

Thyme Saver CSA: Recipes & News for August 2, 2016

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

- Corn (Crisper Drawer, 4-6 days)
- Red Leaf Lettuce (Crisper drawer, 3-5 days)
- Cherry Tomatoes (Counter, 5-6 days)
- Swiss chard (Crisper drawer, 3-5 days)
- Eggplant (Crisper drawer, 3-5 days)
- Peaches (L ONLY) (Counter, 2-3 days/Fridge, 1 wk+)
- Squash (L ONLY) (Crisper Drawer, 5-7 days)
- Garlic (Counter, 1 week+)
- Basil (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

Tomato Eggplant Zucchini Bake

(Adapted from Well Plated)

INGREDIENTS

- 3 medium zucchini (about 1 1/2 pounds)
- 1 small/medium eggplant (about 3/4 pound)
- 1 pint cherry tomatoes
- 1 tablespoon extra virgin olive oil
- 4 large cloves garlic, minced
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 2/3 cup freshly grated parmesan cheese, divided
- 1/4 cup chopped fresh basil, divided
- 1/4 cup chopped fresh parsley, divided

INSTRUCTIONS

Preheat the oven to 350 degrees F. Lightly grease a deep 9x9-inch baking dish or similar 3 1/2-quart casserole dish with cooking spray. Quarter the zucchini then cut into 1/2-inch slices and place in a large mixing bowl (each piece of zucchini should be roughly 1/2-3/4 inches in size). Next, slice the eggplant into 1/4-inch rounds, then stack the rounds and cut into roughly 3/4-inch pieces. Add to the bowl with the zucchini. Half the cherry tomatoes and add to the bowl. Drizzle the cut vegetables with the olive oil, then add the garlic, salt, pepper, 1/3 cup of the Parmesan cheese, and half of the basil and parsley. Toss gently to combine. Transfer the vegetables to the prepared baking dish. Bake for 25 minutes, cover the pan with aluminum foil, then continue baking for 10-20 additional minutes, until the vegetables are

tender. Sprinkle with the remaining Parmesan cheese, basil, and parsley. Serve warm.

Roasted Swiss Chard with Feta

(adapted from AllRecipes)

INGREDIENTS

- 1 bunch rainbow chard - leaves and stems separated and chopped
- 1 large onion, chopped
- 1 tablespoon olive oil
- salt and black pepper to taste
- 2 tablespoons olive oil
- 4 ounces feta cheese, crumbled

INSTRUCTIONS

Preheat an oven to 350 degrees F (175 degrees C). Grease a baking sheet with olive oil. Toss the chard stems and onions in a bowl with 1 tablespoon olive oil. Season with salt and pepper to taste, and spread onto the prepared baking sheet. Bake in the preheated oven until the chard stems have softened and the onion is starting to brown on the corners, about 15 minutes. Toss the chard leaves with 2 tablespoons of olive oil, salt, and black pepper. Sprinkle the leaves over the stem mixture, then scatter the feta cheese over top. Return to the oven, and bake until the stems are tender, the leaves are beginning to crisp, and the feta is melted and golden, about 20 minutes.

Lemon Garlic Glazed Corn on the Cob

(adapted from *Eating Well*)

INGREDIENTS

- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 4 ears corn, husked
- 1/3 cup water
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

INSTRUCTIONS

Heat butter and oil in a large skillet over medium heat. Add garlic and cook, stirring, until fragrant but not browned, about 1 minute. Add corn, water, lemon juice, salt and pepper. Cover and cook, gently shaking the pan occasionally to turn the cobs, for 5 minutes. Uncover and continue cooking, turning the cobs occasionally, until all but a few tablespoons of liquid has evaporated, 2 to 4 minutes more. Serve the corn drizzled with the lemon-garlic pan sauce.

Fresh Peach Cobbler

(adapted from *Food Network*)

INGREDIENTS

- 1/2 cup unsalted butter, melted
- 1 cup all-purpose flour
- 2 cups sugar
- 3 teaspoons baking powder
- Pinch salt
- 1 cup milk
- 4 cups peeled, pitted and thinly sliced fresh peaches
- 1 tablespoon fresh lemon juice
- Several dashes ground cinnamon or ground nutmeg (optional)

INSTRUCTIONS

Preheat oven to 375 degrees. Pour the melted butter into a 13 by 9 by 2-inch baking dish. In a medium bowl, combine the flour, 1 cup sugar, the baking powder, and the salt and mix well. Stir in the milk, mixing until just combined. Pour this batter over the butter but do not stir them together.

In a small saucepan, combine the peaches, lemon juice, and remaining cup of sugar and bring to a boil over high heat, stirring constantly. Pour the peaches over the batter but do not stir them together. Sprinkle with cinnamon or nutmeg if desired. Bake in the preheated oven for 40 to 45 minutes or until the top is golden-brown. Serve warm or cold.

Fresh Peach & Basil Salad

(adapted from *A Spicy Perspective*)

INGREDIENTS

- 4-6 ripe peaches, pitted and cut into bite-size pieces
- 1 tablespoon honey
- 6 basil leaves, thinly sliced
- 1/2 cup lemon goat cheese (or plain goat cheese with a little lemon zest)
- A pinch of salt

INSTRUCTIONS

Place the peaches in a bowl. Drizzle with honey and sprinkle with salt. Toss to coat. Gently fold in basil and goat cheese. Serve immediately.

Sauteed Zucchini w/ Tomatoes, Garlic & Basil

(adapted from *Food.com*)

INGREDIENTS

- 2 tablespoons olive oil
- 2 medium zucchini, cut in half lengthwise then cut into half moon slices
- 2 garlic cloves, crushed
- 3/4 cup cherry tomatoes, halved
- 2 tablespoons chopped fresh basil
- 1/2 teaspoon salt
- fresh ground black pepper, to taste

INSTRUCTIONS

Heat a 10-inch skillet over medium-high heat; add the olive oil, swirling to coat the pan. Add zucchini; cook, stirring often, until slightly browned, about 2 minutes. Add the garlic; cook, stirring, until just fragrant, about 30 seconds. Add the tomatoes; stir until softened, about 1 minute. Stir in the basil, salt and pepper to taste.