

# Thyme Saver CSA: Recipes & News for July 12, 2016

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

- Lettuce (Crisper drawer, 3-5 days)
- Purple Onions (Counter, 1 week+)
- Rainbow Carrots (edible tops)(Crisper, 1 week+)
- Kirby Cucumbers (Crisper Drawer, 4-6 days)
- Squash (Crisper Drawer, 5-7 days)
- Peaches (Counter, 2-3 days/Fridge, 1 wk+)
- Tomatoes (L ONLY) (Counter, 5-6 days)
- Golden Beets (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](mailto:thymesaver@stokesfarm.com)

## Baked Summer Squash (adapted from TheKitchn)

### INGREDIENTS

- 2 pounds summer squash
- 1/4 cup olive oil
- 1/2 cup grated Parmesan cheese
- 1/3 cup bread crumbs
- 1/2 teaspoon flaked salt
- 1/4 teaspoon freshly ground pepper

### INSTRUCTIONS

Preheat the oven to 350°F. Remove the stem ends and slice the squash cross-wise in 1/4-inch-thick rounds. Toss with the olive oil. In a small bowl, combine the bread crumbs, Parmesan, salt, and pepper. Arrange the squash rounds in a 9x12-inch rectangular baking dish, or 10-inch pie plate.

Sprinkle the bread crumb mixture over. Cover the baking dish with foil and bake in the oven for 30 minutes. Remove foil and bake another five minutes until the top is bubbling and crispy.

## Golden Roasted Beets (adapted from *Eating Well*)

### INGREDIENTS

- 1 bunch golden beets, trimmed and cut into 1-inch pieces or wedges
- 4 teaspoons extra-virgin olive oil or canola oil

- 2 tablespoons chopped fresh or 2 teaspoons dried herbs, such as marjoram, oregano and/or rosemary
- 1 teaspoon freshly grated lemon zest
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon lemon juice, (optional)

### INSTRUCTIONS

Position rack in lower third of oven; preheat to 450°F. Combine oil, herbs, lemon zest, salt and pepper in a large bowl. Add beets; toss to coat with the seasoning mixture. Spread the beets evenly on a rimmed baking sheet. Roast, stirring once or twice, until the beets are tender and browned, 20 to 25 minutes. Toss the roasted vegetables with lemon juice, if using.

## Peachy Tomato Salad (adapted from *feastie.com*)

### INGREDIENTS

- 2 large peaches, thinly sliced
- 2 large tomatoes, thinly sliced (I didn't de-seed my tomatoes)
- ¼ cup purple onion, thinly sliced
- 1 tbsp. olive oil
- 2 tbsp. fresh mint leaves, thinly sliced (about 6 large leaves)
- 1 tsp. fresh thyme
- salt & pepper to taste

## INSTRUCTIONS

Layer the peaches and tomatoes on a large plate. Top with onion and just drizzle with olive oil. Sprinkle with salt and pepper and top with mint leaves and fresh thyme.

Serve immediately. You can refrigerate for a little while, but the peaches will turn color.

## **Tangy Buttered Beets with Greens & Dijon** (adapted from Whole Foods Market)

### INGREDIENTS

- 1 bunch beets, with stems and greens attached
- 2 tablespoons butter
- 2 tablespoons Dijon mustard
- 1/4 teaspoon fine sea salt, to taste
- 1/4 teaspoon ground black pepper

### INSTRUCTIONS

Roughly chop beet greens and transfer to a small bowl. Cut stems into 1-inch pieces and transfer to a large bowl. Peel and cut beets into 1-inch chunks then transfer to bowl with stems.

Bring 6 tablespoons water to a boil in a large skillet over medium high heat. Add beets and stems, cover and cook until somewhat tender, 5 to 7 minutes. Uncover, sprinkle greens over the top, cover and cook until beets, stems and greens are tender, adding more water if needed, about 5 minutes more. Remove from heat, toss with butter, Dijon, salt and pepper and serve hot, at room temperature or cold.

## **Glazed Carrots with Tarragon** (adapted from *Fine Cooking*)

### INGREDIENTS

- 1 bunch carrots, cut into 1/2-inch rounds
- 1-1/2 oz. (3 Tbs.) unsalted butter
- 1-1/2 tsp. granulated sugar
- Kosher salt
- 2 Tbs. finely chopped fresh tarragon

### INSTRUCTIONS

Put the carrots in an 8-inch-wide, 3- to 4-quart saucepan and arrange snugly. Add the butter, sugar, 1/2 tsp. salt, and enough water to just cover the carrots (about 2 cups). Bring to a boil over high heat. Cook over high heat, shaking the pan occasionally, until the liquid has reduced to a syrupy glaze and the carrots are tender, about 10 minutes. (If the glaze is done before the carrots, add about 1/2 cup water and continue to cook. If the carrots are done first, remove them and continue to boil the liquid until syrupy.) Lower the heat to medium low, add the tarragon, and toss to combine. Season to taste with salt and serve. (The glazed carrots can be kept warm, covered, for about 20 minutes.)

## **Peach Lemonade** (adapted from AllRecipes)

### INGREDIENTS

- 4 cups water
- 2 cups coarsely chopped peaches
- 3/4 cup sugar
- 1 cup fresh lemon juice (about 6 lemons)
- 4 cups ice
- 1 peach, pitted and cut into 8 wedges

### INSTRUCTIONS

Combine the first 3 ingredients in a medium saucepan over medium-high heat. Bring to a boil; reduce heat, and simmer 3 minutes. Place peach mixture in a blender; let stand for 20 minutes. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid. Blend until smooth. Pour into a large bowl. Refrigerate for at least 3 hours. Press peach mixture through a sieve over a bowl, reserving liquid; discard solids. Stir in lemon juice. Place 1/2 cup ice in each of 8 glasses. Pour about 2/3 cup lemonade into each glass; garnish each glass with 1 peach wedge.