

Thyme Saver CSA: Recipes & News for July 14, 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 (L ONLY) (Crisper drawer, 3-5 days)
- Blueberries (Fridge, 3-5 days)
- Fairytale Eggplant (Fridge, 3-5 days)
- Spring Onions (Counter, 1 week+)
- Kale (Crisper Drawer, 3-5 days)
- Beets (L ONLY) (Crisper drawer, 3-5 days)
- Tomatoes (Counter, 5-6 days)
- Peaches (L ONLY) (Counter, 2-3 days/Fridge, 1 wk+)
- Basil (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

Caramelized Fairy Tale Eggplant

(adapted from *New York Magazine*)

INGREDIENTS

- 1lb fairy tale eggplant
- Olive oil to coat the pan, plus more for drizzling
- 2 tbs. balsamic vinegar, plus 1 tbs. for drizzling (more to taste)
- 1 tbs. dried oregano
- 1 tbs chopped basil
- Salt and pepper to taste

INSTRUCTIONS

Wash eggplants, and halve lengthwise. Lightly coat a hot 16-inch sauté pan with olive oil, and set heat to medium-high. Add eggplant, and caramelize until lightly browned, about 2 minutes. Season with salt and pepper. Deglaze with 2 tablespoons balsamic vinegar, then add the herbs. Serve hot, drizzled with balsamic vinegar and olive oil.

Kale Salad with Peaches & Corn

(adapted from *Eats Well With Others*)

INGREDIENTS

For the salad

- 1 large bunch of kale, stemmed and leaves thinly sliced
- 1 tbsp olive oil, plus more for drizzling
- large pinch of salt
- 3 peaches, pitted and thinly sliced
- 3 ears of corn kernels

- 4 oz honey cheddar goat cheese or other goat cheese
- 1 loaf ciabatta bread, cubed
- 4 tbsp parmesan cheese

For the dressing

- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp whole grain mustard
- 1 tsp honey
- 4 basil leaves, minced
- salt and black pepper, to taste

INSTRUCTIONS

Heat oven to 400F. In a large bowl, toss the kale with a tablespoon of olive oil and salt. Massage until kale volume reduces by half and kale turns a dark green. Toss the kale with the peaches, corn kernels, and cheese. Arrange the bread cubes on a parchment lined baking sheet. Drizzle with olive oil and sprinkle with parmesan cheese. Roast for 10 minutes. Meanwhile, whisk together the olive oil, balsamic vinegar, mustard, honey, and basil. Season to taste with salt and pepper. Toss with the salad. Serve the salad topped with the parmesan croutons.

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<http://stokesfarm.com/thymesaver>

Perfect Blueberry Muffins

(adapted from Smitten Kitchen)

makes 9-10 muffins

INGREDIENTS

- 5 tablespoons (2 1/2 ounces or 71 grams) unsalted butter, softened
- 1/2 cup (3 1/2 ounces or 100 grams) sugar
- 1 large egg
- 3/4 cup sour cream or plain yogurt
- 1/2 teaspoon grated lemon zest
- 1 1/2 cups (6 3/4 ounces or 191 grams) all-purpose flour
- 1 1/2 teaspoon (7 grams or 1/4 ounce) baking powder
- 1/4 teaspoon (1 gram) baking soda
- 1/4 teaspoon (2 grams) salt
- 3/4 cup (3 3/4 ounces or 105 grams) blueberries

INSTRUCTIONS

Preheat oven to 375°F. Line a muffin tin with 10 paper liners or spray each cup with a nonstick spray. Beat butter and sugar with an electric mixer until light and fluffy. Add egg and beat well, then yogurt and zest. Put flour, baking powder, baking soda and salt into a sifter and sift half of dry ingredients over batter. Mix until combined. Sift remaining dry ingredients into batter and mix just until the flour disappears. Gently fold in your blueberries. The dough will be quite thick (and even thicker, if you used a full-fat Greek-style yogurt), closer to a cookie dough, which is why an ice cream scoop is a great tool to fill your muffin cups. You're looking for them to be about 3/4 full, nothing more, so you might only need 9 instead of 10 cups. Bake for 25 to 30 minutes, until tops are golden and a tester inserted into the center of muffins comes out clean (you know, except for blueberry goo). Let cool on rack (ha), or you know, serve with a generous pat of butter.

Quick Pickled Beets

(adapted from Martha Stewart Living)

INGREDIENTS

- 1 bunch red beets with greens, stems trimmed to 2"

- Coarse salt
- 1/3 cup cider vinegar
- 1/4 teaspoon freshly ground pepper
- 1/3 cup olive oil

INSTRUCTIONS

Place beets in a large pot, and cover with cold water by 2 inches. Bring to a boil over high heat; add 2 teaspoons salt. Reduce heat slightly to maintain a rolling boil. Cook until tender, about 30 minutes. Drain, and let cool slightly. Trim stem ends, then peel beets using a paring knife or a vegetable peeler. Cut beets crosswise into 1/4-inch-thick slices. Arrange on a platter.

Whisk together vinegar, 1 1/4 teaspoons salt, and the pepper in a small bowl. Add oil in a slow, steady stream, whisking until emulsified. Pour vinaigrette over beets, and serve.

Grilled Corn

(adapted from Bobby Flay)

INGREDIENTS

- Corn
- Kosher Salt

INSTRUCTIONS

Heat the grill to medium.

Pull the outer husks down the ear to the base. Strip away the silk from each ear of corn by hand. Fold husks back into place, and place the ears of corn in a large bowl of cold water with 1 tablespoon of salt for 10 minutes.

Remove corn from water and shake off excess. Place the corn on the grill, close the cover and grill for 15 to 20 minutes, turning every 5 minutes, or until kernels are tender when pierced with a paring knife. Remove the husks and eat on the cob or remove the kernels. Serve with the BBQ Butter and/or Herb Butter. Spread over the corn while hot.