

Thyme Saver CSA: Recipes & News for September 22, 2015

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

- Lettuce (Crisper drawer, 3-5 days)
- Pears (Counter, 2-3 days or Fridge, 1 week+)
- Cucumbers (Fridge, 3-5 days)
- Spaghetti Squash (Counter, 1 week+)
- Red Potatoes (Counter, 1 week+)
- Kale (Crisper Drawer, 3-5 days)
- Leeks (Crisper Drawer, 5-7 days)
- Lunchbox Peppers (L Only) (Crisper Drawer, 3-5 days)
- Habanero Peppers (Crisper Drawer, 5-7 days)
- Zucchini (L Only) (Crisper Drawer, 3-5 days)
- Tarragon (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

Bacon, Spaghetti Squash, & Parmesan Fritters

(adapted from Julia's Album)

INGREDIENTS

- 2 eggs
- 1/3 cup flour
- 3 cups spaghetti squash, cooked and wringed out (see instructions below)
- 1/2 cup Parmesan cheese, freshly grated
- 1/4 + 1/8 teaspoons salt
- 3 green onions, chopped
- 5 bacon strips, cooked, drained of fat, and chopped
- 2 tablespoons olive oil

For garnish:

- 2 green onions, chopped
- dollop of greek yogurt

INSTRUCTIONS

Preheat oven to 425 Fahrenheit. Cut the squash in 2 halves, scrape out the seeds and the fiber out of each half. Spray oil over the cut sides of the squash. Spray the baking sheet with oil and place the squash on the baking sheet cut side down. Bake for about 30-40 minutes. Remove it from the oven when it's cooked through and soft, and let it cool. Flip the squash so that cut side faces up – that will speed up the cooling. After squash cools, scrape squash with a fork to remove flesh in long strands and transfer to a bowl. Let it cool.

Important: Wring out the spaghetti squash by wrapping portions of it in paper towels and squeezing hard with your hands over the sink. Try to get rid of as much liquid as you can. Cooked spaghetti squash can be refrigerated for 5 days. I prefer to cook spaghetti squash, refrigerate it and make fritters the next day or 2 days later - that allows spaghetti squash to drain the liquid out and get drier, which is preferable for fritters

In a large bowl, using electric mixer, beat 2 eggs on high speed for 1-2 minutes. Add flour and continue beating for about 30 seconds to combine. To the same bowl, add spaghetti squash, Parmesan cheese, 3 chopped green onions, and 1/4 + 1/8 teaspoons salt. Mix very well until all the mixture has uniform consistency. Add chopped bacon and mix. Taste and adjust seasoning, if necessary, even though it should be just perfect. Heat a large skillet on high-medium heat until VERY hot. Only then add olive oil. It should sizzle and smoke right away. Using a tablespoon, spoon the tablespoon-ful of the batter for each fritter and drop on the skillet. Using a spatula, correct the shape of each fritter, making it flatter and rounder. Cook until the bottom side of each fritter is golden brown, about 1-2 minutes. Reduce heat to medium. Using spatula, flip fritters to the opposite side, and cook 1-2 more minutes. When flipping the fritters, you can use a spoon on the opposite side of spatula to help push each fritter onto the spatula and then flipping. Turn off the heat and let the fritters sit in the skillet (uncovered) for 2-3

more minutes (check the bottom to make sure it's not burned - if it is too dark, remove fritters from the skillet immediately). Do 4 fritters at a time, you should have a total of 2 batches (8 fritters total). Serve as is, or top with the dollop of Greek yogurt and chopped green onions (delicious if served this way!).

Vanilla Roasted Pears

(adapted from smitten kitchen)

INGREDIENTS

- 1/4 cup sugar
- 1/2 vanilla bean
- 1 1/2 pounds slightly-under-ripe, fragrant, medium pears, peeled if desired, halved through the stem and cored
- 2 tablespoons lemon juice
- 2 tablespoons water
- 2 tablespoon unsalted butte

INSTRUCTIONS

Preheat oven to 375°F. Place the sugar in a small bowl. With a thin, sharp knife, split the vanilla bean lengthwise in half and scrape out the seeds. Stir the seeds into the sugar. Arrange the pears in a large baking dish, cut-side up. Drizzle the lemon juice evenly over the fruit, then sprinkle with the sugar. Nestle the vanilla pod among the fruit (I first slit my halves lengthwise into quarters). Pour the water into the dish. Dot each pear with some butter. Roast the pears 30 minutes brushing them occasionally with the pan juices. Turn the pears over and continue roasting, basting once or twice, until tender and caramelized, 25 to 30 minutes longer (if the pears are small, test for doneness after 35 or 40 minutes of cooking; a paring knife poked into the thickest part of one should meet with no resistance). Serve warm, spooned with the caramelized pear drippings from the pan over ice cream, dolloped with crème fraîche, on your morning oatmeal, over slices of gingerbread or so so much more.

Kale, Pineapple, and Almond-Milk Smoothie

(adapted from Blendtec)

INGREDIENTS

- 1 cup almond milk (unsweetened)
- ½ cup pineapple juice
- 1 cup kale (chopped, packed)
- ½ cup fresh pineapple (diced)
- 1 banana

INSTRUCTIONS

In a blender, combine all ingredients and blend on high until smooth.

Tarragon and Cucumber Salad

(adapted from The Rambling Epicure)

INGREDIENTS

- 2 cucumbers
- 7oz sour cream or plain yogurt
- 6 branches of fresh tarragon, chopped finely
- 2 tsp. coarse mustard
- 2 Tbs. mayonnaise
- 2 Tbs. white wine vinegar

INSTRUCTIONS

Wash cucumbers. Slice into thin slices (I don't peel them in order to maintain the fiber). Spread slices out on a cutting board or work surface and salt on both sides to remove water. Leave for 1 or 2 hours. To make the sauce, beat mustard, mayonnaise, white wine vinegar with a wire whip until it becomes creamy. Add sour cream or yogurt and beat until thoroughly blended. If there is water standing on cucumbers, wipe them dry with a paper towel. Put dried cucumbers into sauce and fold until cucumbers are entirely covered with sauce. Fold in tarragon. Leave to rest in refrigerator for at least one hour. Serve cool.

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