

Thyme Saver CSA: Recipes & News for October 13, 2015

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

- Lettuce (Crisper drawer, 3-5 days)
- Fennel (Crisper Drawer, 5-6 days)
- Sicilian Eggplant (L Only) (Crisper Drawer, 3-5 days)
- Apples (Counter, 3-5 days, Fridge, 1 week+)
- Plum Tomatoes (Counter, 3-5 days)
- Cucumbers (Crisper Drawer, 3-5 days)
- Sweet Onions (Counter, 1 week+)
- Kale (L Only) (Crisper Drawer, 3-5 days)
- Kabocha Squash (Counter, 1 week+)
- Rosemary (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

Kabocha & Fennel Soup

(adapted from dolly&oatmeal)

INGREDIENTS

- 1 kabocha squash, halved and seeds removed
- 1 large leek (or 2 small), white and light green parts sliced
- 1 clove garlic, chopped
- 1 small fennel bulb, cored and sliced (reserve some fronds for garnish)
- 1 knob of fresh ginger (about 3/4 of an inch big), peeled and roughly chopped
- 2 teaspoons fresh oregano (or 1 teaspoon dry)
- 1 bay leaf
- 1 tablespoon olive oil
- 1 tablespoon coconut oil
- 5 cups low sodium vegetable broth
- 1 teaspoon fine grain sea salt
- freshly ground pepper
- 1 cup spicy coconut cream
- 1 1/2 teaspoons fresh lemon juice
- spicy coconut cream

Spicy Coconut Cream

- 1 can organic coconut milk
- 1 teaspoon fresh lemon juice
- a couple pinches of salt
- 1/8 teaspoon cayenne pepper

Garnish

- leftover spicy coconut cream, poppy seeds, fennel fronds

INSTRUCTIONS

Preheat oven to 375° and line a rimmed baking sheet with parchment. rub a good amount of olive oil over cut side of squash; place cut side down on baking sheet and place in oven. cook squash until fork tender - about 50-65 minutes. let the squash cool until it's ready to handle. scoop squash out into a bowl and set aside. In a large soup pot, heat olive oil and coconut oil over medium heat. add sliced leeks and oregano, and sauté until leeks are soft; add garlic and cook for 30 seconds. add the fennel and ginger, and cook for about 5 minutes - until fennel is soft and ginger is fragrant. add the kabocha, bay leaf, water, salt, and pepper - stir turn the heat up and bring soup to a simmer, cook for roughly 30 minutes, stirring every so often. remove from heat and stir in 1 cup spicy coconut cream (instructions below) In batches, puree soup in a blender, or food processor, until smooth. transfer soup back to the pot and bring to a low simmer, stir in lemon juice and taste for seasoning (adjust if necessary) Serve soup with a dollop of leftover spicy coconut cream, poppy seeds, and chopped fennel fronds. Enjoy!

Spicy Coconut Cream

Whisk the coconut milk a bit if separated; then stir in the lemon juice, cayenne, salt, and pepper. taste and adjust accordingly

Garlic Roast Chicken with Rosemary & Lemon

(adapted from Rachael Ray)

INGREDIENTS

- 2.5 pounds boneless, skinless chicken breasts, cut into large chunks
- 6 cloves garlic, crushed
- 3 tablespoons fresh rosemary, leaves stripped from stems
- 3 tablespoons extra virgin olive oil (EVOO)
- Zest and juice of 1 lemon, divided
- 1 tablespoon grill seasoning blend, such as McCormick brand Montreal Chicken Seasoning or coarse salt and black pepper
- 1/2 cup dry white wine or chicken stock

INSTRUCTIONS

Pre-heat the oven to 450°F. Arrange the chicken in a 9-inch x 13-inch baking dish. Add the garlic, rosemary, EVOO, lemon zest and grill seasoning or salt and pepper to the dish. Toss and coat the chicken with all the ingredients, then place in the oven. Roast the chicken for 20 minutes. Add the wine or chicken stock and lemon juice to the dish and combine with the pan juices. Return to the oven and turn the oven off. Let stand for 5 minutes longer. then remove the chicken from the oven. Place the baking dish on trivet and serve, spooning the pan juices over the chicken pieces.

Apple, Pear, & Cucumber Salad

(adapted from Whole Foods Market)

INGREDIENTS

- 2 tablespoons mustard
- 2 teaspoons dried dill or 2 tablespoons fresh dill, chopped
- 4 tablespoons apple cider vinegar
- 1/2 teaspoon brown sugar
- 4 tablespoons olive oil
- 2 seasonal crunchy tart apples
- 1 ripe pear
- 1 English cucumber
- 1 small or 1/2 medium sweet onion

INSTRUCTIONS

Mix together the mustard, dill, vinegar, sugar and olive oil. Set aside. Core apples and pears. Slice very thinly, leaving skin on for color and flavor. Slice cucumber into thin rounds and slice onion. Toss apples, pears, cucumber and onion with dressing. Taste and adjust seasoning before serving.

Fennel Roasted Fall Vegetables

(adapted from The Wanderlust Kitchen)

INGREDIENTS

- 2 parsnips
- 3 carrots
- 1 bulb fennel
- 1 small red onion
- 8 ounces Brussels sprouts
- 4 cloves garlic, peeled
- ¼ cup extra virgin olive oil
- 1 teaspoon white pepper

INSTRUCTIONS

Preheat your oven to 300 degrees Fahrenheit. Cut the parsnips, carrots, fennel, and red onion into bite-sized pieces. Trim the Brussels sprouts stems. If your sprouts are very large, cut them in half so they are closer to the size of the other vegetables. Transfer all of the vegetables to a large bowl along with the whole garlic cloves. Toss with the olive oil and white pepper. Arrange the vegetables on a large rimmed baking sheet and cover with foil. Bake for 30 minutes. Remove foil, stir the vegetables, then return to the oven. Turn the heat up to 450 degrees Fahrenheit and let the vegetables cook for another 10 minutes, or until tender and browned.

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