

Thyme Saver CSA: Recipes & News for July 11, 2017

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

- Corn (Crisper drawer, 3-5 days)
- Blueberries (Fridge, 3-5 days)
- Lettuce (Crisper drawer, 3-5 days)
- Beets (Crisper drawer, 5-7 days)
- Tomatoes (Counter, 2-4 days)
- Eggplant (Crisper drawer, 3-5 days)
- Peaches (L Only) (Crisper drawer, 5-7 days)
- Cucumbers (L Only) (Crisper drawer, 3-5 days)
- Purple basil (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

Grilled Eggplant Salad

(adapted from Food Network)

INGREDIENTS

- 1 Italian eggplant, cut into 1-inch thick slices
- 1 large red onion, cut into rounds
- Canola oil
- 1 avocado, halved, pitted and flesh chopped
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon Mustard
- 1 tablespoon coarsely chopped oregano leaves
- Honey
- Olive oil
- Salt and freshly ground black pepper
- 1 lemon, zested
- Parsley sprigs, for garnish

INSTRUCTIONS

Brush the eggplant and red onions with canola oil and arrange on the grill. Cook the eggplant until soft and grill the onions until they have a slight char. Remove from the grill to a cutting board and let cool slightly. Once cool, roughly chop and add them to a serving bowl along with the avocado. In a small bowl, whisk together the red wine vinegar, the Dijon, and oregano. Add honey and olive oil, to taste, and blend until emulsified. Season with salt and pepper, to taste. Add the dressing to the eggplant mixture and toss. Garnish with lemon zest and parsley sprigs and serve.

Beet Salad with Oranges & Beet Greens

(adapted from *Epicurious*)

INGREDIENTS

- 1 bunch beets with beet greens attached
- 2 large oranges
- 1 small sweet onion, cut through root end into thin wedges
- 1/3 cup red wine vinegar
- 1/4 cup extra-virgin olive oil
- 2 garlic cloves, minced
- 1/2 teaspoon grated orange peel

INSTRUCTIONS

Preheat oven to 400°F. Trim greens from beets. Cut off and discard stems. Coarsely chop leaves and reserve. Wrap each beet in foil. Place beets directly on oven rack and roast until tender when pierced with fork, about 1 hour 30 minutes. Cool. Peel beets, then cut each into 8 wedges. Place beets in medium bowl. Cook beet greens in large saucepan of boiling water just until tender, about 2 minutes. Drain. Cool. Squeeze greens to remove excess moisture. Add greens to bowl with beets. Cut peel and white pith from oranges. Working over another bowl and using small sharp knife, cut between membranes to release segments. Add orange segments and onion to bowl with beet mixture. Whisk vinegar, oil, garlic, and orange peel in small bowl to blend; add to beet mixture and toss to coat. Season with salt and pepper. Let stand at room temperature 1 hour. Serve.

Purple Basil Lemonade

(Adapted from *Cooking Light*)

INGREDIENTS

- 4 cups water
- 1/2 cup fresh lemon juice
- 1/2 cup loosely packed purple basil leaves
- 6 tablespoons sugar
- 4 cups ice
- 4 purple basil sprigs

INSTRUCTIONS

Combine 4 cups water and juice in a large bowl. Place 1/2 cup basil and sugar in a mortar; pound with pestle until a paste forms. Add sugar mixture to juice mixture; stir until sugar dissolves. Strain mixture through a sieve over a bowl; discard solids. Place 1 cup ice in each of 4 glasses. Pour about 1 cup lemonade into each glass; garnish each serving with 1 basil sprig.

Herbed Corn & Tomato Salad

(adapted from *The Kitchn*)

INGREDIENTS

- 6 medium ears sweet corn, shucked
- 4 medium tomatoes, as ripe as possible
- 1/4 cup (or small handful) fresh mint leaves
- 1/4 cup (or small handful) fresh mixed herbs — like Italian parsley, basil, rosemary, sage
- 1 tablespoon olive oil
- Kosher salt and fresh black pepper, to taste
- 3 ounces soft goat cheese, chilled and crumbled

INSTRUCTIONS

Bring a large pot of water to boil over medium-high heat. Add the corn and boil for 5 minutes. Drain and let cool. Meanwhile, chop the tomatoes in quarters and scrape or squeeze out the juices and seeds. (Reserve, if you want, for a future batch of tomato sauce, or to mix into cream cheese for a fresh sandwich spread.) Chop the seeded tomato quarters into a rough dice. Pat dry with a paper towel to remove any extra moisture. When the corn has cooled, stand each ear up

in a wide, shallow bowl and slice the corn kernels off with a chef's knife. Toss the corn with the tomatoes. Finely mince the mint and herb leaves and toss with the vegetables, along with the olive oil. Season to taste with salt and pepper, then crumble in the goat cheese and toss gently. Serve and enjoy!

Grilled Peach and Corn Salad

(adapted from *Food Network*)

INGREDIENTS

- 1/4 cup extra-virgin olive oil, plus more for drizzling
- 4 ears corn, shucked
- 3 peaches, each cut into 4 wedges
- Kosher salt and freshly ground black pepper
- 2 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- 1/2 Fresno pepper, halved, seeded and thinly sliced into half-moons
- 1/2 small shallot, finely minced
- 1/3 cup toasted sliced almonds
- 1/3 cup crumbled feta (2 ounces)
- 4 cups baby arugula (2 1/2 ounces)

INSTRUCTIONS

Prepare a grill for medium-high heat. Drizzle some olive oil on the corn and peaches and sprinkle with salt and pepper. Grill the corn and peaches, turning them periodically, until they develop dark grill and char marks on all sides, 6 to 8 minutes for the peaches and 10 to 12 minutes for the corn. Let cool slightly. Meanwhile, whisk together the olive oil, vinegar, mustard, Fresno pepper, shallot, 1/2 teaspoon salt and a few grinds of pepper in a large bowl. Cut the corn kernels from the cobs and discard the cobs. Slice the peach wedges crosswise so each piece has some grill marks. Add the corn kernels and sliced peaches to the large bowl of dressing along with the almonds and feta. Toss gently to coat. Check for seasoning and add more salt and pepper to taste. Arrange a bed of arugula on a large platter. Top with the peach and corn salad.