

Thyme Saver CSA: Recipes and News for June 14, 2018

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

- lettuce (crisper drawer, 5-7 days)
- swiss chard (crisper drawer, 3-5 days)
- English peas (refrigerator, 5-7 days)
- tomatoes (counter, 3-4 days)
- garlic scapes (crisper drawer, 3-5 days)
- watercress (refrigerator, 3-5 days)
- asparagus (L ONLY) (refrigerator, 5-7 days)
- bok choy (L ONLY) (crisper drawer, 2-3 days)
- thyme (L ONLY) (wrap in damp paper towel, put it open Ziploc bag in fridge, 3-5 days)

Questions? Contact Jeanine: info@stokesfarm.com

Garlic Scape Pesto

(adapted from *Serious Eats*)

INGREDIENTS:

- 1/4 cup pine nuts
- 3/4 cup coarsely chopped garlic scapes*
- juice and zest of 1/2 lemon
- 1/2 teaspoon salt
- a few generous grinds of black pepper
- 1/2 cup extra virgin olive oil
- 1/4 cup grated Parmigiano Reggiano cheese

*or use half scapes and half basil

INSTRUCTIONS:

1. In a small, dry pan set over very low heat, lightly toast the pine nuts, stirring or tossing occasionally until just beginning to brown, about 2-3 minutes. Remove from the heat and let cool for a few minutes.
2. Combine the scapes, pine nuts, lemon juice and zest, salt, and pepper in the bowl of a food processor fitted with the blade attachment. Pulse about 20 times, until fairly well combined.
3. Pour in the olive oil slowly through the feed tube while the motor is running. When the oil is incorporated, transfer the pesto to a bowl and stir in the grated cheese.

Grilled Bok Choy "Wedges"

with Blue Cheese-

Buttermilk Dressing

(adapted from *Cooking Light*)

INGREDIENTS:

- 2 bok choy heads, halved lengthwise
- 1/2 cup low-fat buttermilk
- 1/4 cup crumbled blue cheese
- 1 tbsp. apple cider vinegar
- 1 tsp. granulated sugar
- 1/2 tsp. ground black pepper
- 1 cup halved cherry tomatoes
- 1/2 cup crispy fried onion (French's)

INSTRUCTIONS:

1. Heat a grill pan over high. Coat pan with cooking spray. Place bok choy halved, cut side down, on pan. Cook 2 minutes per side, until both sides are marked and lightly charred. Remove from pan.
2. Stir together buttermilk, blue cheese, vinegar, sugar, and pepper in a bowl. Place bok choy halved, cut side up, on a serving platter, Top evenly with buttermilk dressing, and sprinkle evenly with tomatoes and fried onions.

Pea & Watercress Soup

(adapted from *BBC Good Food*)

INGREDIENTS:

- 1 tbsp. olive oil
- 1 onion, finely chopped
- 1 garlic clove, roughly chopped
- 1 medium potato, cut into small chunks
- 2 cups vegetable stock
- 10 oz. fresh peas
- 3 oz. watercress
- leaves from 2 mint sprigs, plus extra to garnish
- 1/2 cup heavy cream

INSTRUCTIONS:

1. Heat the oil in a large saucepan; gently fry the onion and garlic for 5 mins. Add the potato, stock and 2 cups water, then simmer for 7 mins until the potato is just cooked.
2. Scatter in the peas and watercress, stir, cover, then simmer for 3 mins. Add the mint leaves and blend with a hand blender until smooth. Stir in the cream and season to taste.

Chard-Tomato Saute

(adapted from *Martha Stewart*)

INGREDIENTS:

- 3 tablespoons extra-virgin olive oil, plus more for drizzling
- 2 thinly sliced garlic cloves
- 1 chopped large tomato
- 2 tablespoons drained capers
- 2 cups chopped blanched swiss chard
- 1/4 cup sliced fresh basil
- salt and pepper
- basil leaves, for topping
- grated parmesan

INSTRUCTIONS:

Heat 3 tablespoons olive oil in a large skillet. Add garlic, tomato, and capers; cook, stirring, 2 minutes. Add chard and sliced basil; heat through. Season with salt and pepper. Top with oil, basil, and parmesan.

Lemon-Thyme Vinaigrette

(adapted from *Epicurious*)

INGREDIENTS:

- 1/4 cup aged balsamic vinegar
- 2 tbsp. extra virgin olive oil
- 2 tsp. minced fresh thyme leaves
- 1/2 tsp. pure lemon oil
- Salt and freshly ground pepper

INSTRUCTIONS:

Combine all ingredients in jar and shake to emulsify.

Asparagus with Lemon-Parmesan Breadcrumbs

(adapted from *Cooking Light*)

INGREDIENTS:

- 1 lb. asparagus spears, trimmed
- cooking spray
- 1/3 cup panko breadcrumbs
- 1/4 cup grated parmesan cheese
- 2 tsp. grated lemon rind
- 1 tsp. canola oil
- 1/2 tsp. black pepper
- 1/4 tsp. kosher salt
- 2 tbsp. lemon juice
- 1 tsp. melted unsalted butter

INSTRUCTIONS:

1. Preheat broiler to high; arrange rack about 4 inches from heating element.
2. Arrange asparagus on a foil lined baking sheet. Coat asparagus with cooking spray.
3. Broil asparagus 8 minutes, stirring once
4. Combine breadcrumbs, cheese, lemon rind, oil, salt, and pepper in a bowl; sprinkle over asparagus, and broil 2 minutes.
5. Drizzle with lemon juice and butter.

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