

Thyme Saver CSA: Recipes & News for October 17, 2017

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

- Lettuce (Crisper drawer, 3-5 days)
- Broccoli (Crisper drawer, 3-5 days)
- Cortland Apples (Crisper drawer, 1 week+)
- Acorn Squash (Counter, 1 week +)
- Beets (Crisper drawer, 5-7 days)
- Green Pepper (Crisper drawer, 3-5 days)
- Scallions (L Only) (Crisper drawer, 3-5 days)
- Spinach (L Only) (Crisper drawer, 3-5 days)
- Pears (L Only) (Crisper drawer, 1 week+)
- Broccoli Rabe (L Only) (Crisper drawer, 3-5 days)
- Tarragon (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

Shaved Broccoli Salad with Tarragon (adapted from *Cooking Light*)

INGREDIENTS

- 3 tablespoons cider vinegar
- 1 teaspoon whole-grain Dijon mustard
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt, to taste
- 1/4 onion or small red onion, thinly sliced
- 1/3 cup plain fat-free Greek yogurt
- 3 tablespoons mayonnaise; I prefer olive oil mayo
- 1 tablespoon chopped fresh tarragon or about 3/4 teaspoon dried
- 1 tablespoon maple syrup or honey, optional
- 12 ounces broccoli florets, 3/4 pound or about 1 large stalk with a good-sized head
- 1 tablespoon fresh lemon juice
- 1 tablespoon water
- 2 Jazz or Gala apples, sliced thinly
- 2 applewood smoked bacon slices, cooked and crumbled

INSTRUCTIONS

Combine vinegar, mustard, salt, pepper and onion (first five ingredients) in a bowl and let stand for 10 minutes. Add yogurt, mayonnaise, tarragon and maple syrup or honey; stir with a whisk. Thinly slice broccoli. Add to bowl with dressing. Thinly slice apples and toss in a bowl with the lemon and water. Drain and add to the broccoli/dressing mixture. Toss well to coat all ingredients, separating apple

slices as necessary. Cover and refrigerate for 3 hours. Stir in bacon just before serving.

Broccoli Rabe & Linguine (adapted from *Taste of Home*)

INGREDIENTS

- 12 ounces uncooked linguine
- 1 pound broccoli rabe
- 3 garlic cloves, minced
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes
- 1 cup chicken broth, divided
- 1/4 cup minced fresh parsley
- 1/4 cup shredded Parmesan cheese

INSTRUCTIONS

Cook linguine according to package directions. Meanwhile, trim 1/2 in. from broccoli rabe stems; discard any coarse or damaged leaves. Rinse broccoli rabe in cold water and cut into 2-in. pieces; set aside. In a large skillet, saute garlic in oil for 1 minute. Add the broccoli rabe, salt, pepper, pepper flakes and 1/2 cup broth. Bring to a boil. Reduce heat; cover and cook for 3-5 minutes or until broccoli rabe is tender. Drain linguine; add to the pan. Stir in parsley and enough remaining broth to moisten the linguine. Sprinkle with cheese. Yield: 4 servings.

Twice Baked Acorn Squash

(adapted from *Taste of Home*)

INGREDIENTS

- 2 acorn squash
- olive oil
- 3 tablespoons butter, divided
- 2 cups loosely packed fresh spinach leaves 1 clove garlic
- 2 tablespoons heavy cream
- 1/2 cup freshly Parmesan cheese crumbles, divided
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 3/4 teaspoon smoked paprika

INSTRUCTIONS

Preheat your oven to 350 degrees and lightly oil a small roasting pan. Cut the squash in half from root to tip. Use a spoon to scrape out the seeds. Place the squash halves, cut-side down into the greased pan. Roast on the middle rack of your oven for 50-60 minutes or until fork tender. Once roasted, allow to cool slightly until safe to handle. While the squash is roasting, melt 1 tablespoon of butter in a 10-inch skillet over medium to medium-low heat. Squeeze the clove of garlic through a garlic press and into the pan. Stir and cook 1 minutes before adding the spinach. Cook for a few minutes, stirring often until wilted. Set off to the side. Scrape the flesh of the squash into a large bowl. Add the butter and heavy cream and mash until smooth. Use a spatula to stir in 1/4 cup of the Parmesan, salt, pepper, paprika and cooked spinach. Divide and fill each squash with the filling and sprinkle with remaining cheese. Slide back into the oven to bake for 25 to 30 minutes more until hot, cheese is melted and slightly browned.

Oatmeal - Brown Sugar Baked Apples

(adapted from *The Kitchn*)

INGREDIENTS

- 4 medium apples
- 1/4 cup brown sugar (dark or light)
- 1/4 cup old-fashioned rolled oats

- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- Pinch ground cloves
- 1 tablespoon butter, divided in four
- 1 cup hot water

Optional extras: Orange zest, lemon zest, grated ginger, candied ginger, raisins or other dried fruit, chopped nuts, cream cheese, mascarpone, peanut butter, Nutella

To serve: Ice cream, crème fraîche, whipped cream, coconut whipped cream

INSTRUCTIONS

Preheat oven to 375°F with a rack in the lower-middle position. Remove the core of the apples, cutting to within a half-inch of the bottom of the apple and creating a well roughly 3/4-inch wide. This is easy to do with an apple corer, but can also be done with a melon baller, grapefruit spoon, or a paring knife. Mix the brown sugar, oatmeal, cinnamon, nutmeg, cloves, and any extras in a bowl. Divide this mixture between the apples, packing the wells firmly. Arrange the apples in a baking dish (like an 8x8-inch Pyrex dish), and top each one with a pat of butter. Pour the water into the bottom of the dish and cover loosely with aluminum foil. Bake for 20 minutes and remove foil. Continue baking uncovered until the apples are soft and the brown sugar has melted into a syrup, an additional 20 to 30 minutes. You can test the apples by poking a paring knife through the oatmeal mixture and into the interior of the apple; it should slide into the apple easily with no resistance. The skin on the apples will also become wrinkled and soft by the end of cooking. Serve with a scoop of ice cream, crème fraîche, or whipped cream. Leftovers will keep for up to a week and can be reheated in the microwave or eaten cold.