

Thyme Saver CSA: Recipes & News for September 1, 2015

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

- Corn (Crisper drawer, 3-5 days)
- Lettuce (Crisper drawer, 3-5 days)
- Lunchbox peppers (Crisper Drawer, 3-5 days)
- Melon (Fridge, 5-7 days)
- Husk Tomatoes (Counter, 3-5 days)
- Baby Bok Choy (L Only) (Crisper Drawer, 3-5 days)
- Carrots (L Only) (Crisper Drawer, 1 week+)
- Nectarines (Counter, 2-3 days or Fridge, 1 week+)
- Mixed Herbs (Spearmint, Lemon Verbena, Stevia) (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

The Stokes Farm Summer Special Farmer Ron's Top Secret Drink Recipe!

INGREDIENTS

- 1 bunch spearmint, lemon verbena, & stevia
- 6 cups water

INSTRUCTIONS

Wash your herbs. Strip all leaves off of the herbs and put leaves into a medium sized saucepan. Discard herb stems. Add water to the pot, heat, and bring to a low simmer for about 20 minutes. Remove pot from heat and allow to cool for 20 minutes. Strain the liquid through a coffee filter and into a glass pitcher. Allow the drink to cool in the refrigerator. Serve over a glass of ice for a stronger herb flavor. Enjoy!

Stir Fried Baby Bok Choy (adapted from Epicurious)

INGREDIENTS

- 1 pound baby bok choy
- 1 1/2 tablespoons soy sauce
- 1 tablespoon Chinese rice wine or dry sherry
- 1/2 teaspoon sugar
- 1 tablespoon peanut or vegetable oil
- 1 garlic clove, minced
- 1 1-inch piece fresh ginger, peeled and minced

- 2 teaspoons sesame oil

INSTRUCTIONS

Trim and discard the rough bottoms from the baby bok choy. Separate the leaves, rinse, and pat dry. In a small bowl, combine the soy sauce, rice wine, and sugar. Set aside. Heat a wok or large skillet over medium-high heat until a bead of water sizzles and evaporates on contact. Add the peanut oil and swirl to coat the bottom and sides. Add the garlic and ginger and stir-fry until aromatic, 20 to 30 seconds. Add the bok choy and stir-fry for about 2 minutes, until crisp-tender. Add the soy sauce mixture and cook for another 30 seconds. Turn off the heat, and drizzle with sesame oil. Transfer to a serving plate and serve hot.

Baked Sausage with Husk Tomatoes (adapted from WishfulChef)

INGREDIENTS

- 1 pound spicy Italian sausage, cut into 1 inch pieces
- 6-8 small Yukon Gold potatoes, halved or quartered
- 1 cup Crimini mushrooms, halved
- 1 cup husk tomatoes, peeled (use cherry tomatoes to substitute)
- 1 handful garlic cloves, skin on
- 2 shallots cut in quarters
- 1/4 cup olive oil
- 1 tablespoon balsamic vinegar

- 2 bay leaves
- 1 tablespoon dried rosemary
- 1 tablespoon dried thyme
- salt & pepper to taste

INSTRUCTIONS

Preheat oven to 425°F. Mix all ingredients in baking pan coating everything evenly. Cover with aluminum foil and bake for 30 minutes. Remove foil and mix ingredients so they don't stick to the pan. Bake uncovered for another 30-45 minutes or until potatoes are cooked through and golden brown. Keep checking and feel free to mix every now and then depending on how caramelized or crispy you like everything. Remove bay leaves before serving.

Nectarine and Prosciutto Salad

(adapted from *Eating Well*)

INGREDIENTS

- 2 tablespoons lemon juice
- 1 tablespoon finely chopped shallot
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1/8 teaspoon salt
- 3 tablespoons extra-virgin olive oil
- 8 cups salad greens, trimmed if necessary
- 2 ripe nectarines, cut into wedges
- 1/2 cup shaved Parmesan cheese (see Tip)
- 3 paper-thin slices prosciutto (about 2 ounces), torn into 2-inch strips
- Freshly ground pepper (optional)

INSTRUCTIONS

Combine lemon juice, shallot, mustard, honey and salt in a large bowl. Whisk in oil until combined. Add greens and toss to coat. Divide among 4 plates and top with equal portions of nectarine, Parmesan and prosciutto. Serve with a grinding of pepper on top, if desired.

Spicy Chicken and Pepper Kabobs

(adapted from Wilson Produce)

INGREDIENTS

Spicy Marinade for Chicken:

- 4 tablespoons soy sauce
- Juice from one orange, seeds removed
- 4 tablespoons high heat vegetable oil or peanut oil
- 2 jalapenos minced, remove stems & seeds
- 2 peeled garlic cloves
- 4 tablespoons 1 fresh chopped cilantro
- 1 tablespoon Dijon mustard
- 1 tsp cumin
- Salt & fresh cracked pepper to taste
- 2 lbs of chicken breasts cut into pieces, about 1 1/2" in size

To assemble:

- Marinated chicken
- 5-10 bamboo skewers
- 1 pint lunchbox peppers, cut in half, remove stems & seeds
- 1 jalapeno cut in thirds, remove seeds & stem
- 1 red onion cut into wedges and separated
- 1 cup cubed pineapple (fresh or canned)
- Season with salt & pepper before grilling

INSTRUCTIONS

Chicken:

Puree all of the above ingredients in a food processor or blender. Generously coat the chicken pieces on all sides, cover chicken and refrigerate for about 2-4 hours.

Assembly:

Thread chicken, onion, peppers, jalapenos and pineapple onto skewers. Alternate the ingredients so that you create a colorful combination. Jalapenos are hot, if you don't want to add them that's ok but they grill up nicely and add a kick. Grill brochettes on med-high heat for about 7 minutes and turn over. Continue grilling for about another 8 minutes until chicken temperature registers 160 degrees. Remove from grill and serve.