

LOCAL | SUSTAINABLE | ORGANICALLY GROWN

tine & toil farm

www.tineandtoilfarm.com

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The challenges of managing a farm are many. There are many variables that are often unpredictable, notably weather and pests. As a CSA farm we have to plan our season to ensure a rolling harvest across our entire 25-week season. We do that with succession plantings. For example, lettuce is planted every other week in the greenhouse. The seedlings spend about 3 weeks in the greenhouse before they are transplanted out into the field to grow to maturity where we plan to harvest each planting over the course of two weeks. Multiply this process by the more than 40 different crops we grow and you can see that we have a lot of moving parts.

This week we are planting your fall crops like cauliflower, brussel sprouts, and - a new one for us this season - rutabaga. Brussel Sprouts are one of the longest growing crops that we cultivate here on the farm, taking up to 120 days to mature. The goal is to time their planting early enough that they can grow to almost full size before the colder and shorter days of the season, but late enough to get a little frost on them in the fall, which improves their flavor. But who's thinking about frost this time of year!??

Enjoy the fruits of our labor, it is a labor of love. Thanks for your support!

Your farmer, Nathan

THIS WEEK'S TIP

Treat your basil like a bouquet of flowers. Store it in a small vase of water on your counter. If you store basil in the refrigerator, the cold will slowly burn the leaves, making them less beautiful and palatable.

Week 7 (A)

- arugula
- basil
- beets
- cabbage
- kohlrabi
- romaine lettuce
- scallions
- summer squash
- swiss chard

2017

CSA



* u-pick flowers at the farm

GRILLED SUMMER SQUASH W/ BLUE CHEESE & PECANS

This easy dish screams summer!

Ingredients

1/2 cup pecan halves
1 tablespoon butter, melted
salt and freshly ground pepper to taste
2 pounds Tine & Toil summer squash and zucchini
1/4 cup olive oil
1 teaspoon lemon zest
3 tablespoons fresh lemon juice
1 tablespoon honey
2 ounces blue cheese, crumbled
grilled bread, for serving

Directions

1. Preheat oven to 375°. Toss pecans on a baking sheet with the butter and 1/2 teaspoon of salt. Roast until fragrant and browned, about 10 minutes. Let cool completely, then coarsely chop.
2. Quarter the zucchini and summer squash lengthwise and cut off the soft, seedy centers. In a large bowl, toss with 2 tablespoons of the olive oil, and season with salt and pepper.
3. Grill squash over moderately high heat, turning once, until lightly charred and tender, about 10 minutes. Cut the zucchini and summer squash into 2-inch lengths; transfer to a large bowl.
4. In a small bowl, whisk the lemon zest and juice with the honey and remaining 2 tablespoons of olive oil; season with salt and pepper. Add the lemon vinaigrette to the grilled squash and toss. Transfer to a serving bowl and top with the crumbled blue cheese and toasted pecans. Serve with grilled bread.

Adapted from foodandwine.com.

WINE-GLAZED BEETS W/ SWISS CHARD & GOAT CHEESE

This rich and colorful dish has big flavor impact.

Ingredients

1 bunch Tine & Toil beets with greens
1 bunch Tine & Toil swiss chard
3 tablespoons butter
1 shallot
salt and freshly ground pepper to taste
2-3 tablespoons dry white wine
2 tablespoons water
1/2 pound goat cheese, room temperature
crusty baguette

Directions

1. Scrub and peel the beets. Remove the greens and chop coarsely. Set the greens aside in a large bowl. Slice beets into 1/4 inch rounds. Coarsely chop swiss chard and toss into bowl with the beet greens,
2. In a large saute pan, melt butter. Saute shallots. Add beet rounds with pepper and a pinch of salt. Reduce heat and saute beets, turning over to ensure even cooking. When beets begin to glaze and become tender, about 15 minutes, add greens and chard. Saute for about 5 minutes, then add wine and cover. Cook until greens are wilted, adding water if necessary. Allow liquid to be mostly absorbed into greens. Adjust seasonings -wine, salt, pepper, to taste.
3. Garnish and serve with a sizable wedge of goat cheese and some crusty bread.

Adapted from food52.com.

BLACKENED FISH TACOS W/ CABBAGE SLAW & AVOCADO SAUCE

We love our fish tacos in the summertime, and this is an easy dish to bring together on a too-hot-too-cook day!

Ingredients

For fish:
1 1/2 pounds tilapia fillets
1 1/2 teaspoons smoked paprika
1 teaspoon garlic powder
1 teaspoon oregano
1 teaspoon onion powder
1/2 teaspoon cumin
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
2 tablespoons canola oil
12 corn tortillas

For slaw:
1/2-1 head Tine & Toil cabbage, thinly sliced
1/2 onion, diced
1/2 cup cilantro, chopped
juice from 1 lime

For sauce:
1/2 cup sour cream
1 ripe avocado, pitted and skinned
1/4 cup cilantro, chopped
juice of 1 lime
1 jalapeno, seeded and chopped
Salt to taste

Directions

1. In a small bowl, combine smoked paprika, garlic powder, dried oregano, onion powder, cumin, salt, brown sugar, and cayenne pepper. Sprinkle mixture over both sides of your tilapia fillets, and then rub the seasonings in.
2. Combine all of the Avocado-Cilantro Sauce ingredients in a food processor or blender. Pulse until well-combined.
3. Combine all of the Slaw ingredients in a large bowl and mix well.
4. Heat oil in a heavy-bottomed pan over medium-high heat. Once heated, add in the tilapia (a few at a time if you can't fit them all at once). Cook for 4-5 minutes on each side, or until the outside is blackened and the fish flakes apart easily.
5. Remove the fish from the heat, and if desired, warm the corn tortillas in the same skillet over medium heat, cooking for about 30 seconds on each side. Break up the tilapia into 2-3 pieces. Stack the tortillas in twos. Distribute the fish evenly between the 6 sets of tortillas, and top with Slaw and Avocado-Cilantro Sauce. Serve.

Adapted by hostthetoast.com.



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