

# Thyme Saver CSA: Recipes & News for July 21, 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)
- Romano Beans (Fridge, 5-6 days)
- Kirby Cucumbers (Crisper Drawer, 4-6 days)
- Carrots (Crisper drawer, 1 week+)
- Melon (Large Box Only) (Fridge, 5-7 days)
- Cabbage (Large Box Only) (Fridge, 3-5 days)
- Tarragon (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](mailto:thymesaver@stokesfarm.com)**

## Romano Beans with Pancetta & Tomatoes

(adapted from *Italian Food Forever*)

### INGREDIENTS

- 1 lb Romano beans, stem end trimmed & cut in half
- 2 tb olive oil
- 3 oz (about 1/3 cup) diced pancetta
- 1/4 cup diced onion
- 2 cloves garlic, peeled & thinly sliced
- 1 1/2 cups chopped tomatoes
- 1/4 cup chopped fresh parsley
- Salt & pepper to taste
- Pinch red hot pepper flakes

### INSTRUCTIONS

Cook the beans until tender crisp in boiling, salted water, then drain, and immediately plunge the beans into a bowl of ice water to stop the cooking process. Drain, and set aside.

In a frying pan, heat up the oil over medium heat, and then cook the pancetta until golden brown, stirring often, about 6 to 7 minutes. Add the onions and cook until translucent, about 4 to 5 minutes. Add the garlic, and cook another 2 minutes. Add the tomatoes, parsley, salt, pepper, and pepper flakes and cook for 5 minutes, stirring occasionally, until the tomatoes just start to break down. Add the beans, stir well to coat the beans in the pancetta and tomato mixture, and cook just until the beans have reheated, about 3 to 4 minutes. Serve warm or at room temperature.

## Glazed Carrots with Tarragon

(adapted from *Fine Cooking*)

### INGREDIENTS

- 1 bunch carrots, cut into 1/2-in rounds (about 2-1/2 cups)
- 1-1/2 oz. (3 Tbs.) unsalted butter
- 1-1/2 tsp. granulated sugar
- Kosher salt
- 2 Tbs. finely chopped fresh tarragon

### INSTRUCTIONS

Put the carrots in an 8-inch-wide, 3- to 4-quart saucepan and arrange snugly. Add the butter, sugar, 1/2 tsp. salt, and enough water to just cover the carrots (about 2 cups). Bring to a boil over high heat. Cook over high heat, shaking the pan occasionally, until the liquid has reduced to a syrupy glaze and the carrots are tender, about 10 minutes. (If the glaze is done before the carrots, add about 1/2 cup water and continue to cook. If the carrots are done first, remove them and continue to boil the liquid until syrupy.) Lower the heat to medium low, add the tarragon, and toss to combine. Season to taste with salt and serve. (The glazed carrots can be kept warm, covered, for about 20 minutes.)

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<http://stokesfarm.com/thymesaver>

## **Cucumber Salad w Sour Cream & Dill Dressing**

(adapted from *Martha Stewart Living*)

### **INGREDIENTS**

- 1/2 cup reduced-fat sour cream
- 2 tablespoons fresh lemon juice (from 1 lemon)
- 2 tablespoons chopped fresh dill, plus more for garnish (optional)
- Coarse salt and ground pepper
- 4 to 6 Kirby cucumbers (about 1 pound), halved lengthwise and thinly sliced crosswise

### **INSTRUCTIONS**

In a medium bowl, combine sour cream, lemon juice, and dill. Season with salt and pepper, and whisk well to combine. Add cucumbers, and toss to coat. Garnish with more dill, if desired. Serve, or refrigerate, covered, up to 4 hours.

## **Ginger-Melon Soup**

(adapted from *Eating Well*)

### **INGREDIENTS**

- 1 large ripe melon, peeled, seeded & cut into cubes (4.5 cups)
- 4 tablespoons slivered crystallized ginger, divided
- 1 1/2 teaspoons freshly grated orange zest
- 1 teaspoon honey
- 1 cup low-fat plain yogurt
- 2/3 cup orange juice
- 1 tablespoon lemon juice

### **INSTRUCTIONS**

Place melon, 3 tablespoons ginger, orange zest and honey in a food processor or blender and puree. Add yogurt and blend until smooth. Transfer to a bowl and stir in the orange and lemon juices. Cover and refrigerate until chilled, at least 1 hour. Garnish each portion with some of the remaining ginger.

## **Shredded Green Cabbage Salad with Lemon and Garlic**

(adapted from *Food & Wine*)

### **INGREDIENTS**

- 1 garlic clove
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons extra-virgin olive oil
- 1 head green cabbage, cored and finely shredded
- Kosher salt

### **INSTRUCTIONS**

In a mortar, pound the garlic to a puree. Stir in the lemon juice and olive oil. In a large bowl, toss the cabbage with the dressing. Season with salt and toss again. Serve right away or lightly chilled.

## **Dijon Tarragon Salmon**

(adapted from *The Chew*)

### **INGREDIENTS**

- 3 tablespoons dijon mustard
- 3 tablespoons minced fresh tarragon leaves
- 1 1/2 tablespoons mayonnaise
- 4 6-ounce center-cut salmon fillets

### **INSTRUCTIONS**

Set the broiler rack 6 inches from the heat source. Preheat the broiler to high. Line a rimmed baking sheet with foil. In a small bowl, stir together the Dijon, Tarragon, and Mayonnaise. Place the Salmon on the baking sheet and slather the tops and sides with the mixture. Broil until opaque on top but still slightly translucent in the middle, about 8 minutes.