

Thyme Saver CSA: Recipes and News for June 28, 2018

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

- Oak Leaf Lettuce (crisper drawer, 5-7 days)
- Scallions (refrigerator, 5-7 days)
- Zucchini (crisper drawer, 3-5 days)
- Arugula (crisper drawer, 3-5 days)
- Tomatoes (counter, 3-4 days)
- Oregano (wrap in damp paper towel, put it open Ziploc bag in fridge, 3-5 days)
- Cucumbers (crisper drawer, 4-6 days)
- Blueberries (L ONLY) (refrigerator, 5-7 days)
- Kale (L ONLY) (crisper drawer, 3-5 days)
- Garlic (L ONLY) (counter, 6+ months)

Questions? Contact Jeanine: info@stokesfarm.com

Shaved Cucumber Greek Salad

(adapted from *Cooking Light*)

INGREDIENTS:

- 2 cucumbers
- 1 lb. tomatoes, cut into 3/4-in wedges
- 2/3 cup olives
- 1/2 cup sliced scallions
- 1/3 cup crumbled feta cheese
- 2 tsp. fresh oregano leaves
- 3 Tbsp. extra-virgin olive oil
- 2 Tbsp. white wine vinegar
- 1/2 tsp. cracked peppercorns
- 1/8 tsp. kosher salt

INSTRUCTIONS:

1. Shave cucumbers into long strips using a vegetable peeler.
2. Arrange cucumber strips, tomatoes, and olives on a large platter.
3. Sprinkle with scallions, feta, and oregano.
4. Drizzle with oil and vinegar. Sprinkle with salt and pepper.

Basil, Squash, and Tomato Pasta Toss

(adapted from *Cooking Light*)

INGREDIENTS:

- 3 cups unsalted chicken stock
- 2 Tbsp. plus 2 tsp. extra-virgin olive oil
- 1/2 tsp. salt
- 8 oz. fusilli pasta (available at Stokes!)
- 2/3 cup grated Parmesan cheese
- 1 large yellow squash, halved lengthwise/sliced
- 1 cup chopped tomato
- 1 medium zucchini, grated
- 2 Tbsp. fresh lemon juice
- 1/4 cup torn fresh basil leaves

INSTRUCTIONS:

1. Bring stock, 1 cup water, 2 Tbsp. oil to a boil in a large skillet. Add pasta; cover and cook 10 minutes or until tender. Remove pasta to a bowl with a slotted spoon.
2. Return cooking liquid to a boil; cook 13 minutes or until reduced to about 2/3 cup. Stir in 1/2 cup of the cheese; cook 1 minute, stirring until smooth.
3. While sauce reduces, heat another skillet over medium-high heat. Add the remaining 2 tsp. oil; swirl to coat. Add yellow squash, cook 3 minutes, stirring occasionally. Add cooking liquid, squash, tomato, zucchini and lemon juice to pasta; toss. Sprinkle with remaining cheese and basil.

Blueberry- Rosemary Fizz

(adapted from *Rachael Ray*)

INGREDIENTS:

- 1/3 cup sugar
- 1 Tbsp. chopped fresh rosemary
- 3 strips orange zest
- 1/3 cup blueberries
- Ice
- Seltzer

INSTRUCTIONS:

1. In a small saucepan, bring the sugar, chopped rosemary, orange zest, and 1/2 cup water to a simmer over medium heat, stirring until the sugar dissolves. Remove from heat. Steep for 10 minutes; strain.
2. In a blender, puree the blueberries; strain.
3. Divide the rosemary syrup and berry puree among 4 glasses filled with ice. Top with seltzer. Garnish with rosemary sprigs, orange slices, and fresh berries.

Arugula Salad with Lemon and Pine Nuts

(adapted from *Taste of Home*)

INGREDIENTS:

- 1/2 tsp. lemon zest
- 1 Tbsp. lemon juice
- 1 tsp. honey
- 3/8 tsp. kosher salt
- 1/4 tsp. black pepper
- 2 Tbsp. olive oil
- 5 oz. arugula
- 1/2 cup shaved fennel
- 1/4 cup pecorino Romano cheese
- 3 Tbsp. toasted pine nuts

INSTRUCTIONS:

1. Combine lemon zest, lemon juice, honey, salt, and pepper in a small bowl.
2. Slowly drizzle in olive oil, whisking constantly, until emulsified.
2. Combine arugula and fennel into a large bowl. Toss with dressing, cheese, and pine nuts

Zucchini Butter

(adapted from *Cooking Light*)

INGREDIENTS:

- 3 to 4 zucchini
- 3 Tbsp. butter
- 2 Tbsp. olive oil
- 4 garlic cloves, minced
- 1 tsp. kosher salt
- 1/2 tsp. black pepper

INSTRUCTIONS:

1. Shred zucchini on the large holes of a box grater. Spread zucchini on a clean kitchen towel; squeeze well to extract most of the liquid.
2. Heat butter and oil in a large skillet over medium until butter melts. Add zucchini and garlic. Reduce heat to medium-low, and cook, stirring occasionally, until liquid evaporates and mixture is silky and tender, 30 to 35 minutes. Remove from heat, and stir in salt and pepper. Store in an airtight container in refrigerator up to 1 week, or freeze up to 2 months.

Cheesy Kale and Scallion Dip

(adapted from *The Spruce Eats*)

INGREDIENTS:

- 1 tablespoon butter
- 1 cup chopped scallions
- 2 cups chopped kale
- 2 tablespoons heavy cream
- 1 (8-ounce) package cream cheese, at room temperature
- 1/2 cup sour cream
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon cayenne pepper
- 1 cup grated Gruyere cheese
- 1/2 cup grated Parmesan cheese, plus 1 tablespoon for sprinkling

INSTRUCTIONS:

1. Preheat the oven to 350 F. Grease a shallow 1-quart baking dish.
2. Heat the butter in a large skillet over medium heat until melted. Add the scallions and sauté for 3 minutes until slightly tender. Add the kale and sauté for another 4 minutes until tender. Add the cream, and stir to loosen any bits that have stuck to the bottom of the pan, simmer for one more minute.
3. Transfer the mixture to a mixing bowl, and add the cream cheese, sour cream, lemon juice, cayenne, Gruyere and 1/2 cup Parmesan. Mix to blend completely, and transfer to the prepared baking dish. Sprinkle the remaining tablespoon of Parmesan over the top. Bake for about 25 minutes until hot and bubbly.

Crispy Kale Chips

(adapted from *Food Network*)

INGREDIENTS:

- 1 head kale, washed and thoroughly dried
- 2 tablespoons olive oil
- Sea salt, for sprinkling

INSTRUCTIONS:

1. Preheat the oven to 275 degrees F.
2. Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food.