

Thyme Saver CSA: Recipes & News for September 19, 2017

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

- Corn (Crisper drawer, 3-5 days)
- Lettuce (Crisper drawer, 3-5 days)
- Sorrel (Crisper drawer, 3-5 days)
- Kale (Crisper drawer, 3-5 days)
- Gala Apples (Crisper drawer, 5-7 days)
- White Peppers (Crisper drawer, 3-5 days)
- Acorn Squash (Counter, 1 week+)
- Bartlett Pears (L Only) (Crisper drawer, 5-7 days)
- Kohlrabi (L Only) (Crisper drawer, 5-7 days)
- Tomato (L Only) (Counter, 3-5 days)
- Lemon Verbena (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

Acorn Squash with Sausage & Kale

(adapted from *Bon Appetit*)

INGREDIENTS

- 2 medium acorn squash, halved, seeds removed
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- Olive oil cooking spray
- 3 teaspoons olive oil, divided
- 8 ounces hot Italian turkey sausage, casings removed
- 1 large leek, white and light green parts, halved and sliced
- 2 cloves garlic, finely chopped
- 4 cups tightly packed torn kale
- 1/3 cup reduced-sodium chicken broth
- 1/4 cup chopped walnuts
- 2 tablespoons grated fresh Parmesan
- 2 tablespoons panko breadcrumbs

INSTRUCTIONS

Heat oven to 375°. Cut a thin slice off round side of each squash half to create a stable base. Sprinkle with salt and pepper; coat with cooking spray. Place squash flesh side down on a baking sheet lined with aluminum foil; bake until golden and tender, 30 minutes. Remove from oven; flip squash and set aside. Heat broiler. In a large nonstick skillet over medium heat, heat 1 teaspoon oil. Add sausage; cook, breaking into coarse pieces, until brown, 6 minutes; transfer to a bowl. To same skillet, add remaining 2 teaspoons oil

and leek; cook until leek is soft, 3 minutes. Add garlic; cook, 30 seconds. Add kale and toss; add broth. Cover and cook until kale is tender, 5 minutes; stir in sausage. Divide kale-sausage filling among squash. In a bowl, combine walnuts, Parmesan and panko; sprinkle evenly over squash bowls and coat with cooking spray. Broil until panko is golden, 2 minutes.

Chickpeas with Sorrel

(adapted from *How to Eat*)

INGREDIENTS

- 1 tablespoons olive oil
- 1 small onion, chopped
- 2 cloves garlic, finely sliced
- Large pinch ground cumin
- 1/2 dried red chili pepper, crumbled
- Kosher salt
- 2/3 cup or large handful shredded sorrel
- 1 15-ounce can chickpeas, drained.

INSTRUCTIONS

In a medium pan, heat olive oil over medium heat. Add onion, garlic and cumin and stir. Sprinkle chili pepper on top and season with salt. Cook until onion is soft but not brown, about 3 to 5 minutes. Lower heat if necessary. Stir in sorrel, then chickpeas; cook until chickpeas are warm. Taste and adjust seasoning. Serve.

Bartlett Pear Muffins

(adapted from USA Pears)

INGREDIENTS

- 2 cups all purpose flour
- ½ cup granulated sugar
- 3 teaspoons baking powder
- ½ teaspoon salt
- 1 cup milk
- 1 egg, beaten
- ¼ cup melted butter, cooled
- Zest of 1 lemon
- 1 cup diced Bartlett USA Pears (about 2 medium pears)
- ½ cup chopped walnuts or pecans

INSTRUCTIONS

Preheat oven to 425 degrees. Sift together flour, sugar, baking powder, and salt. In a separate bowl, beat together milk, beaten egg, butter, and lemon zest. Mix pears and nuts into flour mixture. Gently stir milk mixture into dry ingredients. Batter should be lumpy, not smooth. Do not over mix. Spray muffin pans with nonstick spray. Fill muffin cups ¾ full. Bake for 20 to 25 minutes, until tops are browned. Remove from pan immediately and serve warm.

Vegan Stuffed Peppers

(adapted from *The Produce Mom*)

INGREDIENTS

- 1½ cups wild rice
- 1½ cups low sodium vegetable broth
- 1½ cups plain tomato sauce
- 1 heaping tsp herbes de provence
- ½ tsp garlic powder
- ½ tsp smoked paprika (optional)
- ½ tsp cumin (optional)
- 2 cups chopped mushrooms
- 1 chopped red onion
- 4 bell peppers
- 1 15 oz can kidney beans
- ½ cup corn

- 1 cup plain tomato sauce
- ½ tsp garlic powder
- 1 tsp hot pepper flakes (optional)
- 1½ heaping tsp herbes de provence
- Garnish : Green onion, Hot Sauce, Hot Pepper Flakes, Avocado, Vegan Cheese Sauce

INSTRUCTIONS

Simmer wild rice on medium-low heat with vegetable broth, plain tomato sauce, herbs, mushrooms and red onion until rice is fully cooked. When cooked, stir and mix in kidney beans and corn. Pre-heat oven to 350. When rice is cooking, prepare a casserole dish by adding tomato sauce and spices to the bottom of the casserole dish. Prepare bell peppers by removing the seeds and white insides. Leave the tops of the pepper intact. Fill the peppers by adding the rice mixture to the peppers (you will have a bit of rice mixture left over). Arrange the stuffed peppers side by side in the pan. Cover and bake in the oven for 55 minutes. For the final 5 minutes remove the lid of the casserole dish and broil the stuffed peppers until the tops of the peppers just begins to blacken (being careful not to burn the peppers!). Smother the stuffed peppers in the thick tomato sauce from the bottom of the pan and top off with preferred garnish.

Lemon Verbena Tisane

(adapted from *The Kitchn*)

INGREDIENTS

- 1 bunch lemon verbena

INSTRUCTIONS

Pick 1-2 handfuls of lemon verbena or lemon balm leaves. You can include the stems, too. Place them in a teapot. Heat water to nearly boiling. Boiling water will oversteep and cook the delicate leaves and give a grassy taste. The water should be the same temperature as you would use for French press coffee, or for green tea. Let steep for several minutes before drinking, but leave the herbs in. They will make it stronger as they sit, but not unpleasantly so.