

Thyme Saver CSA: Recipes and News for June 7, 2018

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

- lettuce (crisper drawer, 5-7 days)
- radishes (crisper drawer, 3-5 days)
- beets (crisper drawer, 3-5 days)
- tomatoes (counter, 3-4 days)
- yellow squash (crisper drawer, 3-5 days)
- spring onions (refrigerator, 1-2 weeks)
- kirbies (L ONLY) (crisper drawer, 3-5 days)
- kale (L ONLY) (crisper drawer, 3-5 days)
- savory (wrap in damp paper towel, put it open Ziploc bag in fridge, 3-5 days)

Questions? Contact Jeanine: info@stokesfarm.com

Kale and Beet Salad

(adapted from *Cooking Light*)

INGREDIENTS:

- 2/3 cup plus 2 tbsp cider vinegar, divided
- 1/2 cup water
- 1 tbsp honey, divided
- 1 cup vertically sliced red onion
- 4 medium beets, trimmed
- 2 tbsp olive oil
- 1 tsp Dijon mustard
- 1/4 tsp kosher salt
- 1/4 tsp black pepper
- 6 cups kale
- 1/4 cup sliced almonds, toasted

INSTRUCTIONS:

1. Bring 2/3 cup vinegar, 1/2 cup water, and 2 tsp honey to a boil in a small saucepan. Add onion; boil 1 minute. Remove pan from heat, and let stand for 1 minute, Drain.

2. Pierce beets a few times with a knife, wrap in a large piece of microwave-safe parchment paper. Microwave on high 7 mins or until tender. Rub off skins with a paper towel. Halve beets; cut into wedges.

3. Combine 2 tbsp vinegar, 1 tsp honey, oil, Dijon mustard, salt, and pepper in a large bowl. Add beets and kale; toss to coat. Top with onion, almonds, and your favorite protein.

Marinated Tomatoes with Lemon and Savory

(adapted from *Epicurious*)

INGREDIENTS:

- 3 tomatoes, cut into 6 wedges
- 1/4 cup fresh lemon juice
- 1 teaspoon sugar
- 1 teaspoon extra virgin olive oil
- 1/2 teaspoon chopped fresh savory
- 1/4 teaspoon salt
- 1/8 teaspoon ground red pepper
- 1 garlic clove, minced

INSTRUCTIONS:

1. Place the tomato wedges in a medium bowl.

2. Combine lemon juice and remaining ingredients, stirring with a whisk.

3. Pour dressing over tomatoes; toss gently to coat.

4. Let stand 1 hour, stirring occasionally. Serve with a slotted spoon.

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Cucumber Salad with Radish and Dill

(adapted from *Martha Stewart*)

INGREDIENTS:

- 3 kirby cucumbers, halved lengthwise, seeded, thinly sliced
- zest and juice of 1 lemon
- 2 tbsp white-wine vinegar
- 1/2 tsp sugar
- coarse salt and freshly ground pepper
- 4 radishes (about 6 oz), thinly sliced
- 1 and 1/2 cups feta cheese
- 1 tbsp finely chopped dill
- 1 garlic clove, crushed
- 1.4 cup + 1 tbsp olive oil

INSTRUCTIONS:

1. Put cucumber, radish, and lemon zest in a medium bowl, and add cheese.
2. Whisk together lemon juice, vinegar, dill, sugar, and garlic in another medium bowl, whisking until sugar has dissolved; season with salt and pepper. Whisk in the oil in a slow, steady stream until emulsified.
3. Add vinaigrette to cucumber mixture; toss well. Garnish with dill. Discard garlic clove before serving.

Baked Parmesan Breaded Squash Chips

(adapted from *Taste of Home*)

INGREDIENTS:

- 3 medium sliced yellow squash
- 3 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/8 teaspoon cayenne pepper
- 3/4 cup panko bread crumbs
- 3/4 cup grated Parmesan cheese

INSTRUCTIONS:

1. Preheat oven to 450°. Place squash in a large bowl. Add oil and seasonings; toss to coat.
2. In a shallow bowl, mix bread crumbs and cheese. Dip squash in crumb mixture to coat both sides, patting to help coating adhere.
3. Place on parchment paper-lined baking sheets. Bake 20–25 minutes or until golden brown, rotating pans halfway through baking. Yield: 6 servings.

Roasted Spring Onions

(adapted from *Bon Appétit*)

INGREDIENTS:

- 4 bunches spring onions, trimmed, halved lengthwise
- 6 sprigs thyme
- 6 tablespoons olive oil, divided
- Kosher salt, freshly ground pepper
- ½ cup low-sodium chicken broth
- 1 cup fresh breadcrumbs
- 1 teaspoon finely grated lemon zest

INSTRUCTIONS:

1. Preheat oven to 400°. Toss onions and thyme with 4 Tbsp. oil in a shallow 13x9" baking dish; season with salt and pepper. Add stock and roast until tender, 30–35 minutes.
2. When onions are almost finished roasting, toss breadcrumbs and zest with remaining 2 Tbsp. oil; season with salt and pepper. Toast on a rimmed baking sheet, tossing halfway through, until golden brown, 8–10 minutes.
3. Serve onions topped with breadcrumbs.