

Thyme Saver CSA: Recipes & News for September 26, 2017

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

- Macintosh Apples (Crisper drawer, 5-7 days)
- Spaghetti Squash (Counter, 1 week+)
- Scallions (Crisper drawer, 3-5 days)
- Lettuce (Crisper drawer, 3-5 days)
- Sweet Potatoes (Counter, 1 week +)
- Plum Tomatoes (Counter, 3-5 days)
- Bosc Pears (L Only) (Crisper drawer, 5-7 days)
- Radishes (L Only) (Crisper drawer, 3-5 days)
- Green squash (L Only) (Crisper drawer, 3-5 days)
- Lemongrass (Crisper, wrap in plastic, 7-10 days)

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

Brown Rice with Lemongrass, Tofu & Cashews (adapted from The Kitchn)

INGREDIENTS

- 8 ounces extra firm tofu
- 3 tablespoons soy sauce, divided
- 2 1/2 tablespoons flavorless vegetable oil
- 1/2 onion, thinly sliced
- 3 tablespoons grated lemongrass (white part only)
- 1 teaspoon grated ginger
- 1 clove garlic, minced
- 1/4 teaspoon red pepper flakes (optional)
- 2 teaspoons lime juice
- 3 cups cooked brown Basmati rice
- 1/4 cup cashews, toasted and coarsely chopped
- 1/4 cup coarsely chopped cilantro leaves

INSTRUCTIONS

Preheat oven to 350°F. Rinse and drain tofu. Cut tofu into 1/2-inch thick slices and place between clean kitchen towels (or paper towels). Place a heavy object such as a skillet or cutting board on top to press out excess liquid. Let sit 15 minutes. Cut tofu into 1/2-inch cubes and toss in a bowl with 2 tablespoons soy sauce. Lightly oil a baking sheet and spread the tofu cubes evenly on the sheet. Bake tofu for 15 minutes and flip over. Continue baking for about 10-15 minutes until tofu is toasted and chewy. Remove from oven. Heat vegetable oil in a skillet over medium heat. Add onion, lemongrass, ginger, garlic, and red pepper flakes and cook,

stirring frequently, until onions are soft and translucent. Stir in remaining 1 tablespoon soy sauce and lime juice and scrape any browned bits from the bottom of the pan. Add rice and tofu and stir to combine and heat through. Remove from heat, stir in cashews and cilantro, and serve.

Fresh Plum Tomato Sauce (adapted from Food Network)

INGREDIENTS

- 10 to 12 fresh plum tomatoes
- 4 ounces extra-virgin olive oil, plus additional
- 3 cloves garlic, finely chopped
- Pinch crushed red pepper
- 1/2 medium onion, finely chopped
- Kosher salt
- Freshly chopped parsley leaves

INSTRUCTIONS

Peel tomatoes by scoring the skin of each tomato with a sharp knife. Then, place tomatoes into a pot of boiling water and boil for approximately 1 to 1.5 minutes. Remove tomatoes and plunge into cold water. Peel and dice tomatoes and set aside. Heat olive oil in a saucepan. When hot, add garlic and crushed red pepper. Saute until garlic turns slightly golden. Add chopped onion and saute an additional 2.5 minutes. Add tomatoes and cook approximately 5 minutes. Add salt to taste. Add parsley and extra virgin olive oil if desired, just before using.

Quick Batch Applesauce (adapted from The Kitchn)

INGREDIENTS

- About 2 pounds of apples, peeled and cored
- 2 long strips lemon peel
- 2 long strips orange peel
- 3-inch piece fresh ginger, cut into coins
- 1 cinnamon stick
- 3/4 cup water
- 1/4 teaspoon salt
- Ground cinnamon, to garnish

INSTRUCTIONS

Chop the peeled and cored apples into small chunks. The size of these chunks is completely up to you; the smaller and thinner they are, the faster they will cook. Put the apple chunks into a 3-quart saucepan. Put the lemon peel, orange peel, cinnamon stick and fresh ginger on top. Pour in the water, and stir in the salt. Turn the heat up to high and bring the pan to a simmer. Turn the heat down to low and cover the pan. Cook for 20 minutes, or until the apples are very soft. Turn off the heat. Remove the citrus peels, cinnamon stick, and ginger pieces. What you do with the apples now is up to you. If you want a chunky sauce, smash them with a potato masher. Or you can run the sauce through a blender or food mill, or puree it with a stick blender.

Spaghetti Squash Alfredo (adapted from Food Network)

INGREDIENTS

- 1 medium spaghetti squash (about 3 pounds)
- 4 ounces pancetta, diced (about 3/4 cup)
- 1 small shallot, diced
- 1 teaspoon chopped fresh thyme
- 1/4 cup dry white wine
- 1 1/2 cups heavy cream
- Pinch of freshly grated nutmeg
- Kosher salt and freshly ground pepper
- 1 cup frozen peas, thawed

- 1/2 cup grated parmesan cheese (about 1 ounce)
- 2 tablespoons finely chopped fresh parsley

INSTRUCTIONS

Preheat the oven to 400 degrees F. Halve and seed the spaghetti squash; roast for about 25 minutes, cool, then scrape into strands. Meanwhile, cook the pancetta in a large skillet over medium heat, stirring occasionally, until crisp, about 6 minutes. Transfer to a paper towel-lined plate using a slotted spoon; set aside. Add the shallot and thyme to the skillet and cook until softened, about 2 minutes. Stir in the wine and cook, scraping up any browned bits, until mostly evaporated, about 1 minute. Add the heavy cream, nutmeg, 1/2 teaspoon salt and a few grinds of pepper. Increase the heat to medium high and cook, stirring occasionally, until the sauce is slightly thickened, about 3 minutes. Stir in the peas and parmesan. Continue cooking until the sauce is thick and creamy, about 1 more minute. Remove from the heat. Add the squash and pancetta to the sauce. Return to medium heat and cook, stirring, until combined, about 1 minute. Season with salt and pepper and sprinkle with the parsley.

Honey Roasted Sweet Potatoes (adapted from Ellie Krieger)

INGREDIENTS

- 2 pounds sweet potatoes
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon salt

INSTRUCTIONS

Preheat oven to 350 degrees F. Peel and cut the sweet potatoes into 1-inch pieces and put in a 9 by 13 baking dish. In a small bowl whisk together olive oil, honey and lemon juice. Pour mixture over potatoes and toss to coat. Sprinkle with the salt, and bake, stirring occasionally, for about 1 hour, until potatoes are tender.