

# Thyme Saver CSA: Recipes & News for October 25, 2016

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

- Lettuce (Crisper drawer, 3-5 days)
- Sweet Potatoes (Counter, 1 week +)
- Acorn Squash (Counter, 1 week +)
- Apples (Counter, 2-3 days, crisper drawer, 1 week+)
- Red Onions (Counter, 1 week +)
- Broccoli (Crisper drawer, 5-7 days)
- Green Peppers (Crisper drawer, 3-5 days)
- Carrots (L Only) (Crisper drawer, 5-7 days)
- Bok Choy (L Only) (Crisper drawer, 3-5 days)

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

## Brown Sugar Baked Sweet Potatoes & Acorn Squash

(adapted from *Gourmet*)

### INGREDIENTS

- 2 large sweet potatoes, peeled and sliced crosswise 1/2 inch thick
- 1 large acorn squash, halved lengthwise, seeded, and sliced crosswise 1/2 inch thick
- 3 tablespoons unsalted butter, melted
- 1/2 cup packed light brown sugar
- 1 teaspoon grated nutmeg

### INSTRUCTIONS

Preheat oven to 375°F with racks in upper and lower thirds. Toss sweet potatoes and squash with butter, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Divide between two 17-by-11-inch 4-sided sheet pans. Bake, switching position of pans halfway through, 25 minutes. Stir together brown sugar and nutmeg. Turn vegetable slices and sprinkle evenly with sugar mixture. Bake until golden and tender, 35 to 40 minutes more.

## Stir-Fried Chicken and Bok Choy

(adapted from *The New York Times*)

### INGREDIENTS

- 2 tablespoons soy sauce
- 2 tablespoons rice wine vinegar

- 1 1/2 tablespoons sesame oil
- 2 teaspoons light brown sugar
- 3/4 pound boneless chicken thighs, cut into 1/2-inch strips
- 2 tablespoons finely chopped gingerroot
- 2 cloves garlic, finely chopped
- 3 tablespoons peanut or vegetable oil
- 1/2 pound bok choy (1 head), trimmed and thinly sliced
- 2 leeks (1/2 pound), halved lengthwise and thinly sliced
- Pinch chile flakes
- Salt, as needed
- Cooked rice, for serving

### INSTRUCTIONS

In a medium bowl, whisk together soy sauce, vinegar, sesame oil, and sugar. Pour half the mixture over the chicken, along with half the ginger and half the garlic. Let stand 20 minutes. Heat a large, 12-inch skillet over high heat until extremely hot, about 5 minutes. Add 1 tablespoon peanut oil and the chicken. Cook, stirring constantly, until meat is cooked through, about 3 minutes. Transfer to a plate. Add the remaining peanut oil to the skillet. Add the bok choy and cook 1 minute. Stir in the leeks and chili flakes; cook, tossing frequently until bok choy and leeks are tender, about 1 minute. Stir in the marinade and a pinch of salt. Move vegetable mixture to the border of the pan. Add remaining ginger and garlic to center of pan and cook, mashing lightly, until fragrant, about 30 seconds. Return chicken to skillet and combine with ginger, garlic, and vegetables. Serve immediately, over rice.

## **Roasted Broccoli & Carrots & Carrot Top Pesto** (adapted from Food Network)

### **INGREDIENTS**

- 1 head broccoli, cut into florets
- 1 bunch carrots with tops (about 6), peeled and cut into 1 inch chunks, tops reserved for the pesto
- 3 cloves garlic, chopped
- 3 tablespoons olive oil
- 2 tablespoons sesame seeds
- Kosher salt and freshly ground black pepper

#### *Carrot Top Pesto:*

- 1 1/4 cups carrot tops (from about 1 bunch of carrots)
- 3/4 cup fresh parsley leaves
- 1/4 cup roasted cashews
- 1 large clove garlic
- 1/2 cup extra-virgin olive oil
- 1/4 cup grated Parmesan
- Kosher salt

### **INSTRUCTIONS**

Preheat the oven to 400 degrees F. In a large bowl, toss the broccoli, carrots and garlic with the olive oil, sesame seeds and some salt and pepper until fully combined. Transfer to an ungreased baking sheet. Roast until lightly brown and just tender, about 25 minutes. Drizzle with the Carrot Top Pesto.

*Carrot Top Pesto:* Place the leaves and stems from the carrot tops in a food processor with the parsley leaves, roasted cashews and garlic. Puree and then slowly drizzle in the extra-virgin olive oil while the machine is running. Add the grated Parmesan and kosher salt to taste. Puree until combined.

## **Scrambled Eggs with Vegetables** (adapted from *TheKitchn*)

### **INGREDIENTS**

- 2 teaspoons olive oil
- 1/4 cup diced yellow onion
- 1/4 cup diced green bell pepper
- 1/2 cup diced button mushrooms

- 1 cup arugula or baby spinach
- 4 large eggs, beaten
- 1/4 shredded sharp cheddar
- Hot sauce, optional

### **INSTRUCTIONS**

Warm the olive oil in a nonstick skillet over medium heat. Add the onion, green bell pepper, and mushrooms. Cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes. Add the arugula and continue cooking, just until it begins to wilt. Add the eggs and stir. Using a spatula, push the eggs from the sides of the skillet into the center. When curds begin to form, add the cheddar and continue to move the eggs around the pan until just set. Serve immediately, with hot sauce if you like.

## **Pork Chops with Red Onion Confit** (adapted from Cooking Channel)

### **INGREDIENTS**

- 1 red onion
- 1 to 2 tablespoons butter
- Salt and pepper
- A splash of balsamic or red wine vinegar
- 2 pork chops, with lots of nice fat
- Pinch sugar

### **INSTRUCTIONS**

Slice the onion very thinly. Melt the butter in a frying pan, add the onions, season with salt and pepper and cook gently, stirring occasionally, until soft, about 15 minutes. Add the vinegar and reduce until the liquid evaporates, about 1 minute. Remove from the heat. Sprinkle the pork chops with salt, pepper and sugar. Fry until golden and cooked through, about 5 minutes per side. (If they are lacking in fat, you may need to add a little oil or butter, or both, to the pan to fry them.) Serve with a spoonful of red onion confit on top.