peppers, olives, and walnuts. Add some of the reserved pasta water if desired. Serve room temperature or cold.

Adapted from marthastewart.com.

PICKLED TURNIPS W/ DILL & GARLIC

These quick pickles are a tasty topping on a salad or sandwich, or you can snack on them right out of the jar.

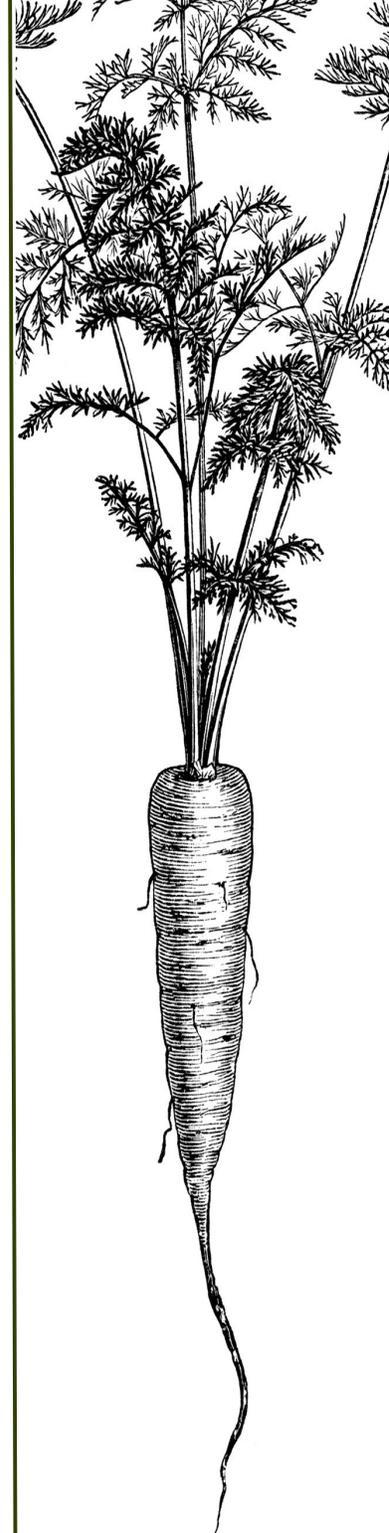
Ingredients

6-8 Tine & Toil hakurei turnips, trimmed (and peeled if desired) and quartered
1 large onion, thinly sliced
1 bunch dill, smashed slightly by hand
6 cloves garlic, smashed
3 Serrano chilis, roughly chopped
ground black pepper, to taste (about 1/2 teaspoon suggested)
fennel seed, to taste (about 2 teaspoons)

Directions

1. Place all ingredients in a large glass quart jar. You might need to divide among several jars.
2. Make brine by whisking 1 tablespoon of kosher salt into every 1 cup water. Pour brine over turnips, making sure to cover them. Cover and let sit at room temperature (ideally 60-70F) for 1-3 weeks.

Adapted by goop.com.



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pictures, and creations
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