

Thyme Saver CSA: Recipes & News for June 23, 2015

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

- Lettuce (Crisper drawer, 3-5 days)
- Snap Peas (Crisper drawer, 2-3 days)
- Blueberries (Fridge, 3-4 days)
- Beets (L Only) (Crisper drawer, 3-5 days)
- Spring Onions (Counter, 1 week+)
- Garlic Scapes (Crisper drawer, 3-5 days)
- Carrots (L Only) (Crisper drawer, 1 week+)
- Tomatoes (Counter, 3-4 days)
- Thyme (wrap in damp paper towel, put in open Ziploc bag in the fridge, 3-5 days)

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

Garlic Scape Carbonara

(adapted from 2 Sisters Garlic)

INGREDIENTS

- 1/2 lb campanella pasta, or shape of your choosing
- 4 slices bacon (about 3 1/4 ounces), chopped
- 1/4 cup garlic scapes, cut into 1/4 inch coins
- 2 large eggs
- 1/4 tsp kosher salt
- 1/4 tsp red pepper flakes
- 1/2 cup freshly grated Romano cheese

INSTRUCTIONS

Set a pot of water to boiling on the stove and cook the campanella pasta (or desired shape).

While it's cooking, cook the bacon over medium heat until browned. Remove the bacon pieces with a slotted spoon and add the garlic scapes. Cook until soft (2-3 minutes). Remove from the pan with a slotted spoon. (Drain both the bacon and the garlic scapes on a paper towel).

Whisk together the eggs, salt and red pepper flakes. When the pasta is done, quickly remove it from the stove and set a different burner to low heat. Drain the pasta and add it back to the pot, on the burner set to low. Stir in the garlic scapes and bacon. Add the egg mixture and stir feverishly for 3-4 minutes until sauce is thick and creamy. Don't let it overcook or it will be gloppy. Sprinkle the romano cheese in, a little at a time, and stir to combine. Don't add it all at once or it won't mix through out the pasta as well (since it will clump).

Quinoa Salad with Sugar Snap Peas

(Adapted from Food & Wine)

INGREDIENTS

- 1 pint sugar snap peas
- 1 1/2 cups quinoa, rinsed and drained
- 1/4 cup plus 1 tablespoon extra-virgin olive oil
- 3 tablespoons white wine vinegar
- Salt and freshly ground pepper
- 1/2 cup salted roasted pumpkin seeds
- 1/2 cup minced chives

INSTRUCTIONS

In a small saucepan of boiling salted water, simmer the peas until bright green and crisp-tender, about 1 minute. Drain and spread out on a large plate to cool, then pat dry. Cut the peas on the diagonal into 1-inch pieces.

In a small saucepan, combine the quinoa with 2 cups of water and bring to a boil. Cover and cook over low heat until all of the water has evaporated and the quinoa is tender, about 15 minutes. Uncover and fluff the quinoa, then transfer to a large bowl and let cool to room temperature.

In a bowl, combine the oil and vinegar and season with salt and pepper. Add the peas to the quinoa with the pumpkin seeds, chives and dressing; stir. Season with salt and pepper and serve at room temperature or lightly chilled.

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<http://stokesfarm.com/thymesaver>

Blueberry Ricotta Cake

(adapted from *Bon Appetit*)

INGREDIENTS

- Nonstick vegetable oil spray
- 1 1/2 cups all-purpose flour
- 1 cup sugar
- 2 teaspoons baking powder
- 3/4 teaspoon kosher salt
- 3 large eggs
- 1 1/2 cups ricotta
- 1/2 teaspoon vanilla extract
- 1/2 cup (1 stick) unsalted butter, melted
- 1 cup blueberries, divided

INSTRUCTIONS

Preheat oven to 350°. Line a 9"-diameter cake pan with parchment paper and lightly coat with nonstick spray. Whisk flour, sugar, baking powder, and salt in a large bowl.

Whisk eggs, ricotta, and vanilla in a medium bowl until smooth; fold into dry ingredients just until blended. Then fold in butter, followed by 3/4 cup berries, taking care not to crush berries. Scrape batter into prepared pan and scatter remaining 1/4 cup berries over top.

Bake cake until golden brown and a tester inserted into the center comes out clean, 50–60 minutes. Let cool at least 20 minutes before unmolding.

Do ahead: *Cake can be made 2 days ahead. Store tightly wrapped at room temperature.*

Braised Carrots with Thyme

(adapted from *Food&Wine*)

INGREDIENTS

- 2 tablespoons unsalted butter
- 1 1/2 pounds carrots, peeled and sliced 1/4 inch thick on the diagonal
- 2 garlic cloves, thinly sliced
- 2 thyme sprigs
- Salt and freshly ground pepper
- 1 3/4 cups chicken stock or canned low-sodium broth

INSTRUCTIONS

Preheat the oven to 375°. In a large ovenproof skillet, melt the butter over moderately low heat. Add the carrots,

garlic and thyme and season with salt and pepper. Cook, tossing frequently, until the carrots are tender but not browned, about 10 minutes. Add the chicken stock, bring to a boil and remove from the heat.

Cover the carrots with a round of parchment paper and cover the skillet with a lid. Braise the carrots in the oven for about 30 minutes, or until they are very tender. Discard the thyme sprigs and serve.

MAKE AHEAD: *The cooked carrots can be refrigerated for up to 1 day. Gently reheat the carrots in their liquid before serving.*

Roasted Beets with Lemon Thyme Dressing

(adapted from *Food Network*)

INGREDIENTS

- 1 bunch beets, rinsed
- 1 Tbs. olive oil
- 1/4 cup extra virgin olive oil
- 1 Tbs. chopped fresh thyme leaves
- 1 tsp. lemon zest
- juice of 1 lemon
- salt and pepper to taste
- fleur de sel

INSTRUCTIONS

Preheat oven to 400 degrees F. Trim stems off beets and place them onto the middle of a large piece of aluminum foil. Drizzle beets with 1 tablespoon olive oil and season them with salt and freshly ground black pepper. Wrap beets up in foil, making a tightly sealed but roomy package. Bake beets in foil package on a sheet pan for 45 minutes to an hour at 400 degrees F, until tender. Remove from oven and carefully open up foil package and let cool.

When cool to the touch, wrap one beet at a time in paper towels and rub skin off. Repeat with remaining beets. This may stain your hands red unless you wear gloves. Cut peeled beets into chunks and place in a mixing bowl. In a small container with a tight fitting lid, combine olive oil, thyme, lemon juice, lemon zest and some salt and pepper. Close container and shake vigorously. Pour dressing over beets and toss to coat. Serve immediately or cover and keep in fridge until ready to serve.