

Thyme Saver CSA: Recipes & News for August 25, 2015

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This Week's Box, How to Store It, How Long Will It Last?

- Corn (Crisper drawer, 3-5 days)
- Lettuce (Crisper drawer, 3-5 days)
- Plum Tomatoes (Counter, 2-3 days)
- Edamame (Fridge, 5-7 days)
- Nectarines (Counter, 2-3 days or Fridge, 1 week+)
- Eggplant (Crisper Drawer, 5-7 days)
- Green Beans (L Only) (Crisper Drawer, 5-7 days)
- Scallions (Crisper drawer, 3-5 days)
- Pineapple Sage (wrap in damp paper towel, put in open Ziploc bag in the fridge, 2-3 days)

Questions? Contact our CSA Program Manager, Jenny: thymesaver@stokesfarm.com

Pineapple Sage Iced Tea

(adapted from *Food.com*)

INGREDIENTS

- 1/2 cup pineapple juice, for ice cubes
- 1/2 cup packed fresh pineapple sage leaves
- 1/4 cup local honey
- 1 lemon or 1 lime

INSTRUCTIONS

Freeze pineapple juice in ice cube trays. Bring 1 quart bottled water just to a boil and pour over the sage leaves. Stir in honey and lemon or lime juice to taste. Steep for 20 minutes. Bring to a boil and then strain into tea cups. Cool in refrigerator and pour in a tall glass filled with the pineapple ice cubes. Garnish with pineapple sage leaves and or flowers.

Farm Fresh Edamame

(adapted from *Chicken Thistle Farm*)

INGREDIENTS

- Farm Fresh Edamame
- Boiling Water
- Sea Salt flakes

INSTRUCTIONS

Bring water to a boil in steamer or sauce pan. To steam, place pods in steamer for 5 minutes. To boil, add pods to boiling water for 5 minutes. For both methods, after 5 minutes, remove from steamer or boiling water, place in

bowl and add 2 tsp sea salt (or more if desired). To eat, place one end of the pod up in your mouth and squeeze the other end. You can also bite lightly into the pod to bite the beans into your mouth.

Fresh Plum Tomato Sauce

(adapted from *Food Network*)

INGREDIENTS

- 10 to 12 fresh plum tomatoes
- 4 ounces extra-virgin olive oil, plus additional
- 3 cloves garlic, finely chopped
- Pinch crushed red pepper
- 1/2 medium onion, finely chopped
- Kosher salt
- Freshly chopped parsley leaves

INSTRUCTIONS

Peel tomatoes by scoring the skin of each tomato with a sharp knife (do not cut too deep). Then, place scored tomatoes into a pot of boiling water and boil for approximately 1 to 1 1/2 minutes. Remove tomatoes and plunge into cold water. Peel and dice tomatoes and set aside. Heat olive oil in a saucepan. When hot, add garlic and crushed red pepper. Saute until garlic turns slightly golden. Add chopped onion and saute an additional 2 1/2 minutes. Add chopped plum tomatoes and cook approximately 5 minutes. Add salt to taste. Add chopped parsley and extra virgin olive oil if desired, just before using.

Green Beans with Bacon Vinaigrette

(adapted from *Real Simple*)

INGREDIENTS

- kosher salt and black pepper
- 1 pound green beans, trimmed
- 3 slices bacon
- 1 shallots, sliced
- 1 tablespoons cider vinegar
- 1 tablespoons whole-grain mustard
- 1 tablespoons olive oil

INSTRUCTIONS

Bring a large pot of water to a boil and add 1 tablespoon salt. Add the green beans and cook until just tender, 4 to 5 minutes. Drain and run under cold water to cool; transfer to a serving bowl. Meanwhile, in a medium skillet, cook the bacon over medium heat until crisp, 6 to 8 minutes; transfer to a paper towel-lined plate. Let cool, then break into pieces. Discard all but 2 tablespoons of the bacon drippings from the skillet and return to medium heat. Add the shallots and cook, stirring, for 1 minute. Stir in the vinegar, mustard, oil, $\frac{3}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper. Add to the green beans, along with the bacon, and toss to combine.

Easy Baked Eggplant Parmesan

(adapted from *Whole Foods Market*)

INGREDIENTS

- 1 large eggplant, sliced lengthwise into .5" pieces
- 2 eggs, beaten with a fork
- 1 1/2 cups panko bread crumbs
- 2 tablespoons extra-virgin olive oil
- 1 (25-ounce) jar marinara sauce
- 1 cup shredded mozzarella cheese
- 1/2 cup shredded Parmigiano Reggiano cheese

INSTRUCTIONS

Place a large rimmed baking sheet in the oven; preheat the oven to 375°F. Meanwhile, coat eggplant slices with egg, then coat each slice on both sides with panko. Spread oil on the hot baking sheet and arrange eggplant slices on it in a single layer. Bake 15 minutes, flip and bake another 10

minutes, or until golden brown. Increase the oven temperature to 475°F. In an 8x10-inch ovenproof dish, layer half of the sauce, then eggplant, and top with cheeses. Repeat with remaining ingredients, finishing with cheese. Bake until cheese melts and is golden brown in spots, about 15 minutes.

Summer Vegetable Pasta

(adapted from *Eating Well*)

INGREDIENTS

- 8 ounces whole-wheat bow-tie pasta
- 1 1/2 tablespoons chopped fresh dill
- 1 1/2 tablespoons panko-style breadcrumbs
- 4 ounces goat cheese
- Olive oil cooking spray
- 2 tablespoons extra-virgin olive oil
- 2 cups thinly sliced scallions
- 1 1/2 pints cherry tomatoes, halved (3 cups)
- 2 cloves garlic, sliced
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 6 cups baby spinach

INSTRUCTIONS

Position rack in upper third of oven; preheat broiler. Line a small baking sheet with foil. Cook pasta according to package directions. Drain, reserving 1/2 cup of the cooking water. Meanwhile combine dill and panko in a small bowl. Divide goat cheese into 4 portions; shape each into a 1-inch-wide disk. Coat the disks in the panko, lightly patting the mixture onto the cheese to help it stick. Place on the prepared baking sheet and lightly coat the tops with cooking spray. Set aside. Heat oil in a large skillet over medium heat. Add onions and cook, stirring, until lightly browned, 5 to 6 minutes. Add tomatoes, garlic, salt and pepper; cook until the tomatoes release their juice, 1 to 2 minutes. Stir in the reserved 1/2 cup water, scraping up any browned bits. Stir in spinach and the pasta; remove from heat. Broil the goat cheese rounds, watching closely, until light brown and crispy on top, 1 to 2 minutes. Serve each portion of pasta topped with a goat cheese medallion.