

# Thyme Saver CSA: Recipes & News for September 27, 2016

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

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

- Acorn Squash (Counter, 1 week+)
- Apples (Counter, 2-3 days, crisper drawer, 1 week+)
- Sweet potatoes (Counter, 1 week +)
- Lettuce (Crisper drawer, 3-5 days)
- Green Beans (Crisper drawer, 3-5 days)
- Scallions (Crisper drawer, 3-5 days)
- Beets (L Only) (Crisper drawer, 5-7 days)
- Cabbage (L Only) (Crisper drawer, 3-5 days)
- Red Peppers (Crisper drawer, 3-5 days)
- Pea Tendrils (Counter, 1 week+)
- Winter Savory (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](mailto:thymesaver@stokesfarm.com)

## Acorn Squash with Apple & Walnut Stuffing

(adapted from *The Fresh Market*)

### INGREDIENTS

- 2 tbsp. butter
- 1 medium acorn squash, cut in half lengthwise with seeds cleaned out
- 1/2 c. yellow onion, finely chopped
- 1/2 c. apple, peeled, cored and cubed
- 1/3 c. raisins
- 2 tbsp. walnuts, chopped
- 2 tbsp. maple syrup
- 1 tsp. sage, coarsely chopped
- 1/4 tsp. ground cinnamon

### INSTRUCTIONS

Preheat oven to 350°F. Melt 1 Tbsp. butter and brush over the cut side of squash. Add enough water to cover the bottom of a large pan, place squash cut side up in pan and bake for 30 to 35 minutes or until tender. Meanwhile, heat remaining butter in a pan and sauté onion for about 3 minutes, stirring, until softened. Add apple and cook an additional 3 minutes, stirring to combine. Add raisins, walnuts and maple syrup. Cover and cook about 15 to 20 minutes, or until apples are tender. Add sage and season mixture with cinnamon, salt and pepper. Spoon stuffing into squash cavities and bake 15 to 20 minutes more, adding more water to the pan if necessary.

## Super Simple Roasted Apples

(adapted from *Joy the Baker*)

### INGREDIENTS

- 4 Fuji apples, peeled and sliced thin
- 1 tablespoon lemon juice
- 3 tablespoons brown sugar
- 1 or 1 1/2 teaspoons cinnamon
- 1 teaspoons cornstarch
- sprinkling of ground all spice
- pinch of salt
- 2 tablespoons butter, cut into small cubes

### INSTRUCTIONS

Place a rack in the center of the oven and preheat oven to 400 degrees F. Line a baking sheet with parchment paper. Spread sliced apples across the baking sheet. Sprinkle with lemon juice. Sprinkle with brown sugar, cinnamon, cornstarch, all spice, and salt. Toss with fingers. Top with cubes of butter and bake for 15 to 25 minutes, until golden and bubbly to your desired doneness. Remove from oven. Allow to cool slightly and serve on top of ice cream or oatmeal. Store in an airtight container for up to up to 3 days. Reheat in a small pan over low heat on the stovetop.

## **Grilled Green Beans & Scallions**

(adapted from *Food Network*)

### **INGREDIENTS**

- 1/2 lb green beans
- Olive oil
- Salt
- 1 bunch scallions

### **INSTRUCTIONS**

Toss 1/2 pound green beans with olive oil and salt on a double sheet of foil; fold to seal. Grill 18 minutes, turning once. Toss 1 bunch halved scallions with olive oil, salt and pepper; grill 3 minutes. Toss with the green beans, olive oil, salt and pepper. Serve with lemon wedges.

## **Fresh Pea Hummus with Pea Tendril Garnish**

(adapted from *Epicurious*)

### **INGREDIENTS**

- 1 1/4 cups fresh shelled green peas (from 1 1/2 pounds peas in pod)
- 1 cup drained canned garbanzo beans
- 1/4 cup chopped fresh Italian parsley
- 1/4 cup plain whole-milk yogurt
- 3 tablespoons chopped green onion
- 2 tablespoons fresh lemon juice
- 2 teaspoons ground cumin
- 3/4 teaspoon salt
- 25 thin baguette slices, toasted
- 2 tablespoons extra-virgin olive oil
- 1/2 cup pea tendrils (for garnish)

### **INSTRUCTIONS**

Puree first 8 ingredients in processor until almost smooth. Brush toasts with olive oil and top with pea hummus. Garnish with pea tendrils.

## **Raw Beet Salad**

(adapted from *The New York Times*)

### **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
- Minced parsley, dill, chervil, rosemary or tarragon

### **INSTRUCTIONS**

Peel the beets and the shallot. Combine them in the bowl of a food processor fitted with the 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 seasoning. Toss in the herbs, and serve.

## **Roasted Green Cabbage Wedges with Olive Oil and Lemon**

(adapted from *Martha Stewart Living*)

### **INGREDIENTS**

- 1 small head green cabbage (about 2 1/2 pounds), cut into 8 wedges, core intact
- 1/2 teaspoon extra-virgin olive oil
- Coarse salt and freshly ground pepper
- 1 lemon, cut into wedges

### **INSTRUCTIONS**

Preheat oven to 450 degrees. Arrange cabbage on a rimmed baking sheet. Brush both sides of wedges with oil. Season with salt and pepper. Roast, flipping halfway through, until edges are brown and crisp, 25 to 30 minutes. Squeeze lemons over cabbage.