

Thyme Saver CSA: Recipes & News for August 30, 2016

<http://www.stokesfarm.com/blog> tag your pictures: #stokesfarm1873 #thymesaver

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

- | | |
|--|--|
| ● Corn (Crisper drawer, 3-5 days) | ● Potatoes (Counter, 1 wk+) |
| ● Tomatoes (Counter, 1-2 days) | ● Yellow Squash (L Only) (Crisper Drawer, 4-5 days) |
| ● Carrots (Crisper drawer, 1 week+) | ● Melon (L Only) (Fridge, 4-6 days) |
| ● Edamame (Fridge, 5-6 days) | ● Oregano (wrap in damp paper towel, put in open Ziploc bag in the fridge, 2-3 days) |
| ● Swiss Chard (Crisper drawer, 3-5 days) | |

Questions? Contact our CSA Program Manager, Jenny: thymesaver@stokesfarm.com

Swiss Chard with Potatoes

(adapted from *Saveur*)

INGREDIENTS

- 1 lb. Yukon gold potatoes, peeled and cut into 1" pieces
- Kosher salt and freshly ground black pepper, to taste
- 1/3 cup olive oil
- 6 cloves garlic, thinly sliced
- 1 bunch Swiss chard, tough stems removed, tender stems and leaves torn into 2" pieces

INSTRUCTIONS

Boil potatoes in a 4-qt. saucepan of salted water until tender, 5-7 minutes; drain and set aside. Add oil to saucepan; place over medium-high heat. Add garlic; cook until soft, 1-2 minutes. Add potatoes; cook, stirring occasionally, until golden, 5-7 minutes. Stir in Swiss chard; cook until wilted, about 5 minutes; season with salt and pepper.

Farm Fresh Edamame

(adapted from Chicken Thistle Farm)

INGREDIENTS

- Farm Fresh Edamame
- Boiling water
- Sea salt flakes

INSTRUCTIONS

Edamame can be boiled or steamed. (we typically steam it) Bring water to a boil in steamer or sauce pan. To steam, place pods in steamer for 5 minutes. To boil, add pods to

boiling water for 5 minutes. For both methods, after 5 minutes, remove from steamer or boiling water, place in bowl and add 2 tsp sea salt (or more if desired). To eat, place one end of the pod up in your mouth and squeeze the other end. The beans will pop out right into your mouth. You can also bite lightly into the pod to bite the beans into your mouth. You should be able to taste the salt as well as the beans! The pods are not eaten so have an extra bowl for discarding empty pods!

Carrot Salad with Oregano and Cumin

(adapted from *Gourmet*)

INGREDIENTS

- 2 tablespoons fresh oregano leaves, chopped fine
- a rounded 1/2 teaspoon ground cumin
- 1/4 teaspoon freshly grated lemon zest
- 1 tablespoon fresh lemon juice, or to taste
- 1/4 cup extra-virgin olive oil
- 1 bunch carrots, peeled and shredded fine

INSTRUCTIONS

In a bowl whisk together oregano, cumin, zest, lemon juice, and salt and pepper to taste and whisk in oil in a stream until dressing is emulsified. Add carrots and toss to combine well.

Herbed Summer Squash Pasta Bake

(adapted from Smitten Kitchen)

INGREDIENTS

- 8 ounces pasta, any shape you like
- 1 tablespoon olive oil
- 1 pound summer squash, halved lengthwise and sliced thin
- 1 teaspoon finely grated lemon zest
- Juice of half a lemon
- 3 tablespoons (45 grams) unsalted butter
- 2 cloves garlic, minced
- 3 large or 5 skinny scallions, sliced thin and white/pale green parts and dark green tops in separate piles
- Pinches of red pepper flakes, to taste
- 3 tablespoons (25 grams) all-purpose flour
- 1 1/2 cups milk, ideally whole but low-fat will also work
- 1/4 cup chopped flat-leaf parsley, divided
- 1 tablespoon finely chopped mixed herbs of your choice
- Salt and more pepper to taste
- 3/4 cup finely grated parmesan or aged pecorino romano cheese, divided
- 4 ounces (115 grams) mozzarella, cut into small cubes

INSTRUCTIONS

Cook the pasta: If you've got an oven-save 3-quart deep skillet or braising pan, use it here and you'll only need one pot for the whole recipe. Otherwise, bring a medium/large pot of well-salted water to a boil. Add pasta and cook until al dente, about 1 to 2 minutes before perfect doneness. Drain and set aside. *Heat oven:* To 400 degrees. *Prepare the squash:* Heat a large skillet or the pot you just used to cook your pasta to high heat. Once hot, add olive oil, and let it heat until almost smoking. Add sliced squash, season it with salt and pepper flakes and let it sear underneath, unmoved, until golden brown. Continue to saute until browned and somewhat wilted, about 10 minutes, trying to get some color on each layer before moving squash around. Transfer to a bowl and squeeze lemon juice over bowl. Add more salt or pepper if needed. *Make the sauce:* Reheat your the same pot over medium heat. Melt butter in bottom of pan. Add scallion white and pale green parts and garlic and let sizzle for 1 to 2 minutes. Add flour and stir until all has been dampened and

absorbed. Add milk, a very small splash at a time, stirring the whole time with a spoon. Make sure each splash has been fully mixed into the butter/flour/onion/garlic mixture, scraping from the bottom of the pan and all around, before adding the next splash. Repeat until all milk has been added, then add lemon zest, salt and pepper to taste. Let mixture simmer together for 2 minutes, stirring frequently; the sauce will thicken. Remove pan from heat and stir in half of chopped parsley, all of mixed herbs and reserved scallion greens. Adjust seasoning to taste. *Assemble dish:* Off the heat, add drained pasta, summer squash, 1/2 cup grated parmesan and all of the mozzarella to the pot, stirring to combine. If pan is ovenproof, you can bake your final dish in it. If not, transfer mixture to a 2 to 3 quart ovenproof casserole or baking dish. Sprinkle with remaining 1/4 cup parmesan. *Bake:* For 25 to 30 minutes, until edges of pasta are golden brown and irresistible. Sprinkle with reserved parsley and serve hot. Reheat as needed.

Oregano Marinade

(adapted from ChowHound)

INGREDIENTS

- 5 tablespoons freshly squeezed lemon juice (from about 2 medium lemons)
- 5 tablespoons dry white wine
- 1/2 cup extra-virgin olive oil
- 1/4 cup packed fresh oregano (leaves and tender stems only)
- 2 tablespoons packed fresh thyme leaves
- 1/2 medium yellow onion, peeled and halved again
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

INSTRUCTIONS

Place all of the ingredients in a blender or food processor and process on high until smooth, about 1 minute. Use immediately or refrigerate in a container with a tightfitting lid for up to 1 day.