

Thyme Saver CSA: Recipes & News for October 20, 2015

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

- Lettuce (Crisper drawer, 3-5 days)
- Butternut Squash (Counter, 1 week+)
- Apples (Counter, 3-5 days, Fridge, 1 week+)
- Carrots (edible tops) (Crisper drawer, 1 week+)
- Poblano Peppers (Crisper Drawer, 5-7 days)
- Broccoli (Crisper Drawer, 5-7 days)
- Beets (L Only)(edible tops) (Crisper drawer, 3-5 days)
- Cabbage (L Only) (Crisper Drawer, 3-5 days)
- Sweet Potatoes (L Only) (Counter, 1 week+)
- Thyme (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

Stuffed Poblano Peppers

(adapted from a couple cooks)

INGREDIENTS

- 3 poblano peppers
- 1 cup uncooked brown rice (or 4 cups of any cooked grain)
- 1½ cups salsa
- 1 15 oz. can of black beans
- 1½ cups frozen or canned corn kernels
- 3 green onions (optional)
- 1 teaspoon cumin
- 1 teaspoon chili powder
- Cayenne to taste

Salt and freshly ground pepper

- Shredded cheese (we used a Mexican blend)
- Chopped cilantro for serving (optional)

INSTRUCTIONS

Combine 1 cup uncooked rice with 2 cups water. Bring to a boil, then simmer according to package instructions. (Or, prepare the rice or grain ahead of time.) While the rice cooks, prepare the peppers: slice them in half and remove the seeds and ribs. Make sure to wear gloves! Place the peppers in a baking dish skin side up. Broil about 7 minutes, then flip the peppers and broil 7 minutes more. Chop the 3 green onions (if using), and drain and rinse the black beans. In a large microwave safe bowl, combine: beans, onions, 1½

cups salsa, 1½ cups corn, a bit of the shredded cheese, 1 teaspoon cumin, 1 teaspoon chili powder, a couple dashes of cayenne (if you like it spicy!). Season with salt and pepper to taste. When the rice is finished, combine with the filling. Note: Remember that quantities and ingredients are all to taste, so feel free to adjust as needed! Heat the filling a few minutes in the microwave (or on the stove) until warm, depending on the heat of the rice. Place the pepper halves skin side down in a baking dish, and spoon the filling into each half. Top with shredded cheese and broil until the cheese is melted, for about 1½ to 2 minutes. If desired, garnish with chopped cilantro and serve with sour cream.

Creamy Carrot and Sweet Potato Soup

(adapted from *Cooking Light*)

INGREDIENTS

- 3 tablespoons butter, divided
- 1 cup chopped onion
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 4 3/4 cups cubed peeled sweet potatoes
- 3 1/2 cups water
- 3 cups fat-free, less-sodium chicken broth
- 3 cups chopped carrot
- 1/4 cup half-and-half
- 1/2 teaspoon salt

- 1/4 teaspoon freshly ground black pepper
- 1/3 cup sour cream
- 2 tablespoons chopped fresh flat-leaf parsley

INSTRUCTIONS

Melt 1 tablespoon butter in a large Dutch oven over medium heat. Add onion to pan; cook 4 minutes or until tender, stirring occasionally. Stir in cinnamon and nutmeg; cook 1 minute, stirring constantly. Move onion mixture to side of pan; add remaining 2 tablespoons butter to open space in pan. Increase heat to medium-high; cook 1 minute or until butter begins to brown. Add sweet potatoes, 3 1/2 cups water, broth, and carrot; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until vegetables are tender. Place half of soup mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat procedure with remaining soup mixture. Stir in half-and-half, salt, and pepper. Ladle about 1 cup soup into each of 8 bowls; top each serving with about 2 teaspoons sour cream and 3/4 teaspoon parsley.

Golden Winter Soup

(adapted from *Cooking Light*)

INGREDIENTS

- 2 tablespoons butter
- 5 cups butternut squash, cubed & peeled
- 2 cups russet potatoes, cubed & peeled
- 1 teaspoon kosher salt
- 1/2 teaspoon fresh ground black pepper
- 2 cups leeks or onions, sliced
- 4 cups reduced-sodium fat-free chicken broth
- 1 cup half-and-half

INSTRUCTIONS

Melt butter in a large Dutch oven over medium-high heat. Add squash, potato, salt, and pepper to pan; sauté 3 minutes. Add leek; sauté 1 minute. Stir in broth; bring to a boil.

Reduce heat, and simmer 20 minutes or until potato is tender, stirring occasionally. Blend until smooth with immersion blender. Stir in half-and-half & serve.

Sauteed Apples & Thyme

(adapted from *Martha Stewart Living*)

INGREDIENTS

- 3 apples
- 2 tablespoons butter
- 1 teaspoon fresh thyme, leaves
- 1 teaspoon grated lemon zest
- Coarse salt and ground pepper

INSTRUCTIONS

Core apples. Cut each apple into 8 wedges; halve wedges crosswise. Heat 2 tablespoons butter in a large skillet over medium heat. Add apples and 1 teaspoon each fresh thyme leaves and grated lemon zest; season with coarse salt and ground pepper. Cook, tossing occasionally, until apples are just tender when pierced with the tip of a paring knife, 3 to 5 minutes.

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