



LOCAL | SUSTAINABLE | ORGANICALLY GROWN

# 2015 CSA



## week 7 share items

arugula	heirloom tomatoes
basil, dill, <i>or</i> cilantro	skyphos head lettuce
cucumbers	swiss chard
escarole	yellow striped summer squash
farao cabbage	<i>or</i> noche zucchini

u-pick: cherry tomatoes and flowers

tine & toil farm  
www.tineandtoilfarm.com

## FROM THE FARMER

Tomato season is officially here, and it is exciting! I am growing a number of different varieties this season, including five heirlooms - Abel's bull heart, persimmon, Cherokee purple, black krim, pink Berkeley - and two hybrids - marbonne and big beef plus.

The fields are filled with these colorful fruits. The prettiest are pink Berkeley, a tie dye of pink with bright green streaks, and persimmon, a soft orange, though I often say the ugliest tomatoes are the most delicious! Forget the perfectly round, plain red tomatoes from the grocery store and enjoy these colorful and often crazy fruits of all different shapes and sizes. Cherokee purple is my personal favorite. It is sweet and firm and perfect right off the vine.

Too much rain can really hurt tomato crops, and these recent evening storms have been pretty intense. I am growing most of my tomatoes in the high tunnel, which helps protect these delicious fruits. They are just perfect!

## NEWS

- Members only: **EGGS** \$4/dozen.
- Like us on Facebook and follow us on Twitter (@tineandtoil) for pictures, updates, and more.

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## WILTED ESCAROLE W/ FETA AND HONEY

*Escarole can be intimidating. It's true. This simple yet fearless dish highlights the bitterness of this unique green with sweet and salty bursts of flavor. So easy to make, yet so much tastiness to enjoy!*

### Ingredients

1 head escarole  
1 tablespoon olive oil  
4 ounces crumbled feta cheese  
1/3 cup almonds or walnuts  
honey to taste  
sea salt and freshly ground pepper to taste

### Directions

1. Cut the escarole head into quarters, lengthwise, leaving the stem intact. Wash each quarter thoroughly between all the leaves. Shake gently to remove water. Sprinkle with salt and pepper.
2. Heat olive oil in saute pan over medium-high. Sear escarole quarters for 45 seconds on all sides until all the leaves are just wilted.
3. Transfer to a baking dish or serving platter with sides. Drizzle with honey and add nuts if using. Toss gently to coat. Top with cheese and serve immediately.

### Serving Suggestions

- Serve with roasted chicken or a simple side of pasta.

Adapted from *Food 52*:

<http://food52.com/recipes/18952-wilted-escarole-with-feta-walnuts-and-honey>

## EASY HOMEMADE SAUERKRAUT

*One delight of being a CSA member is preserving your share items by freezing, canning, and fermenting. Sauerkraut is often a first-time fermentation project because the homemade version is so, so, so much better than anything you can buy, and it's a relatively easy and quick project.*

### Ingredients

1 medium head green cabbage  
1 1/2 tablespoons kosher salt  
1 tablespoon caraway seeds (optional)

### Directions

1. Remove the outer layer of cabbage leaves. Cut the head into quarters, and remove the core. Half each quarter and then slice each of the 8 wedges crosswise into very thin ribbons.
2. Combine ribboned cabbage and salt in a large mixing bowl. Using clean hands, massage and squeeze the cabbage until gradually the cabbage becomes watery and limp. This will happen over the course of up to 10 minutes. If you are using caraway seeds, add them now.
3. Pack the cabbage into a meticulously cleaned mason jar or jars using a canning funnel if you have one. Pack the

cabbage in with your hand and pour in any liquid left in the bowl. Use a smaller jelly jar or bag of water filled with small stones to keep the cabbage down, submerged in the brine liquid. It is important that the cabbage is submerged to ensure fermentation and avoid molding or spoilage. Cover the mouth of the jar with a cloth and secure with a rubber band to ensure air flow but keep out dust.

4. Ferment in a cool dark place, ideally 65-75 F. For the first 24 hours, occasionally press down the cabbage. Add extra salt brine – 1 teaspoon salt to 1 cup water – if necessary to keep cabbage submerged. Taste after 3 days. Continue to ferment up to 10 days until you achieve your preferred taste.
5. Store in your refrigerator up to 2 months.

### Serving Suggestions

- Top off your meat dishes, sandwiches, or salads with your very own tangy sauerkraut.
- Bring as a delicious gift to your next dinner invitation!

Adapted from *the kitchn*:

<http://www.thekitchn.com/how-to-make-easy-homemade-sauerkraut-in-a-mason-jar-cooking-lessons-from-the-kitchn-193124>

## ARUGULA PESTO

*This tangy take on traditional pesto makes a perfect topping to many meals. Taste often as you whip up your first batch and make your own revisions of the ingredients list – we often skip the nuts and go light on the oil.*

### Ingredients

3 cups or handfuls arugula  
3 garlic cloves, roughly chopped  
1/3 cup shredded parmesan cheese  
1/4 cup walnuts  
1/4 cup olive oil  
sea salt to taste

### Directions

1. Add all ingredients to the food processor and pulse until smooth or desired texture achieved.

### Serving Suggestions

- Perfect for pasta, pasta salad, pizza, grilled cheeses, wraps.
- Pesto freezes really well for a little summer goodness during those long winter months. Invest in a plastic ice cube tray from the thrift store or your next trip to the store. Scoop pesto into the tray for individual serving sizes. When frozen store in a ziplock bag and remove a cube or two as needed.

Adapted from *culicurious*:

<http://www.culicurious.com/arugula-pesto-recipe/>

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