

Thyme Saver CSA: Recipes & News for October 18, 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) | ● Radishes (Crisper drawer, 5-7 days) |
| ● Spaghetti Squash (Counter, 1 week +) | ● Kohlrabi (L Only) (Crisper drawer, 5-7 days) |
| ● Apples (Counter, 2-3 days, crisper drawer, 1 week+) | ● Beets (L Only) (Crisper drawer, 5-7 days) |
| ● Cauliflower (Crisper drawer, 5-7 days) | ● Tarragon (wrap in damp paper towel, put in open Ziploc bag in the fridge, 2-3 days) |
| ● Tomatoes (Counter, 3-4 days) | |

Questions? Contact our CSA Program Manager, Jenny: thymesaver@stokesfarm.com

Baked Spaghetti Squash with Garlic & Butter

(adapted from *Steamy Kitchen*)

INGREDIENTS

- 1 small spaghetti squash (about 3-4 pounds)
- 2 tablespoons butter
- 2 cloves garlic, finely minced
- 1/4 cup finely minced parsley (or basil)
- 1/2 teaspoon salt (or to taste)
- 1/4 cup shredded parmesan cheese

INSTRUCTIONS

Preheat oven to 375F. Pierce squash a few times with sharp paring knife (to let steam escape). Bake spaghetti squash for 60 minutes, or until a paring knife pierces easily through skin with little resistance. Let squash cool for 10 minutes. Cut squash in half, lengthwise. Use a fork to remove and discard the seeds. Continue using fork to scrape the squash to get long, lovely strands. If the squash seem difficult to scrape, return the squash to bake for an additional 10 minutes. Heat a large saute pan with the butter and the garlic over medium-low heat. When garlic becomes fragrant, add parsley, salt and spaghetti squash strands. Toss well, sprinkle in the parmesan cheese and taste to see if you need additional salt. The spaghetti squash should have a slight crunch (i.e. not mushy) - but if you like it softer, cover the pan and cook 2 more minutes.

Cheddar Cauliflower Soup

(adapted from *Martha Stewart Living*)

INGREDIENTS

- 3 tablespoons unsalted butter
- 1 medium yellow onion, diced small
- 1 medium head cauliflower, trimmed and cut into 1 1/2-inch pieces
- 4 cups low-sodium chicken broth, plus more if desired
- 5 1/2 ounces sharp white cheddar, grated (1 1/2 cups)
- Coarse salt and ground pepper
- 1/8 teaspoon cayenne pepper

INSTRUCTIONS

In a large pot, melt butter over medium. Add onion and cook, stirring occasionally, until softened, 8 minutes. Add cauliflower and cook until just beginning to brown, 12 minutes. Add broth and 1 cup water; bring to a boil over high. Reduce heat and simmer until cauliflower is very tender, 20 minutes. Puree soup with immersion blender, add more broth or water for a thinner consistency, if desired. Heat over medium until warmed through; add cheese and stir until melted. Season with salt and pepper. Serve sprinkled with cayenne.

White Bean Salad with Tarragon

(adapted from Food52)

INGREDIENTS

- 1 1/2 cups white beans (yes, you can use canned)
- 1/4 cup tarragon, finely chopped (one medium-sized bunch)
- 1/2 cup parsley, roughly chopped
- 1/2 small red onion, mandolined in half moons
- 4 to 5 radishes (I used breakfast), sliced in half moons
- Juice of one large lemon
- 1/3 cup good olive oil
- Generous sprinkle of flaky salt

INSTRUCTIONS

Dump beans, tarragon, parsley, onion, and radishes into a bowl. Whisk together your olive oil and lemon juice with a pinch of salt. Toss with other ingredients. Finish with flaky salt, and serve with a crusty loaf of bread.

Crispy Apple & Kohlrabi Salad

(adapted from *Cookie & Kate*)

INGREDIENTS

- 2 small kohlrabi (about 1 pound), cut into matchsticks about 1/4" wide
- 1 large apple (about 1/2 pound), cored and cut into matchsticks about 1/4" wide
- 1/3 cup grated gouda cheese (optional)
- 1/4 cup fresh tarragon leaves
- 3 tablespoons toasted sunflower seeds
- Lemon zest, to taste
- 1 to 2 tablespoons olive oil, to taste
- 1 to 2 tablespoons lemon juice, to taste
- Flaky sea salt (like Maldon) and freshly ground black pepper, to taste

INSTRUCTIONS

In a large serving bowl, combine the kohlrabi and apple matchsticks. Add the cheese, if using, and the tarragon leaves and sunflower seeds. Shave lemon zest liberally over the

bowl (I probably used about half of a small lemon's worth or more). Drizzle in 1 tablespoon olive oil and 1 tablespoon lemon juice, then sprinkle lightly with salt and black pepper. Use your hands to gently toss the salad, then add another drizzle of olive oil and lemon juice if the salad seems dry. Finish with another light sprinkle of salt and pepper and serve immediately.

Raw Beet Salad

(adapted from Mark Bittman)

INGREDIENTS

- 1 bunch beets
- 1 large shallot
- Salt and freshly ground black pepper
- 2 teaspoons Dijon mustard, or to taste
- 1 tablespoon extra virgin olive oil
- 2 tablespoons sherry vinegar or other good strong vinegar
- About 1 tablespoon minced parsley, dill, or chervil; or about 1 teaspoon minced rosemary or tarragon

INSTRUCTIONS

Peel the beets and the shallot. Combine them in the bowl of a food processor fitted with a metal blade, and pulse carefully until the beets are shredded; do not puree. (Or grate the beets by hand and mince the shallots; combine.) Scrape into a bowl. Toss with the salt, pepper, mustard, oil, and vinegar. Taste and adjust the seasoning. Toss in the herbs and serve.