

Thyme Saver CSA: Recipes & News for July 5, 2016

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

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

- Lettuce (Crisper drawer, 3-5 days)
- Tomatoes (Counter, 5-6 days)
- Kohlrabi (edible tops)(Crisper drawer, 5-7 days)
- Scallions (Crisper Drawer, 4-5 days)
- Swiss chard (Crisper drawer, 3-5 days)
- Red & White Potatoes (Counter, 1 week+)
- Carrots (edible tops)(Crisper drawer, 1 week+)
- Blueberries (L ONLY) (Fridge, 3-4 days)
- Squash (L ONLY) (Crisper Drawer, 5-7 days)
- Lemon 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

Kohlrabi Carrot Fritters & Avocado Cream (Adapted from A Couple Cooks)

INGREDIENTS

- 2 kohlrabi
- 1 carrot
- 1 egg
- ¼ teaspoon kosher salt
- ¼ teaspoon cayenne
- ½ cup grapeseed or vegetable oil (enough for ¼-inch depth in a large skillet)
- ½ avocado
- ¼ cup plain yogurt
- ½ lemon
- ¼ teaspoon kosher salt
- Scallions (for garnish)

INSTRUCTIONS

Cut the leaves off the kohlrabi and peel the bulb. Peel 1 carrot. Shred the vegetables in a food processor, or by hand using a grater. Squeeze the shredded vegetables in a tea cloth (or with your hands) to remove moisture, then add to a medium bowl with 1 egg, ¼ teaspoon kosher salt, and ¼ teaspoon cayenne. Mix to combine. Place ½ cup oil in a large skillet (enough for ¼-inch depth). Heat the oil over medium high heat, then place small patties of the fritter mixture into the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil. In a small bowl, mix ½ avocado, ¼ cup plain yogurt, juice from ½ lemon, and ¼ teaspoon kosher

salt to make the avocado cream (or blend the ingredients together in a food processor). Serve fritters with avocado cream and sliced scallions.

Swiss Chard with Tomatoes and Beans (adapted from AllRecipes)

INGREDIENTS

- 2 tablespoons olive oil
- 1 shallot, chopped
- 2 scallions, chopped
- 1/2 cup garbanzo beans, drained
- salt and pepper to taste
- 1 bunch Swiss chard, rinsed and chopped
- 1 tomato, sliced

INSTRUCTIONS

Heat olive oil in a large skillet. Stir in shallot and scallions; cook and stir for 3 to 5 minutes, or until soft and fragrant. Stir in garbanzo beans, and season with salt and pepper; heat through. Place chard in pan, and cook until wilted. Add tomato slices, squeeze lemon juice over greens, and heat through. Plate, and season with salt and pepper to taste.

Find More Recipes On Our Website!

<http://stokesfarm.com/thyme-saver-2016/>

Grilled Zucchini

(adapted from *The Pioneer Woman*)

INGREDIENTS

- 6 whole zucchini (medium sized)
- 1/4 cup olive oil
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 3 whole lemons, zested
- 1 teaspoon kosher salt (additional)
- Olive oil, as needed for brushing

INSTRUCTIONS

Cut the tops and bottoms of the zucchini and slice them into quarters, lengthwise. Place them all in a large Ziploc. Drizzle in olive oil, 1 teaspoon salt, pepper, 1 tablespoon lemon zest and the juice of two lemons. Seal the bag(s) and smush them around a bit so that the zucchini is coated. Set aside for 15 to 20 minutes to marinate. Prepare the grill to medium to medium-low heat. Grill the zucchini on all three sides until nice and tender, being careful not to burn them. Remove the zucchini to a plate as it gets done. Pile up the rest of the lemon zest and sprinkle 1 tablespoon kosher salt on top. Chop the salt and zest together. Add more salt if it needs it. Sprinkle the lemon salt over the zucchini and serve.

Grated Carrot Salad

(adapted from *Leite's Culinaria*)

INGREDIENTS

- 4 carrots, peeled and julienned or finely grated
- 2 tablespoons extra-virgin olive oil
- Juice of 1/2 lemon
- 3 small pinches salt
- Freshly ground black pepper

(optional add-ons: a pinch each ground cinnamon and ground cumin, a handful dark or golden raisins, a pinch garam masala, a pinch sumac, a dash hot sauce, a pinch fresh herbs)

INSTRUCTIONS

Place the carrots in a bowl and add the oil, lemon juice, and salt. Mix gently, season with a little pepper to taste, and serve immediately, or refrigerate for up to 24 hours.

Chili, Lemon, & Basil Shrimp w/Couscous

(adapted from *TheKitchn*)

INGREDIENTS

• *For the couscous:*

- Olive oil
- 1 cup Israeli (pearl) couscous
- 1 lemon, zested and juiced
- 1 1/2 cups chicken broth
- Salt and freshly ground black pepper

• *For the shrimp:*

- 4 large cloves garlic, minced
- Pinch red pepper flakes, to taste
- 1 pound cooked shrimp, deveined and tails removed
- 1 cup loosely packed fresh basil
- Salt and freshly ground black pepper

INSTRUCTIONS

Heat a drizzle of olive oil in a 2-quart saucepan over medium heat. Add the couscous and fry for 2 to 3 minutes, or until it starts smelling a little toasty. Add the lemon juice and stir until the lemon juice evaporates. (Reserve the lemon zest for the shrimp.) Add the chicken broth and bring to a simmer then turn the heat to low and cover the pan tightly. Cook for 15 minutes, then take off the heat and let the pan sit, covered, until you are ready to serve the couscous. In a 10-inch sauté pan, heat another drizzle of olive oil over medium-low heat. Add the garlic and the red pepper flakes and cook gently for about 5 minutes, or until the garlic is golden and fragrant. Pat the shrimp dry, turn the heat up to high, and add the shrimp to the pan. Cook quick, turning the shrimp frequently and stirring the oil and garlic into the shrimp. As soon as the shrimp is heated through (about 3 minutes), turn off the heat and stir in the basil and the lemon zest. Season the couscous and shrimp to taste with salt and pepper. Serve the shrimp on a bed of couscous, and eat while it's hot!