

# tine & toil farm

www.tineandtoilfarm.com

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The warm weather and the cicadas outside are a reminder that summer has really settled in.

Late July marks a turn on the farm to some of our final fall plantings. At the same time that we are just starting to harvest our first cucumbers and tomatoes, we will be planting our last carrots and beets for the season. Late July plantings leave enough time in the calendar for plenty of warmth and daylight to bring these longer crops to maturity. Over this week we will put those longer growing crops, like carrots and beets, in the ground, which can take about 70 days to mature, but we still have plenty of time for our faster growing fall crops, including spinach, radishes, and lettuce mix.

Enjoy the first cucumbers of the season this week (and the very first taste of tomatoes!) Each year you really only get one, maybe two, chances to experiment or try something new with a crop, and if you don't like it or it doesn't work, well better luck next year. But this year we have been trellising our cucumbers on this large woven netting and it is working great, certainly this method will be our norm in the future. Trellising certainly takes time to put up and take down, but the return is healthier plants due to the improved airflow as well as cleaner and straighter fruit. Also, your farmer, who spends most of his day crouched over, enjoys picking these waist-level cucumbers!

Your farmer, Nathan

## THIS WEEK'S TIP

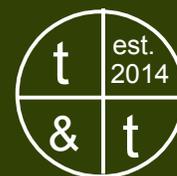
Our farm fresh eggs are delicious and distinctly fresher than those in the grocery store, which have usually sat in their cartons for a month before you purchase them. Fresh eggs can, however, be difficult to peel when hardboiled. An easy solution is to put the eggs in your water before you boil it!

### Week 9 (A)

- arugula
- basil
- beets
- cabbage
- cucumbers
- fennel
- head lettuce
- kohlrabi
- scallion
- summer squash
- tomatoes

# 2017

# CSA



\* u-pick flowers at the farm

## CUCUMBER & FENNEL SALAD W/ HERBED YOGURT

*This cool salad is a bright and refreshing addition to any summertime meal.*

### Ingredients

1 cup plain whole-milk yogurt  
3 tablespoons white wine vinegar  
1/2 cup Tine & Toil basil, cut into ribbons  
sea salt and freshly ground pepper to taste  
2 large Tine & Toil cucumbers, halved lengthwise, seeded and thinly sliced on a diagonal  
2 fennel bulbs, halved lengthwise, cored and very thinly sliced  
1 cup thinly sliced scallions

### Directions

1. In a large bowl, whisk the yogurt with the white wine vinegar and basil. Season the dressing with salt and pepper. Fold in the sliced cucumbers, fennel, and scallions. Season the salad with salt and pepper and serve.

Adapted from foodandwine.com.

## GRILLED SUMMER SQUASH W/ YOGURT CUMIN SAUCE

*The cumin is an unexpected partner in this easy appetizer or side.*

### Ingredients

1/2 cup plain yogurt  
1-2 tablespoons freshly squeezed lemon juice  
3/4 teaspoon ground cumin, lightly toasted in a dry pan  
1 garlic clove finely minced  
2 zucchini and/or summer squash, sliced thinly lengthwise  
3 tablespoons olive oil, divided,  
sea salt and freshly ground pepper to taste  
1/4 cup basil, cut into ribbons

### Directions

1. Mix together the first 4 ingredients along with a pinch of salt and 1 tablespoon of the olive oil. Set aside while making the vegetables.  
2. Heat grill. Toss squash with 2 tablespoons oil and season with salt and pepper. Arrange on foil on grill in a single layer. Grill until just and slightly charred, 8 to 10 minutes, turning once.  
3. Place vegetables on a platter. Sprinkle with chopped basil. Serve with sauce.

Adapted from gourmandinthekitchen.com.

## ARUGULA & AVOCADO SALAD W/ PEANUT DRESSING

*We have been devouring this simple salad packed with Southeast Asian flavors!.*

### Ingredients

2 tablespoons unsweetened coconut milk  
2 tablespoons fresh lime juice  
1 tablespoon fish sauce or soy sauce  
1 tablespoon peanut butter  
1 tablespoon water  
1 teaspoon minced jalapeño  
1 teaspoon golden brown sugar  
1-2 chopped Tine & Toil scallions  
2-3 cups packed Tine & Toil arugula  
2 medium avocados, halved, pitted, peeled, cut into thin slices  
2 tablespoons toasted chopped peanuts

### Directions

1. Whisk first 7 ingredients in medium bowl to blend. Stir in scallions. Divide arugula among plates. Top with avocado slices. Drizzle with peanut dressing. Sprinkle with chopped peanuts and serve.

Adapted by epicurious.com.



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