

Thyme Saver CSA: Recipes & News for September 20, 2016

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

- Lettuce (Crisper drawer, 3-5 days)
- Apples (Counter, 2-3 days, Crisper Drawer, 1 week+)
- Spaghetti Squash (Counter, 1 wk+)
- Leeks (Crisper drawer, 5-7 days)
- Cucumber (Crisper drawer, 3-5 days)
- Kale (Crisper drawer, 3-5 days)
- Tomatoes (Counter, 3-5 days)
- Carrots (L Only) (Crisper drawer, 1 week+)
- White Pepper (L Only) (Crisper drawer, 3-5 days)
- Rosemary (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

Baked Spaghetti Squash Carbonara

(adapted from *TheKitchn*)

INGREDIENTS

- 1 medium spaghetti squash
- 8 ounces bacon (8 to 10 slices), diced
- 1 small yellow onion, diced
- 4 large eggs
- 1/2 cup ricotta cheese
- 1 1/4 cups Parmesan cheese, divided
- 1 teaspoon salt
- 1 teaspoon black pepper

INSTRUCTIONS

Heat the oven to 350°F. Cut the squash in half lengthwise with a sharp chef's knife. Scrape out the seeds and seed flesh with a spoon and discard. Pour 1/2 cup water into a 9x13-inch baking dish and place the squash cut-side down in the water. Roast for 45 minutes or until tender. In a heavy skillet, cook the bacon over medium heat until the edges crisp. Add the onions and cook for 5 to 6 minutes or until soft and beginning to brown. Remove from the heat. In a large bowl whisk the eggs, then whisk in the ricotta. Fold in the cooked bacon and onions, then 1 cup of grated cheese and the salt and pepper. When the squash can be easily pierced with a fork, remove it from the oven and turn the heat up to 375°F. Remove the squash from the baking dish and let it cool slightly. Dump out any water left in the

baking dish, wipe it dry, and then grease it lightly with cooking spray. Shred the inside of the squash with a fork into spaghetti-like strings and remove from the outer shell. You should have approximately 6 cups. Mix the squash strings into the egg-and-onion mixture. Spread in the baking dish and top with the remaining 1/4 cup of cheese. (*Make-ahead:* At this point you can cover the dish and refrigerate overnight.) Bake for 45 minutes or until firm and golden on top.

Kale with Caramelized Onions

(adapted from *GreenBean Delivery*)

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 leek, greens removed and whites sliced thin
- 1/2 teaspoon salt
- 1 bunch kale, stems removed and leaves roughly chopped
- 2 tablespoons red wine vinegar

INSTRUCTIONS

Heat oil in a large saute pan over medium heat. Add the leek and salt; cook, stirring occasionally until leeks are lightly browned, 5 minutes. Reduce heat to medium-low and cook until leeks are soft, 5-10 minutes. Raise heat to medium-high and add the kale; stir to coat kale with oil. Add the vinegar and a 1/4 cup water; cook, stirring often until kale softens, 5 minutes. Season with salt and pepper.

Rosemary Roasted Carrots

(adapted from *OhMyVeggies*)

INGREDIENTS

- 1 bunches of carrots, peeled
- 1 tbsp. olive oil
- 1 tbsp. minced rosemary
- salt and pepper

INSTRUCTIONS

Preheat oven to 400°F. Toss the carrots with olive oil on a rimmed baking sheet. Sprinkle with rosemary, salt & pepper.

Bake 20-25 minutes or until tender.

Big Apple Pancake

(adapted from *Gourmet*)

INGREDIENTS

- 1/2 stick (1/4 cup) unsalted butter
- 1 large sweet apple such as Gala, peeled, cored, and cut into 1/4-inch-wide wedges
- 1/2 cup whole milk
- 1/2 cup all-purpose flour
- 4 large eggs
- 3 tablespoons granulated sugar
- 1/2 teaspoon vanilla
- 1/4 teaspoon salt
- Confectioners sugar for dusting
- Special equipment: a well-seasoned 10- to 11-inch heavy cast-iron skillet or other ovenproof skillet

INSTRUCTIONS

Put oven rack in middle position and preheat oven to 450°F.

Melt butter in skillet over moderate heat, then transfer 2 tablespoons to a blender. Add apple wedges to skillet and cook, turning over once, until beginning to soften, 3 to 5 minutes. While apple is cooking, add milk, flour, eggs, granulated sugar, vanilla, and salt to butter in blender and blend until smooth. Pour batter over apple and transfer skillet to oven. Bake until pancake is puffed and golden,

about 15 minutes. Dust with confectioners sugar and serve immediately.

Pasta with Rosemary & Tomato

(adapted from Elizabeth Minchilli)

INGREDIENTS

- 1/3 cup olive oil
- 1 large can (16 oz) best quality peeled tomatoes
- 5 cloves garlic, peeled, but left whole
- 6 branches of fresh rosemary
- 1 tsp salt
- 1 pound penne
- grated ricotta salata

INSTRUCTIONS

Pour olive oil into a saute pan large enough to hold all of the drained pasta later. Add the garlic and let cook until well golden (about 10 minutes). Remove garlic with a slotted spoon and discard. While oil is still hot, add 4 rosemary branches. They will sizzle. Turn off heat and let the rosemary brown in the still hot oil. Let the oil completely cool down, then take the crisp rosemary out of the oil and place on a paper towel to drain, reserving it to use at the end. Return the pan to the heat and add the remaining rosemary, tomatoes, with their juices and salt. Raise heat and cook over a high heat until the sauce has thickened. (about 20 minutes). Remove and discard the rosemary branches. In the meantime bring a large pot of salted water to boil, and cook pasta. When al dente, drain. Add to pasta sauce, and turn on heat, letting the pasta absorb the sauce and finish cooking. Top each dish with a sprinkling of crisp rosemary leaves, and served topped with grated ricotta salata.