

# Thyme Saver CSA: Recipes & News for October 10, 2017

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

- Arugula (Counter, 1 week+)
- Delicata Squash (Counter, 1 week +)
- Yellow Onions (Counter, 1 week +)
- Bartlett Pears (Crisper drawer, 5-7 days)
- Broccoli (Crisper drawer, 3-5 days)
- Escarole (Crisper drawer, 3-5 days)
- Celery (L Only) (Crisper drawer, 3-5 days)
- Eggplant (L Only) (Crisper drawer, 3-5 days)
- Kohlrabi (L Only)(Crisper drawer, 3-5 days)
- Empire Apples (L Only) (Crisper drawer, 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](mailto:thymesaver@stokesfarm.com)**

### Broccoli Slaw

(adapted from *The Kitchn*)

#### INGREDIENTS

- 1/3 cup currants
- 2 pounds broccoli (about 1 large head)
- 1/4 pound red onion (1/2 small onion), finely chopped
- 3/4 cup almonds, slivered or roughly chopped
- 1/2 cup mayonnaise
- 2 tablespoons lemon juice
- 2 tablespoons rice vinegar
- 2 tablespoons sugar
- 1 teaspoon salt
- Freshly ground pepper

#### INSTRUCTIONS

Heat 1/2 cup water to boiling and pour over the currants in a small bowl. Set aside for 5 minutes, then drain off the water. Shred the broccoli in a food processor using the grater disk (the attachment with the holes, not the blade). In a large bowl, combine the shredded broccoli, currants, red onion, and almonds. Whisk together the mayonnaise, lemon juice, vinegar, sugar, salt, and a generous quantity of fresh pepper. Pour the dressing over the broccoli mixture and stir to combine. Taste and add more salt or pepper, if needed. Allow to sit for 30 minutes (or an hour in the fridge) so the flavors can mingle.

### Cream of Celery Soup

(adapted from *The Daring Gourmet*)

#### INGREDIENTS

- ¼ cup butter
- 1 small yellow onion, finely chopped (about 1 cup)
- 2 cups very finely chopped good quality, flavorful celery
- 1 large clove garlic, minced
- ½ cup all-purpose unbleached flour
- 1½ cups good quality chicken broth
- 1½ cups whole milk (or use ¾ cup milk and ¾ cup cream for even tastier results)
- 1 teaspoon salt
- ½ teaspoon sugar
- ⅛ teaspoon freshly ground pepper

#### INSTRUCTIONS

Melt the butter in a Dutch oven over medium-high heat and cook the onions, celery and garlic until soft and translucent, 5-7 minutes. Add the flour and cook for another minute. Add the chicken broth and milk/cream and stir until the mixture is smooth. Increase the heat and bring it to a simmer. Reduce the heat to medium, add the remaining ingredients, and simmer, uncovered, for 15 minutes. Add salt to taste. If using as a base for other recipes, this soup will keep in the fridge for at least 3-4 days.

## **Escarole Soup**

(adapted from *Food Network*)

### **INGREDIENTS**

- 2 tablespoons olive oil
- 2 garlic cloves, chopped
- 1 pound escarole, chopped
- Salt
- 4 cups low-salt chicken broth
- 1 (15-ounce) can cannellini beans, drained and rinsed
- 1 (1-ounce) piece Parmesan
- Freshly ground black pepper
- 6 teaspoons extra-virgin olive oil

### **INSTRUCTIONS**

Heat 2 tablespoons of olive oil in a heavy large pot over medium heat. Add the garlic and saute until fragrant, about 15 seconds. Add the escarole and saute until wilted, about 2 minutes. Add a pinch of salt. Add the chicken broth, beans, and Parmesan cheese. Cover and simmer until the beans are heated through, about 5 minutes. Season with salt and pepper, to taste. Ladle the soup into 6 bowls. Drizzle 1 teaspoon extra-virgin olive oil over each.

## **Pear & Arugula Salad**

(adapted from *Rachael Ray*)

### **INGREDIENTS**

- 1/2 cup walnut halves
- 1 bunch arugula, cleaned and dried
- 1 pear, thinly sliced
- 1 lemon
- 3 tablespoons extra-virgin olive oil, eyeball it
- Salt and freshly ground black pepper
- 8 ounces Gorgonzola or blue cheese crumbles

### **INSTRUCTIONS**

Toast nuts in small pan over medium heat until fragrant. Cool. Combine arugula and pear in a salad bowl, add nuts then dress the salad with lemon juice and olive oil, salt and pepper. Top salad with lots of blue cheese crumbles.

## **Rosemary Roasted Delicata Squash**

(adapted from *Eating Well*)

### **INGREDIENTS**

- 1 Delicata squash, halved, seeded & sliced into 1/2" half moons
- 1 1/2 tablespoons olive oil
- 1 1/2 tablespoons chopped fresh rosemary
- Kosher salt and pepper

### **INSTRUCTIONS**

Place baking sheet in oven and preheat to 425 degrees. Gently toss together squash, oil, rosemary, salt and pepper together in a bowl. Place squash pieces on baking sheet and bake for 10 minutes. Flip and bake for another 6-8 minutes or to desired degree of doneness. Season with additional salt and pepper, if desired. Serve immediately.

## **Orange Glazed Chicken with Pears**

(adapted from *Real Simple*)

### **INGREDIENTS**

- 2 tablespoons soy sauce
- 2 tablespoons white vinegar
- 1/4 cup sugar
- 1 teaspoon ground ginger
- 4 6-ounce skinless, boneless chicken breasts
- kosher salt and black pepper
- 1 onion, cut into thin wedges
- 1 pear, cut into 1/4-inch slices
- 2 tablespoons dry white wine
- 1 orange, zest grated and juice squeezed

### **INSTRUCTIONS**

Heat the soy sauce, vinegar, sugar, and ginger in a large nonstick skillet over medium heat until the sugar melts, about 3 minutes. Season the chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper and add to the skillet. Cook 3 minutes per side. Add the onion, pear, wine, and orange zest and juice. Cover, reduce heat to low, and cook until cooked through, 12 to 15 minutes. Transfer the chicken and pear slices to plates. Simmer the sauce until thickened, 1 to 2 minutes, and pour over the chicken.