

# Thyme Saver CSA: Recipes & News for November 8, 2016

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

- Lettuce (Crisper drawer, 3-5 days)
- Spaghetti Squash (Counter, 1 week +)
- Apples (Counter, 2-3 days, crisper drawer, 1 week+)
- Potatoes (Counter, 1 week +)
- Broccoli (Crisper drawer, 5-7 days)
- Beets (Crisper drawer, 5-7 days)
- Garlic (Counter, 1 week +)
- Spinach (L Only) (Crisper drawer, 3-5 days)
- Carrots (L Only) (Crisper drawer, 5-7 days)

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

## Cheese & Pepper Spaghetti Squash

(adapted from Rachael Ray)

### INGREDIENTS

- 1 (4 pound) spaghetti squash
- 2 tablespoons extra virgin olive oil
- 1 cup grated Romano
- Salt and lots of coarsely ground black pepper

### INSTRUCTIONS

To microwave squash, cut in half and seed. Place 1/4-inch water in a microwave safe dish. Place squash in dish, cut sides down -- sides will overlap. Cover with plastic wrap and microwave on high power 13 minutes. Reserve 1/2 cup liquid in a bowl. Shred squash and add the "spaghetti" to bowl with liquid. To boil squash: cut in half and scrape out seeds. Boil squash until tender, 15 to 20 minutes. Place 1/2 cup cooking water into a bowl, then drain and shred the squash. Transfer to a bowl with reserved liquid. Toss squash with reserved liquid and dress with extra-virgin olive oil, lots of cheese, salt to taste, and lots of black pepper. Serve.

## Lemon & Garlic Roasted Beets

(adapted from *Food & Wine*)

### INGREDIENTS

- 1 bunch beets—peeled, halved, and sliced 1/4 inch thick
- 4 medium garlic cloves, thinly sliced
- 2 tablespoons fresh lemon juice

- 1/4 teaspoon finely grated lemon zest
- 1/2 teaspoon olive oil
- 1/4 teaspoon sugar
- Salt and freshly ground pepper

### INSTRUCTIONS

Preheat the oven to 375°. In an 8-inch square nonreactive baking dish, toss the beets with the garlic, lemon juice, lemon zest, oil, and sugar. Season with salt and pepper and spread the beets in a single layer. Spray an 8-inch piece of parchment paper lightly with olive oil cooking spray and set it oiled-side down on the beets. Cover tightly with foil and roast, shaking the pan occasionally, for about 40 minutes, until the beets are tender. Serve the beets warm or hot.

## Spinach & Apple Salad

(adapted from Food Network)

### INGREDIENTS

- 2 tablespoons olive oil
- 1 tablespoon cider vinegar
- 1 teaspoon Dijon mustard
- Salt and freshly ground pepper
- 1 bunch spinach
- 1 apple
- 1/3 cup walnut pieces, toasted in a dry skillet over a medium-high flame until fragrant, about 2 minutes

## INSTRUCTIONS

In a small bowl whisk together the oil, vinegar and mustard. Season with salt and pepper to taste. Toss the spinach with the dressing until evenly coated then divide the spinach among 4 serving plates. Core the apple and slice it into matchsticks. Sprinkle a quarter of the apple pieces on top of each salad. Follow with the walnut pieces. Serve immediately.

## Garlic Parmesan Potatoes & Broccoli

(adapted from Delicious)

### INGREDIENTS

- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1/4 teaspoon onion powder
- Kosher salt and freshly ground black pepper, to taste
- 1 head broccoli, chopped
- 16 ounces potatoes, chopped
- 1/4 cup freshly grated Parmesan
- 2 tablespoons chopped fresh parsley leaves

### INSTRUCTIONS

Preheat oven to 400 degrees F. In a small bowl, whisk together olive oil, garlic, Italian seasoning and onion powder; season with salt and pepper, to taste. Cut four sheets of foil, about 12-inches long. Divide broccoli and potatoes into 4 equal portions and add to the center of each foil in a single layer. Fold up all 4 sides of each foil packet. Spoon the garlic mixture over the broccoli and potatoes. Fold the sides of the foil over the vegetables, covering completely and sealing the packets closed. Place foil packets in a single layer on a baking sheet. Place into oven and bake until tender, about 12-14 minutes. Serve immediately, sprinkled with Parmesan and parsley, if desired.

## Ridiculously Good Roasted Carrots

(adapted from *The Frugal Girl*)

### INGREDIENTS

- 1 bunch carrots, peeled, halved crosswise, and cut lengthwise if necessary to create even pieces
- 2 tablespoons unsalted butter, melted
- Table salt and ground black pepper

### INSTRUCTIONS

Heat oven to 425° F. In a bowl, toss together carrots, butter, 1/2 teaspoon salt and 1/4 teaspoon pepper. Line a rimmed baking sheet with parchment paper. Arrange carrots in an even layer on top of parchment, then tightly cover the whole pan with aluminum foil. Bake for 15 minutes. Take pan out of oven, remove foil, and return pan to oven for another 30-35 minutes, or until the carrots are lightly browned. Stir twice during cooking time. Season with more salt and pepper if desired, and then serve.

## Easy Baked Apples

(adapted from *Food Network*)

### INGREDIENTS

- 4 apples
- 4 tablespoons (1/2 stick) butter, softened
- 1/2 cup brown sugar
- 3/4 teaspoon cinnamon
- 1/4 cup chopped pecans

### INSTRUCTIONS

Preheat the oven to 375 degrees F. Wash and core apples, leaving enough of the core at the base of the apple to contain the filling. Combine the butter, brown sugar, cinnamon and chopped pecans in a small bowl. Roll log shapes of the mixture and press enough into each apple to fill the core. Fill a 2-quart baking dish with about 3/4 cup water, or enough to cover the bottom. Place the apples upright in the dish. Bake until the apples are soft and the filling is browned, 1 hour.