

Thyme Saver CSA: Recipes & News for November 14, 2017

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

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| ● Cauliflower (Crisper drawer, 5-7 days) | ● Garlic (Counter, 1 week+) |
| ● Jerusalem Artichokes (Crisper drawer, 5-7 days) | ● Sweet Potatoes (L Only) (Counter, 1 week+) |
| ● Lettuce (Crisper drawer, 3-5 days) | ● Hakurei Turnips (L Only) (Crisper drawer, 5-7 days) |
| ● Spinach (Crisper drawer, 3-5 days) | ● Fennel (L Only) (Crisper drawer, 3-5 days) |
| ● Kirby Cucumbers (Crisper drawer, 5-7 days) | ● Apples (L Only) (Crisper drawer, 1 week+) |

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

Roasted Jerusalem Artichokes

(adapted from *The Kitchn*)

INGREDIENTS

- 2 to 3 large sunchokes, sliced 1/4-inch thick
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1 sprig of fresh rosemary, leaves removed
- 3 to 4 cloves of garlic, peeled and left whole

INSTRUCTIONS

Preheat the oven to 425 degrees F. Scrub the sunchokes under cold running water and slice 1/4-inch thick. Add the sunchokes and garlic to a roasting pan or baking sheet and toss with the olive oil so the bottom of the pan and the sunchokes are lightly coated. Add more olive oil a tablespoon at a time if you don't feel like the vegetables are coated enough, but not too much; you don't want them swimming in olive oil. Sprinkle with the salt and rosemary. Bake for 15 to 20 minutes, until the sunchokes are tender inside, like a potato.

Roasted Hakurei Turnips with Israeli Couscous Salad

(adapted from *Not Eating Out*)

INGREDIENTS

- 1 bunch hakurei turnips
- 1 cup Israeli couscous

- 1 garlic clove, minced
- pinch of optional red chili flakes
- 1/4 cup chopped red onion
- juice from half a lemon
- 4-5 tablespoons extra-virgin olive oil
- salt and pepper to taste

INSTRUCTIONS

Preheat oven to 425 degrees. Trim turnips from greens leaving a small stub of the stems attached. Wash both well to remove dirt. Halve each turnip, keeping the long tails intact. Finely chop the greens. Toss the turnips with 1-2 tablespoons of olive oil, pinches of salt and pepper, and the optional chili flakes. Place flat side-down on a roasting pan. Roast for 5-10 minutes, or just until the bottoms are lightly browned. Toss around in the pan with tongs, and continue roasting another 3-5 minutes. Remove from heat and let cool. Meanwhile, bring a pot of 3 cups water to a bowl and add the couscous. Continue to boil for 8-10 minutes until couscous is tender. Drain. Heat 1-2 tablespoons of olive oil over medium-high flame and add the garlic. Once fragrant, toss in the leaves and a pinch of salt and pepper. Saute until just wilted, 1-2 minutes. Transfer to a bowl and let cool. Combine the chopped onion with the cooled couscous and greens. Add fresh lemon juice, an extra tablespoon or so of olive oil, and salt and pepper to taste. Serve with the roasted turnips on top.

Roasted Whole Cauliflower

(adapted from Food Network)

INGREDIENTS

- 1 large head cauliflower
- 1 clove garlic, halved
- 1/4 cup olive oil
- 4 tablespoons Dijon mustard
- Kosher salt and freshly ground black pepper
- 1/2 cup fresh parsley leaves, roughly chopped
- 1/4 cup grated Parmesan
- Lemon wedges, for serving

INSTRUCTIONS

Position an oven rack in the bottom of the oven and preheat to 450 degrees F. Line a baking sheet with foil. Remove the leaves from the cauliflower, then trim the stem flush with the bottom of the head so the cauliflower sits flat on the prepared baking sheet. Rub the outside of each head with the cut garlic. Whisk together the oil, 3 tablespoons mustard, 1/2 teaspoon salt and a few grinds of black pepper in a small bowl. Put the cauliflower on the prepared baking sheet and brush the entire outside and inside with the mustard-oil mixture. Roast the cauliflower until nicely charred and tender (a long skewer inserted in the center of the cauliflower should pass through easily), 50 minutes to 1 hour. Let rest for a few minutes. Meanwhile, combine the parsley and Parmesan in a small bowl. Brush the outside of the roasted cauliflower heads all over with the remaining 1 tablespoon mustard and generously sprinkle with the Parmesan mixture. Cut the cauliflower into thick wedges and serve on plates with a sprinkle of salt, lemon wedges and any extra Parmesan mixture.

Spinach and Garlic

(adapted from Barefoot Contessa)

INGREDIENTS

- 1 bunch spinach leaves
- 2 tablespoons good olive oil
- 2 tablespoons chopped garlic (6 cloves)

- 2 teaspoons kosher salt
- 3/4 teaspoon freshly ground black pepper
- 1 tablespoon unsalted butter
- Lemon
- Sea or kosher salt, optional

INSTRUCTIONS

Rinse the spinach well in cold water to make sure it's very clean. Spin it dry in a salad spinner, leaving just a little water clinging to the leaves. In a very large pot or Dutch oven, heat the olive oil and saute the garlic over medium heat for about 1 minute, but not until it's browned. Add all the spinach, the salt, and pepper to the pot, toss it with the garlic and oil, cover the pot, and cook it for 2 minutes. Uncover the pot, turn the heat on high, and cook the spinach for another minute, stirring with a wooden spoon, until all the spinach is wilted. Using a slotted spoon, lift the spinach to a serving bowl and top with the butter, a squeeze of lemon, and a sprinkling of sea or kosher salt. Serve hot.

Spiced Kirby Cucumber Pickles

(adapted from *Food & Wine*)

INGREDIENTS

- 1 pound kirby cucumbers, halved lengthwise
- 3 whole cloves, 2 bay leaves, 1 to 2 dried red chiles, 1 teaspoon whole black peppercorns, 1 tablespoon coriander seeds, 1 tablespoon mustard seeds, 1 teaspoon fennel seeds, 1 teaspoon cumin seeds, 1 cup white vinegar, plus more if needed, 1/2 cup water, 5 garlic cloves, coarsely chopped, 1 tablespoon kosher salt, 1 tablespoon sugar

INSTRUCTIONS

In a one quart heatproof jar or a few smaller jars, pack the cucumbers, cloves, bay leaves, chiles, peppercorns, coriander, mustard, fennel and cumin. In a small saucepan, combine the vinegar with the water, garlic, salt and sugar. Bring to a boil. Simmer until the salt and sugar dissolve. Ladle the pickling liquid into the jar; if necessary, add more vinegar to cover the cucumbers. Let the pickles cool, then cover with a lid and refrigerate until flavorful, about 3 weeks.