

# Thyme Saver CSA: Recipes & News for August 9, 2016

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

- Corn (Crisper Drawer, 4-6 days)
- Heirloom Tomatoes (Counter, 2-3 days)
- Carrots (edible tops)(Crisper drawer, 1 week+)
- Peaches (Counter, 2-3 days/Fridge, 1 wk+)
- Lettuce (Crisper drawer, 3-5 days)
- Kirby Cucumbers (Crisper Drawer, 4-6 days)
- Bok Choy (L Only) (Crisper drawer, 2-3 days)
- Cherry Tomatoes (L Only) (Counter, 5-6 days)
- Bell Pepper (Crisper Drawer, 3-5 days)
- Purple 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](mailto:thymesaver@stokesfarm.com)

## Sauteed Tomatoes w/ Sausage & Goat Cheese

(adapted from Detroit News)

### INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 pint Sun Gold cherry tomatoes, sliced in half
- ¼ teaspoon salt
- 4 precooked Italian sausages, about 9 ounces total, sliced in about ½-inch pieces, crosswise
- ½ cup green olives, pitted, cut in quarters lengthwise
- 2 cups precooked brown rice, heated
- ½ cup fresh goat cheese or blue cheese crumbles

### INSTRUCTIONS

Heat the olive oil in a large skillet over medium-high heat. Add the tomatoes; season with a good pinch of salt. Cook, stirring occasionally, just until tomatoes begin to soften, about 2 minutes. (Tomatoes will continue to cook with the other ingredients, so they should not cook too much at this stage.) Stir in the sausage. Turn the heat to medium. Cook until just heated through. Off the heat, stir in the olives. Serve in big bowls over the rice, topped with the crumbled cheese.

## Mediterranean Chopped Salad

(adapted from Serious Eats)

### INGREDIENTS

- 1 small red onion, finely sliced
- 2 cups chopped tomatoes
- 1 medium green bell pepper, cut into 3/4-inch pieces
- Kosher salt and freshly ground black pepper
- 1 tablespoon balsamic or red wine vinegar
- 1 teaspoon Dijon mustard
- 3 tablespoons extra-virgin olive oil
- 4 ounces feta cheese, cut into 1/2-inch cubes
- 1/2 cup chopped fresh basil leaves

### INSTRUCTIONS

Place onions in a small bowl and cover with cold water. Set aside. Combine tomatoes and peppers in a colander set over a bowl and season with 1/2 teaspoon kosher salt and a few grinds black pepper. Allow to rest at room temperature for 20 minutes. You should end up with about 2 tablespoons juice in the bowl. If excess juice is collected, discard all but 2 tablespoons. Add mustard and vinegar to vegetable juices. Slowly whisk in olive oil. Add tomatoes, peppers, cheese, drained onions, and basil to bowl and toss to combine. Season to taste with salt and pepper and serve.

## Quick Carrots with Garlic & Basil

(adapted from Food.com)

### INGREDIENTS

- 1 bunch carrots (sliced diagonally)
- 2 teaspoons olive oil
- 2 large garlic cloves (sliced thinly)
- 2 tablespoons fresh basil (thinly sliced or chopped)

### INSTRUCTIONS

Cook carrots in boiling water for for 2 -3 mins. Drain and reserve 1/2 cup of liquid. Combine the garlic and oil in a nonstick pan and cook over a moderate heat until fragrant. Add the carrots and stirring, cook until well combined and hot, adding a little of the reserved cooking liquid if necessary. Remove from the heat and stir in the basil. Serve hot.

## Purple Basil Lemonade

(Adapted from *Cooking Light*)

### INGREDIENTS

- 4 cups water
- 1/2 cup fresh lemon juice
- 1/2 cup loosely packed purple basil leaves
- 4 cups ice
- 4 purple basil sprigs

### INSTRUCTIONS

Combine 4 cups water and juice in a large bowl. Place 1/2 cup basil and sugar in a mortar; pound with pestle until a paste forms. Add sugar mixture to juice mixture; stir until sugar dissolves. Strain mixture through a sieve over a bowl; discard solids. Place 1 cup ice in each of 4 glasses. Pour about 1 cup lemonade into each glass; garnish each serving with 1 basil sprig.

## Bok Choy Salad

(Adapted from *Culinary Hill*)

### INGREDIENTS

FOR THE SESAME DRESSING:

- ¼ cup light brown sugar
- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons toasted sesame seeds (see notes)
- 1 tablespoon soy sauce

FOR THE BOK CHOY SALAD:

- 2 tablespoons olive oil
- 1 package ramen noodles, crumbled, seasoning packet discarded
- ¼ cup sliced almonds
- 1 bunch bok choy, sliced
- 5 scallions, chopped

### INSTRUCTIONS

To make the dressing, in a small bowl or in a jar with a tight-fitting lid, combine brown sugar, olive oil, vinegar, sesame seeds, and soy sauce. Allow flavors to blend at room temperature while preparing the rest of the salad. Meanwhile, heat 2 tablespoons olive oil in a large sauce pan over medium heat until shimmering. Reduce heat to low. Add ramen noodles and almonds; sauté until toasted, about 10 minutes, stirring frequently to avoid scorching. In a large bowl, combine baby bok choy, scallions, and crunchy mix. Drizzle salad dressing over the top and toss until uniformly combined. Serve at room temperature.

## Fresh Peach Smoothie

(adapted from *Cooking Light*)

### INGREDIENTS

- 3/4 cup peach nectar
- 1 tablespoon honey
- 1/8 teaspoon almond extract
- 2 (5.3-ounce) cartons vanilla fat-free Greek yogurt
- 3 cups sliced fresh peaches, frozen
- Mint sprigs (optional)

### INSTRUCTIONS

Place first 4 ingredients in a blender; process until blended. Add peaches; process until smooth. Divide evenly among four glasses; garnish each serving with a mint sprig, if desired. Serve immediately.