



LOCAL | SUSTAINABLE | ORGANICALLY GROWN

tine & toil farm

www.tineandtoilfarm.com

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

This week we planted our winter squash. We are growing four kinds of squash: Butternut, Kabocha, Spaghetti, and (one of my favorites) the Long Island Cheese Pumpkin. It kind of looks like a huge "wheel" of cheese.

There is a laundry list of variables that go into producing a successful squash crop. On the pest control front we have a new weapon, though honestly in organic farming the word "weapon" is probably an overstatement. I was explaining to my four-year-old son why the winter squash I had just planted looks all white, and I told him it was kind of like we put sunscreen on the plants except it wasn't sunscreen but a very fine clay powder you can spray on the plants to create a physical barrier between plant and pest. Basically the pest, in this case the cucumber beetle or squash bug, cannot reach the plant beneath this fine clay. They don't want to attack the plant tissue through this layer of clay. Of course there are drawback to anything. In this case the clay tends to wash off in the rain. But for now we are using this organic pest control not only on our winter squash but also our cucumbers and eggplant. This is all part of our effort to grow you, our shareholders, good food in a way that is good for the environment.

Your farmer, Nathan

THIS WEEK'S TIP

This week's share features kohlrabi. It is a strange (and perhaps intimidating) looking vegetable. Del calls it the alien plant! But it is incredibly accessible and familiar in flavor. The bulb has the texture of a radish with a sweet flavor, and the greens taste like mild collard greens. You can eat it raw as a snack or in a salad (see recipe on the back) or cook it into fries, chips, or a saute.

Week 6 (B)

broccoli

cilantro

hakurei turnips

kale

kohlrabi

romaine lettuce

scallions

sugar snap peas

2017

CSA



KOHLRABI SALAD W/ CILANTRO, SCALLIONS, & LIME

Fresh and zesty, this easy salad showcases one of this week's fun new share items: kohlrabi!

Ingredients

6 cups Tine & Toil kohlrabi (about 3-4 bulbs), skinned cut into matchsticks
* You can also use Tine & Toil hakurei turnips or sugar snap peas for more diversity!
1/2 cup Tine & Toil cilantro, chopped
half of a jalapeno, minced
1/4 cup Tine & Toil scallion, chopped
orange zest from one orange
lime zest from one lime
For dressing:
1/4 cup olive oil
fresh juice from one orange
fresh juice from one lime
1/4 cup honey
1 tablespoon rice wine vinegar
salt to taste

Directions

1. In large bowl, mix together kohlrabi (and turnips or peas if using), cilantro, jalapeno, scallion, orange zest, and lime zest.
2. In small bowl, whisk together olive oil, orange juice, lime juice, honey, rice wine vinegar, and salt. Toss with salad.

Adapted from feastingathome.com.

POTATO, SCALLION, & KALE CAKES

Add kale to a traditional potato cake, and enjoy the extra depth of flavor.

Ingredients

4-5 Tine & Toil scallions
1 handful Tine & Toil kale, deribbed, rolled in a stack, and cut into thin ribbons
2 Tine & Toil eggs, lightly beaten
1/4 teaspoon nutmeg (optional)
1/2 teaspoon salt
freshly ground pepper to taste
1/3 cup fresh bread crumbs or panko
1 1/2 cups cold mashed potatoes (a great way to use leftovers)
1 tablespoon olive oil
2 tablespoons vegetable oil

Directions

1. Clean and trim scallions. Cook in boiling water until tender, about 5 minutes. Drain, wring out, and chop finely. In a medium bowl combine scallions with kale, eggs, nutmeg, salt, pepper, bread crumbs, and potatoes. Batter will be wet.
2. Heat olive and vegetable oils in a skillet over medium-high heat until very hot but not smoking. Use about 2 tablespoons of batter per cake, flattening as they hit the pan. Cook until golden brown on both sides. Drain on paper towels. Be gentle because they will be fragile while still piping hot. Store in a low temperature oven until all of the cakes are done and ready to serve. Serve topped with a crispy egg, sour cream, or plain yogurt or alongside a salad.

Adapted from smittenkitchen.com.

SHRIMP, BROCCOLI, & SUGAR SNAP PEAS W/ GARLIC SAUCE

A delicious gluten-free option!

Ingredients

2 pounds shrimp, peeled and deveined
1 1/2 tablespoons avocado or coconut oil
7 cloves garlic minced
2 heads Tine & Toil broccoli florets
1 pint Tine & Toil sugar snap peas, trimmed
1 teaspoon fish sauce
2 teaspoons sesame oil
1/2 teaspoon red pepper flakes
1/2 cup white wine
1/2 cup vegetable or chicken broth
juice of 1 lime
pepper to taste

Directions

1. Heat oil in skillet over medium heat and add garlic, sauteing until fragrant. Add broccoli and sugar snap peas and cook for just 1 minute. Then add shrimp.
2. Increase heat to high and shake pan occasionally. As shrimp just begins to cook, add fish sauce, sesame oil, and red pepper, tossing to coat everything. Cook another two minutes and add white wine and broth and reduce heat to medium.
3. Cook 3-5 minutes until shrimp is opaque and veggies are tender. Add lime juice and pepper. Toss and serve.

Adapted by slimpalate.com.



Share your recipes,
pictures, and creations
with this week's items on

Facebook or
Instagram

(@tineandtoilfarm).