

Thyme Saver CSA: Recipes & News for July 4, 2017

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

- Lettuce (Crisper drawer, 3-5 days)
- Carrots (Crisper drawer, 5-7 days)
- Peaches (Crisper drawer, 5-7 days)
- Squash (Crisper drawer, 3-5 days)
- Tomatoes (Counter, 2-4 days)
- String Beans (Crisper drawer, 3-5 days)
- Spring Onions (L Only) (Counter, 1 week+)
- Rosemary (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

Green Beans in Tomato Sauce

(Adapted from Memories of Angelina)

INGREDIENTS

- 1 pound green beans, trimmed
- 1 pound tomatoes, fresh or canned
- 1 small onion, finely chopped
- Salt and pepper
- Olive Oil

INSTRUCTIONS

Start with a soffritto of onion and/or garlic sautéed in olive oil. Then you add best quality canned tomatoes, crushed in your hands, and allow them to simmer. Meanwhile, blanch your trimmed green beans in abundant, well-salted water until crisp-tender, drain and add them to the tomato sauce along with some of their cooking water and allow them to simmer in the sauce until quite tender.

Rosemary Mustard Pork with Peaches

(adapted from Food Network)

INGREDIENTS

- 2 1-pound pork tenderloins, trimmed
- Kosher salt and freshly ground pepper
- Vegetable oil, for the grill
- 3 firm-ripe peaches, halved, pitted and cut into wedges
- 1/2 cup dry white wine
- 1/3 cup packed light brown sugar
- 1 lemon

- 2 teaspoons whole-grain mustard
- 1/4 teaspoon chopped fresh rosemary, plus 1 or 2 small sprigs

INSTRUCTIONS

Preheat a grill to high. Pat the pork dry and season with salt and pepper. Lightly oil the grill, then grill the pork, turning, until marked, about 10 minutes. Meanwhile, combine the peaches, wine, brown sugar, and 1/2 cup water in a saucepan. Remove strips of zest from the lemon with a vegetable peeler and add to the pan; squeeze in the lemon juice. Cover and cook over medium-high heat until the peaches are just tender, 5 to 7 minutes. Transfer to a bowl with a slotted spoon. Add the mustard, 1/2 teaspoon salt and 1/4 teaspoon pepper to the juices in the pan. Transfer 1/3 cup of the liquid to a small bowl and stir in the chopped rosemary; brush onto the pork and continue grilling until a thermometer inserted into the thickest part registers 145 degrees F, 10 to 15 more minutes. Transfer to a cutting board. Meanwhile, simmer the remaining liquid in the saucepan until syrupy, about 3 minutes. Remove from the heat and season with salt. Return the peaches to the pan along with the rosemary sprigs. Slice the pork and serve with the peaches.

Rosemary Roasted Carrots (adapted from Oh My Veggies!)

INGREDIENTS

- 1 bunch 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.

Halibut with Spring Onions & Summer Squash (adapted from *Bon Appetit*)

INGREDIENTS

- 8 spring onions, bulbs separated from tops
- 4 tablespoons (or more) olive oil, divided
- 1.5 pounds assorted summer squash, cut into 1-inch pieces
- 1 tablespoon thyme leaves plus 4 sprigs
- Kosher salt and freshly ground black pepper
- 4 6-ounce skinless halibut fillets

INSTRUCTIONS

Cut onion bulbs in half lengthwise (quarter if large). Cut enough onion tops into 2" lengths to measure 1 cup. Heat 1 Tbsp. oil in a large skillet over medium-high heat until almost smoking. Add onion bulbs, cut side down; cook until golden, about 3 minutes. Transfer to a plate. Heat 1 Tbsp. oil in same skillet. Add squash; cook, stirring occasionally, until golden brown and just tender, about 5 minutes. Stir in onion bulbs, 1 cup onion tops, and 1 Tbsp. thyme leaves; season with salt and pepper and cook until onion tops wilt, about 1 minute longer. Remove from heat; set squash mixture aside. Heat remaining 2 Tbsp. oil in a large nonstick or cast-iron skillet over medium-high heat. Season halibut with salt. Add fish and thyme sprigs to skillet and cook until fish is golden brown, about 5 minutes. Turn fish and cook until just cooked through and opaque in the center, about 2 minutes longer.

Divide onion-squash sauté among plates; top with halibut.

Whole Wheat Baked Pancake with Peaches (adapted from Foodlets)

INGREDIENTS

- 3 tablespoons butter
- 1 large egg
- ¾ cup milk
- 1 teaspoon vanilla
- 3 tablespoons sugar
- ½ teaspoon cinnamon plus more for dusting on top
- 1 cup whole-wheat flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 3 tablespoons ground flaxseed (optional)
- 2 ripe peaches, peeled and sliced

INSTRUCTIONS

Preheat oven to 375 degrees F. Place butter in a cast iron skillet and put in the oven; the butter will melt as the oven heats up. Pull out when the butter is melted but before it starts to turn brown. This will take a couple of minutes. Meanwhile in a large mixing bowl, beat together the egg, milk, vanilla, sugar and cinnamon. When the butter is ready, pour it out into the bowl. Put the pan back in the oven and beat the bowl mixture again. Add dry ingredients--flour, baking powder, salt--and mix until JUST combined. Take hot pan out of oven and pour the batter in. Arrange peach slices on top and sprinkle with cinnamon. Bake for 25 minutes and allow to cool for 5-10 minutes before serving.