

Thyme Saver CSA: Recipes & News for November 17, 2015

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

- Lettuce (Crisper drawer, 3-5 days)
- Brussels Sprouts (Crisper drawer, 5-7 days)
- Cranberries (L Only) (Crisper drawer, 1 week+)
- Butternut Squash (Counter, 1 week+)
- Sweet Potatoes (Counter, 1 week+)
- Apples (Counter, 3-5 days, Fridge, 1 week+)
- Spinach (Crisper drawer, 3-5days)
- Swiss Chard (L Only) (Crisper drawer, 3-5 days)
- Thyme, Rosemary, Oregano (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

Roasted Brussels Sprouts

(adapted from Barefoot Contessa)

INGREDIENTS

- 1 stalk Brussels sprouts
- 3 tablespoons good olive oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

INSTRUCTIONS

Preheat oven to 400 degrees F. Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt (I like these salty like French fries), and serve immediately.

Apple Cranberry Jam

(adapted from Food in Jars)

INGREDIENTS

- 8 cups of peeled and diced apple (1/2 inch dice.)
- 4 cups of whole cranberries
- 6 cups sugar
- 1 cup water
- 2 lemons, zested and juiced

INSTRUCTIONS

Combine the apples, cranberries, sugar and water in a large pot (use a big one, this jam will bubble) over high heat. Bring to a boil, skimming off the foam that develops on the top of the fruit. Cook for 10-15 minutes, until the cranberries pop and the apples soften. Add the lemon zest and juice and simmer until the liquid in the pot begins to thicken (because both apples and cranberries are naturally high in pectin, you won't need any additional pectin to help this jam set, as long as you cook it until thick and syrup-y).

Ladle into prepared pint jars, wipe rims, & apply lids. After jars have reached room temperature, refrigerate for up to 1 month.

Joe's Special

(adapted from *Epicurious*)

INGREDIENTS

- 6 large eggs
- Splash or two of Tabasco or other hot pepper sauce
- 1 teaspoon salt or more to taste
- 1/2 teaspoon dried basil or oregano
- 1/2 teaspoon freshly milled black pepper or more to taste
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 1 medium yellow onion, diced
- 1/2 pound lean freshly ground beef, preferably chili grind (a bit coarser than hamburger grind)
- 3/4 to 1 pound fresh spinach

INSTRUCTIONS

Crack the eggs into a small bowl and add the Tabasco, salt, basil, and pepper. Whisk just enough to combine; you should still see large bubbles. Set aside. Warm the oil and butter in a large skillet over medium heat until the butter melts. Add the onion and sauté until soft but not beginning to brown, about 4 minutes. Add the ground beef and continue cooking until uniformly brown, breaking the meat into small pieces as it cooks. Cover with the spinach, place a lid over the mixture, and cook for about 3 minutes, just until the spinach wilts. Stir the spinach into the meat, cooking briefly to eliminate excess liquid if the mixture seems watery. Pour the egg mixture over all, stirring with a spatula from the bottom until the eggs begin to set. Remove from the heat and stir a few more times, as the eggs cook through from the residual heat. Serve immediately.

Sweet Potato Soup with Bacon

(adapted from PBS)

INGREDIENTS

- 1 carrot, peeled and diced
- 1 stalk of celery, diced
- ½ onion, diced
- Salt, to taste
- 2 large sweet potatoes, peeled and diced
- 1 medium-sized apple, peeled and cored
- 1 sprig of fresh rosemary
- 6 slices of bacon
- 1 tbs of cinnamon
- A generous pinch of nutmeg
- 2 tbs maple syrup
- Grated gruyere cheese, for garnish
- A couple leaves fresh sage, chopped

INSTRUCTIONS

In a large pot, add the carrots, onion and celery along with a generous pinch of salt. Sweat the vegetables on medium-high heat until they soften a bit.

Add the sweet potatoes, rosemary, apples and just enough water to cover the vegetables. Add a generous pinch of salt and bring mixture to a boil, then reduce to simmer. In a separate pan, fry the bacon until it's crispy, drain on paper towels and then crumble once cooled. Set aside. Once the sweet potatoes have softened, strain the potato-vegetable mixture, reserving the liquid. In a blender, puree the sweet potato mixture until velvety smooth and add the reserved liquid until you reach the desired consistency. Return the soup to the pot and warm it, adding the cinnamon, nutmeg and maple syrup. Season to taste. To serve, ladle the soup into a bowl. Add the cheese and top with crumbled bacon. Finish with the fresh sage.

Bacon and Egg Butternut Squash

(adapted from *Real Simple*)

INGREDIENTS

- butternut squash (about 1 1/2 pounds), unpeeled and cut into quarters lengthwise
- 2 tablespoons olive oil
- kosher salt and black pepper
- 4 slices bacon
- 4 large eggs
- 1 avocado, chopped

INSTRUCTIONS

Heat oven to 400° F. Toss the squash, oil, and ¼ teaspoon each salt and pepper on a rimmed baking sheet. Roast, turning once, until tender, 35 to 45 minutes. Brown the bacon in a large nonstick skillet over medium heat, 6 to 8 minutes; remove and crumble. Reserve the skillet. Add the eggs to the drippings in the skillet and cook, covered, 2 to 4 minutes for slightly runny yolks. Season with ¼ teaspoon pepper. Serve the squash with the eggs, bacon, and avocado.