

Thyme Saver CSA: Recipes & News for August 1, 2017

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

- Cherry Tomatoes (Counter, 3-5 days)
- Corn (Crisper drawer, 3-5 days)
- Peppers (Crisper drawer, 3-5 days)
- Green Squash (Crisper drawer, 3-5 days)
- Blueberries (Fridge, 3-5 days)
- Lettuce (Crisper drawer, 3-5 days)
- Cucumber (L only) (Crisper drawer, 3-5 days)
- Beets (L only) Crisper drawer, 5-7 days (edible green tops)
- Savory (wrap in damp paper towel, put in open Ziploc bag in the fridge, 3-5 days)

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

Moroccan Beet Salad

(Adapted from *The New York Times*)

INGREDIENTS

- 1 bunch beets
- Juice of 1 lemon
- 2 cloves garlic, minced
- 1 teaspoon cumin, or to taste
- Salt and black pepper
- 4 tablespoons extra virgin olive oil
- ½ cup diced fresh parsley

INSTRUCTIONS

Place water in a 3-quart saucepan, and bring to a boil. Add beets, and simmer until beets are tender when pierced with a fork, about 45 minutes. Cool, peel, and cut beets into bite-size pieces. Place in a serving bowl. Place lemon juice, garlic, cumin and salt and pepper to taste in a small bowl. Whisk in olive oil, then toss with beets. Let sit a few hours. Just before serving, sprinkle with parsley.

Summer Squash Shakshuka with Baked Eggs

(Adapted from *TheKitchn*)

INGREDIENTS

- 2 pounds summer squash (zucchini, yellow squash, pattypan, etc.)
- 1 tablespoon Kosher salt, plus more for sprinkling
- 2 tablespoons + 2 teaspoons olive oil, divided

- 2 medium shallots, sliced
- 2 cloves garlic, minced
- 1/4 teaspoon smoked paprika, plus more for sprinkling
- 1/2 pound tomatoes, chopped
- 4 ounces soft goat cheese
- 1/4 cup chiffonade of basil, plus more for garnish
- 4 large eggs
- Freshly ground black pepper

INSTRUCTIONS

Trim the ends off the squash and grate using a box grater or a food processor with the grating attachment. Combine with 1 tablespoon salt in a colander and let drain in the sink for 30 minutes. Preheat the oven to 375°F. In an oven-safe skillet, warm 2 tablespoons olive oil over medium heat. Add the shallots, garlic, and paprika and cook, stirring, until just tender and fragrant. Squeeze as much liquid as possible from the squash with your hands and add it to the skillet along with the tomatoes. Cook, stirring occasionally, until the mixture is tender and no longer releasing liquid, about 10 minutes. Remove the skillet from heat and stir in goat cheese and basil. Smooth the mixture evenly in the skillet and make four wells using the back of a spoon. Pour 1/2 teaspoon olive oil in each well. One at a time, crack an egg into a small bowl and pour into one of the wells. Sprinkle salt, pepper, and paprika over each egg. Bake until egg whites are set and yolks are still soft, about 10 minutes. Garnish with basil and serve with crusty bread.

Tomatoes with Lemon & Summer Savory

(adapted from *Cooking Light*)

INGREDIENTS

- 1 pint cherry tomatoes, sliced in half
- 1/4 cup fresh lemon juice
- 1 teaspoon sugar
- 1 teaspoon extra virgin olive oil
- 1/2 teaspoon chopped fresh summer savory
- 1/4 teaspoon salt
- 1/8 teaspoon ground red pepper
- 1 garlic clove, minced

INSTRUCTIONS

Put cut tomatoes into a bowl. Combine lemon juice and remaining ingredients, stirring with a whisk. Pour dressing over tomatoes; toss gently to coat. Let stand 1 hour, stirring occasionally. Serve with a slotted spoon. Makes 4 servings.

Sautéed Corn & Green Peppers

(Adapted from Food Network)

INGREDIENTS

- 1 tablespoon vegetable oil
- 2 cups fresh corn kernels
- 1 green bell pepper, halved, stem, seeds, and ribs removed, and cut into 1/4-inch dice
- Pinch red pepper flakes
- Salt and freshly ground black pepper

INSTRUCTIONS

In a non-stick skillet, heat the oil over moderately high heat until it is hot but not smoking. Add corn and pepper dice and sauté, stirring, until tender but still crunchy, about 3 minutes. Stir in red pepper flakes and cook 15 more seconds. Season with salt and pepper.

Zucchini Taco Shells

(Adapted from *White on Rice Couple*)

INGREDIENTS

- 4 cups (950ml) zucchini, coarsely grated

- 1 large egg
- 1/2 cup (120ml) grated parmesan cheese
- 1/4 cup (60ml) bread crumbs
- 1/2 teaspoon freshly grated black pepper
- 1/4 teaspoon kosher or sea salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground cumin

INSTRUCTIONS

Pre-heat oven to 450 degrees F. Remove as much moisture as you can from the zucchini. Add zucchini to large bowl and mix in remainder of the taco shell ingredients (egg, parmesan cheese, bread crumbs, black pepper, salt, garlic powder, and cumin). Cover baking sheets with parchment paper or oven proof baking mat. Scoop about 1/4 cup of mixture and press down on baking pan into a thin circle, about 5" wide. Repeat for remainder of mixture. Bake shells for about 25 minutes, or until the shells look "crisp" and brown around the edges. We like to bake the shells a little longer for a more charred texture and flavor. Just be careful to not bake too long or else the shells dry out and are hard to peel off. After zucchini soft taco shells are cool, gently peel them off the parchment paper.

Honey Roasted Cherry Tomatoes

(Adapted from *Epicurious*)

INGREDIENTS

- 1 pint cherry tomatoes
- 2 garlic cloves
- 1 tablespoon clear honey
- 3 tablespoons olive oil
- Flaky sea salt and freshly ground black pepper

INSTRUCTIONS

Preheat the oven to 375°F/190°C. Lightly oil a roasting pan. Halve the tomatoes and place them, cut side up, in the dish. They should fit snugly with little or no space between them. Crush the garlic with a pinch of salt, then beat it with the honey, olive oil, and a good grinding of pepper. Spoon this sticky, garlicky mixture over the cherry tomatoes. Roast for about 30 minutes, until golden, juicy, and bubbling.