

Thyme Saver CSA: Recipes & News for September 29, 2015

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

- Lettuce (Crisper drawer, 3-5 days)
- Sweet Potatoes (Counter, 1 week+)
- Apples (Counter, 2-3 days or Fridge, 1 week+)
- Acorn Squash (Counter, 1 week+)
- Carrots (edible tops)(Crisper drawer, 1 week+)
- Kohlrabi (edible tops)(L Only)(Crisper drawer, 5-7 days)
- Golden Beets (edible tops)(L Only)(Crisper drawer, 3-5 days)
- Green Beans (Crisper Drawer, 5-7 days)
- Scallions (Crisper drawer, 3-5 days)
- Oregano (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

Balsamic Sweet Potatoes

(adapted from Epicurious)

INGREDIENTS

- 1/4 cup balsamic vinegar
- 1 tablespoon (packed) golden brown sugar
- 1/4 cup (1/2 stick) unsalted butter
- 1 teaspoon coarse kosher salt
- 3 large red-skinned sweet potatoes, peeled, cut into 1 1/4-inch pieces

INSTRUCTIONS

Preheat oven to 400°F. In large skillet over medium heat, bring balsamic vinegar and brown sugar to boil, stirring until sugar dissolves. Reduce heat and simmer until vinegar thickens slightly, about 3 minutes. Add butter and salt and stir until butter melts. Add potato pieces to skillet; toss to coat. Season potatoes with freshly ground black pepper. Spread potatoes evenly on rimmed baking sheet. Bake until potatoes are tender and golden, stirring occasionally, about 40 minutes. Transfer potatoes to large platter or bowl and serve.

Sauteed Carrots and Oregano

(adapted from Yankee)

INGREDIENTS

- 3 tablespoons vegetable oil
- 1 bunch carrots, cut into julienne strips
- 1/3 cup water
- 2 tablespoons butter
- 1 tablespoon chopped fresh oregano
- Salt and freshly ground black pepper

INSTRUCTIONS

Heat the oil in a wok or large skillet. Add the carrots, tossing to coat evenly. Cook over high heat, stirring constantly for 30 seconds. Pour on the water and cover the pan. Reduce the heat and simmer for 3 to 5 minutes or until the carrots are crisp-tender. Add the butter and oregano and increase the heat. Cook, stirring, until all the liquid is evaporated from the pan. Season with salt and pepper and serve immediately.

Golden Beet Salad

(adapted from Epicurious)

INGREDIENTS

- 1 bunch golden beets, trimmed and rinsed
- 1 1/2 tablespoons rice vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon whole-grain or Dijon mustard
- 1 oz spinach leaves or baby spinach, sliced (about 1 cup)
- 3 tablespoons toasted walnuts
- 1 ounce blue cheese, crumbled (1/4 cup)

INSTRUCTIONS

Preheat the oven to 400°F. Place the beets in a roasting pan and add water to a depth of 1/2 inch. Cover the pan with foil and bake until the beets are easily pierced with a fork, about 1 1/2 hours. Set the beets aside until they are cool enough to handle. Peel and rinse off any pieces of skin. Slice the beets into 1/2-inch-thick rounds, and then cut them into 1/4-inch-thick sticks. Let the beets cool to room temperature. Toss the beets with the rice vinegar, salt, and pepper. Add the olive oil and mustard and toss with the spinach. Garnish with the toasted walnuts and crumbled blue cheese. Make Ahead: You can roast the beets up to 3 days in advance; toss them just before serving.

Spicy Stir-Fried Green Beans and Scallions

(adapted from Food.com)

INGREDIENTS

- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 2 teaspoons sugar
- 1/2 teaspoon red pepper flakes
- 2 tablespoons peanut oil
- 3/4 lb green beans, cut on bias into 1.5-inch pieces
- 4 scallions, cut into 1.5-inch pieces
- 1 teaspoon peanut oil
- 3 garlic cloves, mashed

INSTRUCTIONS

Mix soy sauce, vinegar, sugar, pepper flakes and 1 tablespoon water in a small bowl. Set aside. Heat a heavy skillet (12") over high heat until extremely hot. Carefully swirl 2 tablespoons oil to coat the bottom. Fry green beans, flipping every 30 seconds or so with a wide spatula, until slight charred and crisp-tender - about 4 minutes. Add scallions, continue cooking in same manner until scallions are charred and beans are tender.

Make a well in the center of the pan; mash garlic and remaining 1 t. oil together. Fry until fragrant - about 5 seconds - and stir into vegetables. Add soy mixture and toss into vegetables to coat; Cook until liquid is reduced by about half, about 15 seconds. Serve immediately.

Baked Acorn Squash

(adapted from Paula Deen)

INGREDIENTS

- 1 acorn squash, cut in 1/2
- 2 tablespoons brown sugar
- 2 tablespoons butter, softened
- 2 tablespoons maple syrup
- Salt
- Freshly ground black pepper

INSTRUCTIONS

Preheat oven to 400 degrees F. Scoop the seeds and stringy pulp out of the squash cavities and discard. In a small mixing bowl, combine the brown sugar, butter, syrup and salt and pepper, to taste. Rub the squash cavities and cut sides of the squash with the butter mixture and place them on a baking sheet, cut side up. Bake in the preheated oven for about 1 hour until the squash is tender when pierced with a fork. Serve 1 half per person.

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