

# Thyme Saver CSA: Recipes & News for October 27, 2015

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

- Lettuce (Crisper drawer, 3-5 days)
- Dumpling Squash (Counter, 1 week+)
- Cauliflower (edible leaves) (Crisper drawer, 5-7 days)
- Spinach (Crisper Drawer, 3-5 days)
- Leeks (Crisper Drawer, 5-7 days)
- Apples (Counter, 3-5 days, Fridge, 1 week+)
- Broccoli Rabe (L Only) (Crisper Drawer, 3-5 days)
- Red Pepper (L Only) (Crisper drawer, 3-5 days)
- Potatoes (L Only) (Counter, 1 week+)
- Savory (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](mailto:thymesaver@stokesfarm.com)

## Barley Pilaf with Leeks & Lemon

(adapted from *Bon Appetit*)

### INGREDIENTS

- Kosher salt
- 1¼ cups hulled, hull-less, or pearled barley
- 1 tablespoon olive oil
- 1 leek, thinly sliced into rounds
- 1 garlic clove, finely chopped
- 1 teaspoon finely grated lemon zest
- ½ cup buttermilk
- ¼ cup chives, finely chopped

### INSTRUCTIONS

In a large saucepan, bring 6 cups salted water to a boil. Add barley, reduce heat to a simmer, and cook until barley is tender, 30–40 minutes; drain. Heat oil in a medium saucepan over medium heat. Add leeks and 2 Tbsp. water and season with salt. Cover and cook until leeks have wilted, about 5 minutes. Stir in garlic and cook 30 seconds. Stir in barley, lemon zest, and buttermilk. Cook 5 minutes over medium-low heat. Stir in chives and adjust seasoning with additional salt, if desired.

## Parmesan Roasted Cauliflower

(adapted from *Bon Appetit*)

### INGREDIENTS

- 1 head cauliflower, cut into florets
- 1 medium onion, sliced
- 4 sprigs thyme
- 4 garlic cloves, unpeeled
- 3 tablespoons olive oil
- Kosher salt and freshly ground black pepper
- ½ cup grated Parmesan

### INSTRUCTIONS

Preheat oven to 425°. Toss cauliflower florets on a large rimmed baking sheet with onion, thyme, garlic, and oil; season with salt and pepper. Roast, tossing occasionally, until almost tender, 35-40 minutes. Sprinkle with Parmesan, toss to combine, and roast until cauliflower is tender, 10–12 minutes longer.

## Garlic Sautéed Spinach

(adapted from *Barefoot Contessa*)

### INGREDIENTS

- 1 bunch spinach leaves
- 2 tablespoons good olive oil
- 2 tablespoons chopped garlic (6 cloves)
- 2 teaspoons kosher salt
- 3/4 teaspoon freshly ground black pepper
- 1 tablespoon unsalted butter
- Lemon
- Sea or kosher salt, optional

## INSTRUCTIONS

Rinse the spinach well in cold water to make sure it's very clean. Spin it dry in a salad spinner, leaving just a little water clinging to the leaves. In a very large pot or Dutch oven, heat the olive oil and saute the garlic over medium heat for about 1 minute, but not until it's browned. Add all the spinach, the salt, and pepper to the pot, toss it with the garlic and oil, cover the pot, and cook it for 2 minutes. Uncover the pot, turn the heat on high, and cook the spinach for another minute, stirring with a wooden spoon, until all the spinach is wilted. Using a slotted spoon, lift the spinach to a serving bowl and top with the butter, a squeeze of lemon, and a sprinkling of sea or kosher salt. Serve hot.

## **Baked Whole Dumpling Squash** (adapted from Live Earth Farm)

### INGREDIENTS

- Dumpling Squash

### INSTRUCTIONS

Takes about 1 hr 45 min, but only 10 – 15 minutes of that is prep; the rest is just time in the oven. This is a good “slow food” dish. No need to remove the stem. Turn squash on its side and cut off the top quarter or so; save the top – you’ll use it as a lid. Scoop out the insides, put a pat of butter (a tablespoon, more or less) inside the cavity, sprinkle in some salt, and (optionally) tuck in a sprig of fresh rosemary. Set the top back in place. Put the prepared squashes (do as many as you like) in a baking dish, pour a little water in the bottom, and bake in a preheated 325 – 350 degree F oven for about an hour and a half. This is the “slow food” part... you don’t want to rush them; if they’re underdone and still firm, eh... not so good. But when they’re baked long and slow, they are just delicious! The test for doneness is simple: they should give easily when squeezed with the fingertips, like a soft loaf of bread. Be quick with your squeeze test though — remember, they’re hot! I don’t want any scorched fingers! The baked Sweet Dumplings “keep” well; not like a touchy

souffle that must be served immediately. Just cover the baking dish with foil after removing from the oven. You can even keep them on “standby” in the still-warm oven for an hour or more. When you go to eat them, just remove and discard the rosemary sprig; scrape the squash away from the sides of the skin and mix it around with the pool of melted butter inside; the peel acts like a bowl to hold the squash, which works nicely for serving – each eater can have their own squash!

## **Slow Cooker Applesauce** (adapted from The Kitchn)

### INGREDIENTS

- 6 large apples, any variety (approximately 3 pounds)
- 2 cinnamon sticks, optional
- 1 tablespoon lemon juice
- 1/2 cup water
- 1/4 teaspoon salt

### INSTRUCTIONS

Peel and chop the apples: Peel the apples with the vegetable peeler, then cut them into quarters and slice out the cores. Roughly chop apples into 1- to 2-inch pieces, depending on how chunky you prefer your applesauce. Combine all the ingredients in the bowl of the slow cooker, and close the lid. Cook the applesauce: Cook on high for 4 hours, stirring twice during cooking. Puree the applesauce, optional: If you like chunky applesauce, you can skip this step altogether. But if you prefer a more smooth texture, remove the cinnamon stick, then use an immersion blender to puree the applesauce until it reaches the consistency you like. Cool and store: Cool the applesauce, then divide between several containers. Cover and store in the refrigerator for up to 5 days, or freeze for up to 3 months.

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