

Thyme Saver CSA: Recipes & News for October 6, 2015

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

- Lettuce (Crisper drawer, 3-5 days)
- Squash (Crisper Drawer, 5-6 days)
- Escarole (L Only) (Crisper Drawer, 3-5 days)
- Broccoli (Crisper Drawer, 5-7 days)
- Apples (Counter, 3-5 days, Fridge, 1 week+)
- Pears (L Only) (Counter, 3-5 days, Fridge, 1 week+)
- Cherry Tomatoes (Counter, 3-5 days)
- Yukon Gold Potatoes (Counter, 1 week+)
- Radishes (Edible Tops) (L Only) (Crisper Drawer, 5-7 days)
- Lemongrass (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

Escarole and Bean Soup

(adapted from Food Network)

INGREDIENTS

- 2 tablespoons olive oil
- 2 garlic cloves, chopped
- 1 pound escarole, chopped
- Salt
- 4 cups low-salt chicken broth
- 1 (15-ounce) can cannellini beans, drained and rinsed
- 1 (1-ounce) piece Parmesan
- Freshly ground black pepper
- 6 teaspoons extra-virgin olive oil
- Serving suggestion: crusty bread

INSTRUCTIONS

Heat 2 tablespoons of olive oil in a heavy large pot over medium heat. Add the garlic and saute until fragrant, about 15 seconds. Add the escarole and saute until wilted, about 2 minutes. Add a pinch of salt. Add the chicken broth, beans, and Parmesan cheese. Cover and simmer until the beans are heated through, about 5 minutes. Season with salt and pepper, to taste. Ladle the soup into 6 bowls. Drizzle 1 teaspoon extra-virgin olive oil over each. Serve with crusty bread.

Oven Roasted Broccoli

(adapted from Alton Brown)

INGREDIENTS

- 1 pound broccoli, rinsed and trimmed
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/3 cup panko bread crumbs
- 1/4 cup finely grated Parmesan or sharp Cheddar

INSTRUCTIONS

Preheat oven to 425 degrees F. Cut the broccoli florets into bite size pieces. Cut the stalk into 1/8-inch thick, round slices. Place the broccoli into a mixing bowl and toss with the olive oil, garlic, kosher salt and pepper and set aside. Spread the panko into a 13 by 9-inch metal cake pan and place into the oven for 2 minutes or until lightly toasted. Remove the panko from the oven and add to the bowl with the broccoli mixture. Toss to combine. Return the mixture to the cake pan, place in the oven and roast just until the broccoli is tender, 8 to 10 more minutes. Remove from the oven, toss in the cheese and serve immediately.

Luscious Lemongrass Tea

(adapted from Food.com)

INGREDIENTS

- 4 stalks lemongrass
- 1 liter water
- 4 teaspoons sugar or 4 teaspoons honey (very optional)
- 3 slices fresh ginger, peeled 1/4 inch slices (optional)

INSTRUCTIONS

Boil 1 liter water. While the water is boiling, clean the stalks of lemongrass under running water then cut and discard the green upper part of the stalks, you only want to use the whitest part. Next, using a meat tenderizer or hammer of any sort gently smash the stalks on your cutting board. Place the smashed stalks of lemon grass inside the tea pot along with the peeled ginger if you decide to use it. Pour the boiling water over and allow to steep for 5 minutes. Pour into tea cups and serve with or without sweetener (the honey or sugar). In Bali, this "tea" would not be served with sugar, it tastes fabulous just as it is. Tip: As with iced tea, this "tea" can be served cold.

Summer Squash Soup

(adapted from *Cooking Light*)

INGREDIENTS

- 6 cups fat-free, less-sodium chicken broth
- 3 cups water
- 2 1/4 cups uncooked farfalle (about 6 ounces bow tie pasta)
- 4 cups finely chopped yellow squash & zucchini (any combination)
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh basil
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon chopped fresh thyme
- 1/2 teaspoon chopped fresh oregano
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup (2 ounces) grated Parmigiano-Reggiano cheese
- 1/4 cup thinly sliced fresh basil

INSTRUCTIONS

Bring broth and water to a boil in a Dutch oven. Add pasta, and cook 8 minutes or until almost tender. Add squash and the next 7 ingredients (through pepper). Reduce heat, and simmer 4 minutes or until pasta is done and squash is tender. Sprinkle with cheese and basil.

Yukon Gold Potato Soup

(adapted from *Bon Appetit*)

INGREDIENTS

- 7 cups (or more) canned low-salt chicken broth
- 2.5 pounds Yukon Gold potatoes, peeled, sliced (about 7 cups)
- 3 large garlic cloves, peeled
- 2/3 cup half and half
- 1/2 cup minced fresh chives
- Sour cream

INSTRUCTIONS

Combine 7 cups chicken broth, potatoes and garlic cloves in large pot. Bring to boil. Reduce heat to medium; cover and simmer until potatoes are very tender, about 25 minutes. Working in batches, puree soup in blender until smooth. Return to same pot. Add half and half and bring to simmer. Thin with more broth if soup is too thick. Season to taste with salt and pepper. Stir in chives. (Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over low heat, stirring frequently.) Ladle soup into bowls. Top with dollop of sour cream and serve.

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