

Thyme Saver CSA: Recipes & News for July 19, 2016

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

- Lettuce (Crisper drawer, 3-5 days)
- Cherry Tomatoes (Counter, 5-6 days)
- Cucumbers (Crisper Drawer, 4-6 days)
- Beans (Crisper Drawer, 4-6 days)
- Corn (Crisper Drawer, 4-6 days)
- Peppers (Crisper Drawer, 4-6 days)
- Garlic (Counter, 1 week+)
- Melon (L ONLY) (Fridge, 1 wk+)
- Summer Savory (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

Summer Savory and Garlic Green Beans

(adapted from Life's Ambrosia)

INGREDIENTS

- Ice
- 2 tablespoons olive oil
- 1 pound trimmed green beans
- 3 cloves garlic, minced
- 1 tablespoon fresh summer savory removed from stem
- Salt and pepper

INSTRUCTIONS

Fill a large bowl with cold water and ice. Bring a large pot of water to boil. Once boiling salt liberally and add in green beans. Cook 3 - 4 minutes or just until bright green. Use a slotted spoon to transfer beans to ice bath to stop cooking process. Once cool, remove and pat dry. Heat oil in a skillet over medium-high heat. Add beans, cook 3 - 5 minutes or until beans are tender but crisp. Add in garlic and summer savory. Cook just until garlic becomes fragrant, about a minute. Season to taste with salt and pepper and serve.

Sweet Corn and Goat Cheese Stuffed Peppers

(adapted from The Kitchn)

INGREDIENTS

- 2 ears fresh sweet corn
- 2 teaspoons olive oil
- 1 teaspoon smoked paprika

- 1/4 cup diced red onion
- 4 ounces goat cheese, softened
- 2 to 3 tablespoons plain yogurt
- 1/4 teaspoon salt
- 3 tablespoons chopped cilantro, plus extra for topping
- 1/2 cup cooked millet or quinoa
- Bell peppers

INSTRUCTIONS

Prepare a grill. Shuck and remove the silk from the sweet corn. Rub the ears with olive oil and smoked paprika. Cook on the grill until the corn is charred, turning occasionally. Let the corn cool enough to handle, then remove kernels. In a food processor, pulse the onion into small pieces. Add the goat cheese, yogurt, and salt. Pulse the mixture, scraping down sides as needed, until combined and goat cheese is smooth. Add corn kernels and cilantro, and pulse 3 to 4 times until the mixture is just combined but kernels are still mostly intact. Transfer to a mixing bowl and stir in cooked grain. Slice the tops off the peppers and remove seeds. Divide the corn mixture equally between the peppers. Grill the stuffed peppers over low, indirect heat and until they are warmed through, 6 to 8 minutes. Move the peppers to medium, direct heat and continue to cook until peppers are charred, 2 to 3 minutes. Serve with a sprinkle of cilantro and favorite hot sauce if desired.

Cantaloupe and Mozzarella Caprese Salad

(adapted from Foodie Crush)

INGREDIENTS

- 1 cantaloupe, halved and seeded
- 1 8-ounce container mozzarella balls (pearl size balls)
- 8-10 slices prosciutto, shredded into large pieces
- ¼ cup basil leaves, thinly sliced
- ¼ cup mint leaves, thinly sliced
- 3 tablespoons extra-virgin olive oil
- 1½ tablespoons honey
- 1 tablespoon white balsamic vinegar
- Kosher salt and freshly ground black pepper to taste

INSTRUCTIONS

Use a melon baller to scoop balls from the cantaloupe halves and add to a large bowl. Add the mozzarella balls and the torn prosciutto. Sprinkle with the basil and mint leaves. In a small bowl, whisk the olive oil, honey and white balsamic vinegar together and season with kosher salt and freshly ground black pepper. Drizzle over the cantaloupe and toss to coat. Season with more salt and pepper and additional herbs to taste.

Cherry Tomato Bites

(adapted from *Martha Stewart Living*)

INGREDIENTS

- 1 pint cherry tomatoes
- Fresh mozzarella, cubed
- Olive oil
- Salt
- Fresh ground pepper
- Basil, julienned

INSTRUCTIONS

Cut a small slice off the end of each tomato so that they sit level. (Make sure not to cut too big of a slice or else the cup won't have a bottom.) Make another slice on the opposite side of the tomato and scoop out the pulp inside using a melon baller or small spoon. Be careful not to puncture the skin on the bottom. (Don't worry about what it looks like

because it will soon be stuffed.) Season the tomato cups with salt and pepper. Place a cube of mozzarella in each cup. You can experiment with the size of the mozzarella, but I prefer overstuffed tomatoes. Drizzle olive oil over the stuffed tomatoes. Garnish each bite with a bit of basil. Transfer the bites onto a serving platter and chill until ready to serve.

Tzatziki

(adapted from Cabot Dairy)

INGREDIENTS

- 2 medium cloves garlic
- 1/4 teaspoon salt, plus more to taste
- 1 medium cucumber
- 1 cup plain greek yogurt
- 1 tablespoon fresh lemon juice
- 1 tablespoon flavorful extra virgin olive oil
- 1 tablespoon finely chopped fresh dill
- 1/2 teaspoon ground black pepper

INSTRUCTIONS

Peel garlic and chop coarsely. Sprinkle with 1/4 teaspoon salt and mash into puree with blade of knife held sideways. Scrape into medium bowl. Remove ends from cucumber and peel. Cut in half lengthwise; scrape out and discard seeds. Coarsely grate cucumber flesh or mince finely with knife. Working over another bowl or sink, squeeze grated or chopped cucumber firmly to extract as much juice as possible; discard juice and add squeezed flesh to bowl with garlic. Add yogurt, lemon juice, olive oil, dill and pepper, stirring together well. Cover and refrigerate for at least 2 hours for flavors to blend. Add more salt if needed. Serve as dip with pita bread and fresh vegetables or as sauce for grilled lamb, chicken, beef or vegetables.

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