

# Thyme Saver CSA: Recipes & News for November 15, 2016

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

- Mixed Herbs (Thyme, Rosemary, Oregano) (wrap in damp paper towel, put in open Ziploc bag in the fridge, 2-3 days)
- Sweet Potatoes (Counter, 1 week +)
- Apples (Counter, 2-3 days, crisper drawer, 1 week+)

- Butternut Squash (Counter, 1 week +)
- Arugula (Crisper drawer, 3-5 days)
- Cauliflower (Crisper drawer, 5-7 days)
- Cranberries (L Only) (Crisper drawer, 5-7 days)
- Brussels Sprouts (L Only) (Crisper drawer, 3-5 days)

Questions? Contact our CSA Program Manager, Jenny: [thymesaver@stokesfarm.com](mailto:thymesaver@stokesfarm.com)

## Apple Cranberry Jam

(adapted from *Food in Jars*)

### INGREDIENTS

- 8 cups of peeled and diced apple (approximately 5-6 large apples, 1/2 inch dice)
- 4 cups of whole cranberries
- 6 cups sugar
- 1 cup water
- 2 lemons, zested and juiced

### INSTRUCTIONS

Combine the apples, cranberries, sugar and water in a large pot (use a big one, this jam will bubble) over high heat.

Bring to a boil, skimming off the foam that develops on the top of the fruit. Cook for 10-15 minutes, until the cranberries pop and the apples soften. Add the lemon zest and juice and simmer until the liquid in the pot begins to thicken (because both apples and cranberries are naturally high in pectin, you won't need any additional pectin to help this jam set, as long as you cook it until thick and syrup-y). Ladle into glass jars or other storage containers. Keeps in the refrigerator for up to 2 weeks.

## Garlic Roasted Brussels Sprouts

(adapted from *The New York Times*)

### INGREDIENTS

- 1 pound brussels sprouts

- 4 to 6 tablespoons extra virgin olive oil, to coat bottom of pan
- 5 cloves garlic, peeled
- Salt and pepper to taste
- 1 tablespoon balsamic vinegar

### INSTRUCTIONS

Heat oven to 400 degrees. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper. Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Roast, shaking pan every 5 minutes, until sprouts are quite brown and tender, about 10 to 20 minutes. Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar, and serve hot or warm.

## Roasted Sweet Potatoes & Apples

(adapted from Food Network)

### INGREDIENTS

- 2 large sweet potatoes, peeled and cut into 1-inch dice
- Extra-virgin olive oil
- Kosher salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon cayenne pepper
- 3 apples
- Juice of 1/2 lemon

- 2 sprigs fresh rosemary, picked and finely chopped
- 1/2 cup coarsely chopped walnuts

## INSTRUCTIONS

Preheat the oven to 350 degrees F. In a large bowl, toss the sweet potatoes generously with some olive oil, salt, cinnamon and cayenne. Lay the sweet potatoes out on a sheet tray, place them in the oven and roast until they are very soft and mushy, 30 to 35 minutes. Peel the apples and cut into 1-inch dice. Toss the apples with the lemon juice, some olive oil, salt and the rosemary. Lay them out on a sheet tray and place in the oven during the last 15 minutes of the cooking time for the sweet potatoes. When done, the apples should be soft and cooked through but still hold their shape. Sprinkle the walnuts over the apples during the last 5 minutes in the oven. Transfer the sweet potatoes to a large bowl and coarsely mash them with a potato masher. Stir in the cooked apples and walnuts. Taste and adjust the seasoning if needed. Serve immediately or keep in a warm oven and serve hot.

## Mashed Cauliflower “Potatoes” (adapted from Food Network)

### INGREDIENTS

- 1 medium head cauliflower
- 1 tablespoon cream cheese, softened
- 1/4 cup grated Parmesan
- 1/2 teaspoon minced garlic
- 1/8 teaspoon straight chicken base or bullion (may substitute 1/2 teaspoon salt)
- 1/8 teaspoon freshly ground black pepper
- 1/2 teaspoon chopped fresh rosemary, for garnish
- 3 tablespoons unsalted butter

### INSTRUCTIONS

Set a stockpot of water to boil over high heat. Clean and cut cauliflower into small pieces. Cook in boiling water for about 6 minutes, or until well done. Drain well; do not let cool and pat cooked cauliflower very dry between several layers of paper towels. In a bowl with an immersion blender, or in a food processor, puree the hot cauliflower with

the cream cheese, Parmesan, garlic, chicken base, and pepper until almost smooth.

Garnish with rosemary, and serve hot with pats of butter.

## Butternut Squash & Arugula Salad (adapted from *Barefoot Contessa*)

### INGREDIENTS

- 1 (1 ½-pound) butternut squash, peeled and 3/4-inch diced
- Good olive oil
- 1 tablespoon pure maple syrup
- Kosher salt and freshly ground black pepper
- 3 tablespoons dried cranberries
- 3/4 cup apple cider or apple juice
- 2 tablespoons cider vinegar
- 2 tablespoons minced shallots
- 2 teaspoons Dijon mustard
- 4 ounces arugula, washed and spun dry
- 1/2 cup walnut halves, toasted
- 3/4 cup freshly grated Parmesan cheese

### INSTRUCTIONS

Preheat the oven to 400 degrees. Place the squash on a sheet pan. Add 2 tablespoons olive oil, the maple syrup, 1 teaspoon salt, and ½ teaspoon pepper and toss. Roast the squash for 15 to 20 minutes, turning once, until tender. Add the cranberries to the pan for the last 5 minutes. While the squash is roasting, combine the apple cider, vinegar, and shallots in a small saucepan and bring to a boil over medium-high heat. Cook for 6 to 8 minutes, until the cider is reduced to about ¼ cup. Off the heat, whisk in the mustard, ½ cup olive oil, 1 teaspoon salt, and ½ teaspoon pepper. Place the arugula in a large salad bowl and add the roasted squash mixture, the walnuts, and the grated Parmesan. Spoon just enough vinaigrette over the salad to moisten, and toss well. Sprinkle with salt and pepper and serve immediately.