

Thyme Saver CSA: Recipes & News for July 7, 2015

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

- Corn (Crisper drawer, 3-5 days)
- Lemon Basil (wrap in damp paper towel, put in open Ziploc bag in the fridge, 2-3 days)
- Lettuce (Crisper drawer, 3-5 days)
- Carrots (Crisper drawer, 1 week+)
- Tomatoes (Counter, 5-6 days)
- Peppers (Crisper Drawer, 4-6 days)
- Peaches (Counter, 2-3 days, Fridge, 1 week+)
- Zucchini (Crisper Drawer, 5-7 days)
- Swiss chard (LARGE BOX ONLY)(Crisper drawer, 3-5 days)

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

Herbed Summer Squash Pasta Bake

(Adapted from *Smitten Kitchen*)

INGREDIENTS

- 8 ounces pasta, any shape you like
- 1 tablespoon olive oil
- 1 lb summer squash, halved lengthwise and sliced thin
- 1 teaspoon finely grated lemon zest
- Juice of half a lemon
- 3 tablespoons (45 grams) unsalted butter
- 2 cloves garlic, minced
- 3 large or 5 skinny scallions, sliced thin and white/pale green parts and dark green tops in separate piles
- Pinches of red pepper flakes, to taste
- 3 tablespoons (25 grams) all-purpose flour
- 1 1/2 cups milk
- 1/4 cup chopped flat-leaf parsley, divided
- 1 tablespoon finely chopped mixed herbs of your choice
- Salt and more pepper to taste
- 3/4 cup finely grated parmesan or aged pecorino romano cheese, divided
- 4 ounces (115 grams) mozzarella, cut into small cubes

INSTRUCTIONS

Cook the pasta: Bring a medium/large pot of well-salted water to a boil. Add pasta and cook until al dente, about 1 to 2 minutes before perfect doneness. Drain and set aside.

Heat oven: To 400 degrees.

Prepare the squash: Heat a large skillet or the pot you just used to cook your pasta to high heat. Once hot, add olive oil, and let it heat until almost smoking. Add sliced squash, season it with salt and pepper flakes and let it sear

underneath, unmoved, until golden brown. Continue to saute until browned and somewhat wilted, about 10 minutes. Transfer to a bowl and squeeze lemon juice over bowl. Add more salt or pepper if needed.

Make the sauce: Reheat your the same pot over medium heat. Melt butter in bottom of pan. Add scallion white and pale green parts and garlic and let sizzle for 1 to 2 minutes. Add flour and stir until all has been dampened and absorbed. Add milk, a very small splash at a time, stirring the whole time with a spoon. Make sure each splash has been fully mixed into the butter/flour/onion/garlic mixture, scraping from the bottom of the pan and all around, before adding the next splash. Repeat until all milk has been added, then add lemon zest, salt and pepper to taste. Let mixture simmer together for 2 minutes, stirring frequently; the sauce will thicken. Remove pan from heat and stir in half of chopped parsley, all of mixed herbs and reserved scallion greens. Adjust seasoning to taste.

Assemble dish: Off the heat, add drained pasta, summer squash, 1/2 cup grated parmesan and all of the mozzarella to the pot, stirring to combine. If pan is ovenproof, you can bake your final dish in it. If not, transfer mixture to a 2 to 3 quart ovenproof casserole or baking dish. Sprinkle with remaining 1/4 cup parmesan.

Bake: For 25 to 30 minutes, until edges of pasta are golden brown and irresistible. Sprinkle with reserved parsley and serve hot. Reheat as needed.

Swiss Chard with Lentils & Feta

(adapted from CHOW)

INGREDIENTS

- 2 tablespoons olive oil
- 1/2 cup small-dice yellow onion
- 2 medium garlic cloves, finely chopped
- 1 cup brown or green lentils
- 2 cups water
- 1 bunch Swiss chard
- 1/2 teaspoon kosher salt, plus more for seasoning
- 1/4 tsp ground black pepper, plus more for seasoning
- 4 teaspoons red wine vinegar
- 1/2 cup crumbled feta cheese (about 2 1/2 ounces)

INSTRUCTIONS

Heat 1 tablespoon of the oil in a medium saucepan over medium heat until shimmering. Add the onion and garlic, season with salt and pepper, and cook, stirring occasionally, until softened, about 5 minutes.

Add the lentils, stir to combine, and add the water. Increase the heat to high and bring to a simmer. Reduce the heat to low and simmer, stirring occasionally, until the lentils are just tender and the water has evaporated, about 30 minutes. Remove from the heat and set aside.

Meanwhile, trim the ends from the chard stems and discard. Cut off the stems at the base of the leaves and slice the stems crosswise into 1/4-inch pieces. Place in a small bowl and set aside. Stack the leaves, cut them in half lengthwise, then coarsely chop into bite-sized pieces; set aside.

Heat the remaining tablespoon of oil in a large frying or straight-sided pan over medium-high heat until shimmering. Add the reserved chard stems, season with salt and pepper, and cook, stirring occasionally, until softened, about 5 minutes.

Add the chopped chard leaves, measured salt, and measured pepper and cook, stirring occasionally, until wilted, about 2 minutes. Stir in the red wine vinegar and reserved

lentil mixture until evenly combined. Remove from the heat and allow to cool slightly, about 3 minutes.

Sprinkle in the feta and stir to combine. Taste and season with salt and pepper as needed. Serve warm or at room temperature.

Grilled Corn, Peach, & Basil Salsa

(adapted from Food Network)

INGREDIENTS

- 4 ears grilled corn, cut off the cob
- 2 large peaches, chopped
- 1 large tomato, chopped
- 1/4 red onion, chopped
- 6 large lemon basil leaves, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- a few fresh squeezes of lemon juice

INSTRUCTIONS

Combine all ingredients together and toss. Season with the salt and pepper, then mix again. Salsa is best after sitting 2-4 hours.

Grated Carrot Salad

(adapted from Leite's Culinaría)

INGREDIENTS

- 4 carrots, peeled and julienned or finely grated
- 2 tablespoons extra-virgin olive oil
- Juice of 1/2 lemon
- 3 small pinches salt
- Freshly ground black pepper

(optional add-ons: a pinch each ground cinnamon and ground cumin, a handful dark or golden raisins, a pinch garam masala, a pinch sumac, a dash hot sauce, a pinch fresh herbs)

INSTRUCTIONS

Place the carrots in a bowl and add the oil, lemon juice, and salt. Mix gently, season with a little pepper to taste, and serve immediately, or refrigerate for up to 24 hours.