

Thyme Saver CSA: Recipes & News for August 4, 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)
- Tomatoes (Counter, 5-6 days)
- Squash (Crisper Drawer, 5-6 days)
- Swiss Chard (Crisper Drawer, 2-3 days)
- Kohlrabi (L Only) (Crisper drawer, 5-7 days)
- Blueberries (Fridge, 3-4 days)
- Eggplant (Crisper Drawer, 3-5 days)
- Parsley (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

Roasted Eggplant & Feta Dip

(adapted from *Eating Well*)

INGREDIENTS

- 1 medium eggplant (about 1 pound)
- 2 tablespoons lemon juice
- 1/4 cup extra-virgin olive oil
- 1/2 cup crumbled feta cheese, preferably Greek
- 1/2 cup finely chopped red onion
- 1 small red bell pepper, finely chopped
- 1 small chile pepper, such as jalapeño, seeded and minced (optional)
- 2 tablespoons chopped fresh basil
- 1 tablespoon finely chopped flat-leaf parsley
- 1/4 teaspoon cayenne pepper, or to taste
- 1/4 teaspoon salt
- Pinch of sugar (optional)

INSTRUCTIONS

Position oven rack about 6 inches from the heat source; preheat broiler. Line a baking pan with foil. Place eggplant in the pan and poke a few holes all over it to vent steam. Broil the eggplant, turning with tongs every 5 minutes, until the skin is charred and a knife inserted into the dense flesh near the stem goes in easily, 14 to 18 minutes. Transfer to a cutting board until cool enough to handle.

Put lemon juice in a medium bowl. Cut the eggplant in half lengthwise and scrape the flesh into the bowl, tossing with the lemon juice to help prevent discoloring. Add oil

and stir with a fork until the oil is absorbed. (It should be a little chunky.) Stir in feta, onion, bell pepper, chile pepper (if using), basil, parsley, cayenne and salt. Taste and add sugar if needed.

Kohlrabi Fries

(adapted from *Lizzy in the Kitchen*)

INGREDIENTS

- 1 bunch kohlrabi
- 2 Tbsp. melted coconut oil or olive oil
- sea salt or kosher salt
- chili powder & ground cumin

INSTRUCTIONS

Preheat oven to 425 F. To prepare kohlrabi, wash and then peel. It is a hard and large root, so be careful. I would recommend holding your root against your cutting board and peeling straight onto that instead of into the sink. Then cut the kohlrabi into "fry-sized" sticks. First, cut the root in half and then with each half, cut the sticks.

Toss kohlrabi with a generous pinch of salt and the coconut oil on a baking sheet

Optional (but delicious): Sprinkle with lots of chili powder (basically until they look pretty well covered) and a smaller amount of ground cumin.

Bake for 30 minutes, flipping or shaking around once in the middle. Eat with ketchup or other dip of choice.

Parsley & Pancetta Salad

(adapted from *Saveur*)

INGREDIENTS

- 4 oz. pancetta, cut into 1/4" cubes
- 3 cups loosely packed flat-leaf parsley leaves
- 1 lemons, peeled and segmented
- 1/2 cup freshly grated Parmesan, plus more to taste
- 1/8 red onion, thinly shaved
- Kosher salt and freshly ground black pepper, to taste

INSTRUCTIONS

Heat pancetta in a 12" skillet over medium heat. Cook, stirring occasionally, until pancetta is crisp and its fat is rendered, about 12 minutes; remove from heat and keep warm.

To serve, place 1 1/2 cups parsley leaves on each of 2 serving plates and top with 2 lemon segments, 1/4 cup Parmesan, and some of the red onion. Using a slotted spoon, divide rendered pancetta among plates and then drizzle each serving with rendered fat. Top with more Parmesan, if you like, and season with salt and pepper. Serve immediately.

Lemon Garlic Swiss Chard

(adapted from *Cooking Light*)

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon minced garlic
- 1 bunch Swiss chard, chopped (about 10 ounces)
- 2 tablespoons water
- 1 1/2 teaspoons fresh lemon juice
- 1/8 teaspoon freshly ground black pepper
- 4 teaspoons shaved fresh Parmesan cheese

INSTRUCTIONS

Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add garlic; sauté 2 minutes or until garlic begins to brown. Add Swiss chard and 2 tablespoons water to pan; cook 3 minutes or until chard wilts. Stir in lemon juice and pepper. Sprinkle with cheese.

1 Pint Blueberry Jam

(adapted from *Brooklyn Farm Girl*)

INGREDIENTS

- 1 pint blueberries
- 1/4 cup honey
- 1/2 teaspoon cinnamon
- 1 tablespoon lemon juice

INSTRUCTIONS

Put all ingredients into a saucepan and stir. Bring to boil, then simmer for 30-35 minutes until jam consistency. Keep in jar refrigerated.

Zucchini Lemon Muffins

(adapted from King Arthur Flour)

INGREDIENTS

- 2 cups flour
- 1/2 cup granulated sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- grated peel of 1/2 lemon
- 1/2 cup (or more) chopped walnuts
- 1/2 cup (or more) raisins
- 2 eggs, beaten
- 1/2 cup milk
- 1/3 cup vegetable oil
- 1 cup (packed) shredded zucchini

INSTRUCTIONS

Preheat your oven to 400°F. Combine the flour, sugar, baking powder, salt and lemon peel in a large bowl. Stir in the walnuts and raisins. In a smaller bowl (or a two cup liquid measure), combine the eggs, milk and oil. Make a well in the center of the dry ingredients and add the wet ingredients. Stir just until barely combined and then gently fold in the zucchini. Spoon the batter into a greased, 12-cup muffin tin. Bake for 20 to 25 minutes or until the muffins spring back when you press them with your fingertips.