

Thyme Saver CSA: Recipes and News for July 12, 2018

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

- Lettuce (crisper drawer, 5-7 days)
- Corn (refrigerator, 3-4 days)
- Carrots (refrigerator, 1 week)
- Tomatoes (counter, 3-4 days)
- Blueberries (refrigerator, 5-7 days)
- Scallions (refrigerator, 5-7 days)
- Cucumbers (crisper drawer, 4-6 days)
- Swiss Chard (L ONLY) (crisper drawer, 3-5 days)
- Jersey Melon (L ONLY) (refrigerator, 4-6 days)
- Garlic (L ONLY) (counter, 6+ months)

Questions? Contact Jeanine: info@stokesfarm.com

Grilled Carrots with Carrot-Top Salsa Verde

(adapted from *Rachael Ray*)

INGREDIENTS:

- 1 and 3/4 lbs. carrots, peeled
- 3 Tbsp. chopped carrot greens
- 6 Tbsp. extra-virgin olive oil
- 2 Tbsp. each chopped fresh parsley and basil
- 1 clove garlic, chopped
- 1 tsp. lemon zest plus 1 tsp. juice
- 1 tsp. wine vinegar

INSTRUCTIONS:

1. Preheat grill to high, Brush carrots with 1 Tbsp. oil.
2. Grill, turning until tender, 10 to 15 minutes; season.
3. In food processor, coarsely puree remaining ingredients; season.
4. Drizzle over carrots

Corn on the Cob with Lemon-Chive Butter

(adapted from *Cooking Light*)

INGREDIENTS:

- 8 cups water
- 4 ears shucked corn
- 1.5 Tbsp. chopped fresh chives
- 1 Tbsp. unsalted butter, melted
- 1 tsp. olive oil
- 1/2 tsp. grated lemon rind
- 1 tsp. fresh lemon juice
- 1/2 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper

INSTRUCTIONS:

1. Bring 8 cups of water to a boil in a large stockpot. Add corn to pan; cover and cook 3 minutes or until crisp-tender. Drain.
2. Combine chives and remaining ingredients in a small bowl, stirring with a whisk. Brush chive mixture evenly over corn.

Jersey Melon Sorbet

(adapted from *Epicurious*)

INGREDIENTS:

- 2/3 cup sugar
- 1/2 cup water
- 3 cups 1-inch pieces peeled seeded Jersey melon (about 1/2 of the melon)

INSTRUCTIONS:

1. Combine sugar and water in medium saucepan. Stir over medium heat until sugar dissolves. Bring to boil. Transfer to 11x7x2-inch glass dish and chill until cold, about 2 hours.
2. Puree Jersey melon in blender until smooth. Add to sugar syrup in dish and stir until well blended. Freeze until almost firm, stirring occasionally, at least 3 hours or overnight.
3. Transfer melon mixture to large bowl. Using electric mixer, beat until fluffy. Return to freezer and freeze until firm (do not stir), at least 3 hours or overnight. (Sorbet can be prepared 3 days ahead.) Cover and keep frozen.

Corn, Tomato, and Basil Salad

(adapted from *Cooking Light*)

INGREDIENTS:

- 2 large ripe tomatoes (beefsteak or heirloom), cut into 1-in pieces
- 1/2 tsp. kosher salt
- 1/3 cup extra-virgin olive oil
- 1 Tbsp. minced flat-leaf parsley
- 3 Tbsp. red wine vinegar
- 1 Tbsp grainy mustard
- 1 Tbsp. soy sauce
- 1 medium shallot, peeled and minced
- 2 cups fresh corn kernels
- 1/4 cup shaved Parmigiano-Reggiano
- 2 Tbsp. coarsely chopped fresh flat-leaf parsley
- 12 fresh basil leaves, torn into small pieces.

INSTRUCTIONS:

1. Place tomatoes in a large bowl. Sprinkle with salt; let stand 30 minutes at room temperature.
2. Combine oil and next 5 ingredients (through shallot) in a pint jar. Seal jar; shake 30 seconds or until blended.
3. Add vinaigrette, corn, cheese, chopped parsley, and basil to tomatoes. Toss gently to combine. Serve immediately.

Charred Chard and Shallots

(adapted from *Cooking Light*)

INGREDIENTS:

- Cooking spray
- 1 lb. swiss chard
- 1/2 cup shallots, sliced
- 1/4 cup golden raisins
- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. fresh lemon juice
- 1/8 tsp. kosher salt
- 1/8 tsp. black pepper

INSTRUCTIONS:

1. Spray 2 rimmed baking sheets with cooking spray. Trim stems from swiss chard and reserve for another use.
2. Divide chard leaves and shallots evenly between prepared pans; lightly coat vegetables with cooking spray. Broil on high, 1 pan at a time, until partially charred, 4-5 minutes.
5. Chop chard into large pieces. Place chard mixture on a platter. Top with raisins, olive oil, lemon juice, salt, and pepper.

Roasted Blueberries

(adapted from *Delish*)

INGREDIENTS:

- 1 pint (or more!) blueberries

INSTRUCTIONS:

1. Sprinkle blueberries with salt and bake on a parchment-lined baking sheet (important so you can catch the delicious juices!) at 375° until bursting, 15 minutes.
2. Remove from oven and take a second to marvel at their color, then top on your favorite desserts like ice cream or pound cake!

Coffee-Roasted Carrots

(adapted from *Cooking Light*)

INGREDIENTS:

- 1.5 lbs. carrots, trimmed and peeled (halved lengthwise, if large)
- 1 Tbsp. olive oil
- 3/4 tsp. instant coffee granules, crushed
- 1/2 tsp. kosher salt
- 1/2 tsp. light brown sugar
- 1/4 tsp. freshly ground black pepper
- 1/8 tsp. fennel pollen (optional)
- 2 Tbsp. chopped fresh parsley
- 1 tsp. lemon zest

INSTRUCTIONS:

Preheat oven to 425 degrees F. Toss carrots with oil, coffee, salt, sugar, pepper, and, if desired, fennel pollen. Arrange in an even layer on a rimmed baking sheet. Roast until browned and tender, 20 to 25 minutes, stirring halfway through. Transfer to a platter, and sprinkle with parsley and lemon zest.

Jersey Melon Yogurt Drink

(adapted from *Martha Stewart*)

INGREDIENTS:

- 3 cups Jersey melon chunks (from 1/2 melon)
- 2 cups low-fat plain yogurt
- 2 to 3 tablespoons honey
- Ice cubes, for serving

INSTRUCTIONS:

In a blender, place melon, yogurt, and honey. Blend on high speed until smooth. Serve over ice.