

# Thyme Saver CSA: Recipes & News for September 15, 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)
- Delicata Squash (Counter, 1 week+)
- Tomatoes (Counter, 3-5 days)
- Carrots (Crisper Drawer, 1 week+)
- Red Peppers (Crisper Drawer, 3-5 days)
- Radishes (L Only) (Crisper Drawer, 5-6 days)
- Sicilian Eggplant (L Only) (Crisper Drawer, 4-5 days)
- Scallions (Crisper drawer, 3-5 days)
- Apples (Counter, 2-3 days or Fridge, 1 week+)
- Applemint (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)**

## Amish Apple Mint Iced Tea

(adapted from *Seduction in the Kitchen*)

### INGREDIENTS

- 20 apple mint leaves
- 1/4 cup sugar
- 4 cups water, divided

### INSTRUCTIONS

In a sauce pan, combine 2 cups of water with the sugar. Dissolve the sugar and bring the mixture to a boil. Add the leaves to the boiling water and let boil for about 2-3 minutes. Turn the heat off, and just let the leaves steep in the hot water for about 1 hour. After an hour strain the leaves, and put the tea into a glass pitcher, add the other 2 cups of water, mix together, let chill in the fridge. After the tea is completely cool, pour some in a glass, add some ice and ENJOY!

## Roasted Delicata Squash

(adapted from *White on Rice Couple*)

### INGREDIENTS

- 2 delicata squash, sliced in 1/2" slices
- 1 T finely chopped fresh rosemary
- 1 T olive oil
- 1 t sea salt
- 1/2 t fresh cracked black pepper

### INSTRUCTIONS

Preheat oven to 400°F. Toss all ingredients on a sheet pan. Make sure the squash is in a single layer. Roast in the oven for 30-35 minutes or until soft and slightly golden. Serve warm.

## Sauteed Corn, Bacon, and Scallions

(adapted from *Martha Stewart Living*)

### INGREDIENTS

- 4 slices bacon, cut into 1-inch strips
- 4 cups corn kernels
- Coarse salt and ground black pepper
- Pinch of red-pepper flakes
- 2 to 3 scallions, sliced

### INSTRUCTIONS

Cook bacon in a large skillet over medium-high heat, turning occasionally, until browned, 4 to 6 minutes. Add corn kernels; season with salt, pepper, and a pinch of crushed red pepper. Cook, stirring often, until corn is tender, 5 to 8 minutes. Stir in scallions. Serve immediately.

## **Braised Radishes**

(adapted from *RealSimple*)

### **INGREDIENTS**

- 1 bunch radishes, tops trimmed to 1 inch above roots
- 3 tablespoons unsalted butter
- 2 tablespoons sugar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

### **INSTRUCTIONS**

Place the radishes in a large skillet and add just enough cold water to cover, about 2 1/2 cups. Add the butter, sugar, salt, and pepper and bring to a boil. Reduce heat to medium-low and simmer until the radishes are tender when pricked with a paring knife and the liquid has reduced to a glaze, about 12 minutes. If the radishes are tender but the liquid hasn't reduced sufficiently, use a slotted spoon to transfer them to a serving dish and continue reducing the liquid. Spoon it over the radishes and serve with buttered crusty bread.

## **Eggplant Pepper Tomato Sauce**

(adapted from *Chowhound.com*)

### **INGREDIENTS**

- 1 pound eggplant (about 1 medium eggplant)
- Kosher salt
- 2 medium red, yellow, or orange bell peppers
- 1 medium yellow onion
- 4 medium garlic cloves
- 8 tablespoons olive oil
- Freshly ground black pepper
- 1 (28-ounce) can diced tomatoes, drained
- 2 cups low-sodium vegetable broth or water
- 2 tablespoons coarsely chopped fresh oregano leaves
- 1/3 cup coarsely chopped fresh basil leaves
- 1/4 cup coarsely chopped fresh Italian parsley leaves

### **INSTRUCTIONS**

Trim and cut the eggplant into medium dice; place in a colander in the sink. Generously salt the eggplant and toss to coat. Weight it down with a bowl (the bowl should be pressing on the diced eggplant without crushing it) and let drain for 20 minutes. Meanwhile, cut the remaining vegetables: Core and seed the bell peppers, then cut them into medium dice. Place in a large bowl. Cut the onion into medium dice and add it to the bowl. Finely chop the garlic cloves and add them to the bowl. Set the bowl aside. When the eggplant is ready, lightly blot it with paper towels to remove any excess moisture. Heat 6 tablespoons of the olive oil in a large straight-sided skillet or frying pan over medium heat until shimmering. Add the eggplant in an even layer and let it sit, undisturbed, until it begins to soften, about 5 minutes. Stir and continue cooking, stirring occasionally, until the eggplant begins to brown, about 8 minutes more. Remove the eggplant to a medium bowl and set aside. Add the remaining 2 tablespoons of olive oil to the pan and heat until shimmering. Add the reserved bell peppers, onion, and garlic and season generously with salt and pepper. Cook, stirring occasionally, until softened, about 8 to 10 minutes. Add the browned eggplant, canned tomatoes, vegetable broth or water, and oregano and stir to combine. Bring to a simmer and cook, stirring occasionally, until the sauce has thickened slightly and the vegetables are very soft, about 30 minutes. Stir in the basil and parsley. Taste and season with additional salt and pepper as needed.

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