

Thyme Saver CSA: Recipes and News for July 19, 2018

<http://www.stokesfarm.com>



tag your pictures: #stokesfarm1873 #thymesaver

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

- Lettuce (crisper drawer, 5-7 days)
- Corn (refrigerator, 3-4 days)
- Pepper (refrigerator, 5-7 days)
- Eggplant (refrigerator, 4-5 days)
- Radishes (crisper drawer, 5-7 days)
- Beets (crisper drawer, 3-5 days)
- Lemon Verbena (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- Pattypan Squash (crisper drawer, 3-5 days)
- Jersey Melon (L ONLY) (refrigerator, 4-6 days)
- Cherry Tomatoes (L ONLY) (counter, 5-6 days)

Questions? Contact Jeanine: info@stokesfarm.com

Miso-Glazed Eggplant Steaks

(adapted from *Cooking Light*)

INGREDIENTS:

- 1 lb. eggplant
- cooking spray
- 2 Tbsp. canola oil
- 1 Tbsp. light brown sugar
- 1 Tbsp. soy sauce
- 2 tsp. white miso
- 1/4 tsp. crushed red pepper
- 2 Tbsp. fresh cilantro

INSTRUCTIONS:

1. Heat a grill pan over high heat. Coat with cooking spray. Cut eggplant into 3/4-inch-thick rounds; coat eggplant generously with cooking spray. Grill eggplant slices, turning occasionally, until charred and tender, 8-10 minutes.
2. Whisk together oil, brown sugar, soy sauce, miso, and crushed red pepper into a large bowl. Add eggplant slices; toss to coat. Sprinkle with cilantro and serve.

Corn on the Cob with Orange, Tarragon, and Basil Butter

(adapted from *Cooking Light*)

INGREDIENTS:

- 4 ears shucked corn
- 1 Tbsp. melted unsalted butter
- 1 tsp. olive oil
- 1 tsp. fresh orange juice
- 1 tsp. chopped fresh tarragon
- 1/2 tsp. kosher salt
- 1/8 tsp. pepper
- 2 tsp. basil

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 all other ingredients (except basil) in a small bowl, stirring with a whisk. Brush butter mixture over corn. Sprinkle with basil.

Lemon Verbena Lemonade

(adapted from *Williams Sonoma*)

INGREDIENTS:

- 6 cups water
- 8 fresh lemon verbena leaves, plus more for garnish
- 1/2 cup sugar
- 1 1/4 cups fresh lemon juice
- Ice cubes as needed
- 2 lemons, thinly sliced

INSTRUCTIONS:

1. In a saucepan over high heat, bring 2 cups of the water to a boil. Remove from the heat, add the 8 lemon verbena leaves and sugar, and stir until the sugar dissolves. Let steep for 10 minutes. Strain through a fine-mesh sieve into a pitcher, cover and refrigerate for 30 minutes.
2. Add the remaining 4 cups water and the lemon juice to the lemon verbena syrup and stir well. Fill 6 to 8 tumblers with ice and divide the lemonade evenly among the glasses. Garnish each glass with lemon verbena leaves and lemon slices and serve. Serves 6 to 8.

Garlic-Herb Pattypan Squash

(adapted from *Taste of Home*)

INGREDIENTS:

- 1-1/4 lb. quartered pattypan squash
- 1 Tbsp. olive oil
- 2 garlic cloves, minced
- 1/2 tsp. salt
- 1/4 tsp. dried oregano
- 1/4 tsp. dried thyme
- 1/4 tsp. pepper
- 1 Tbsp. minced fresh parsley

INSTRUCTIONS:

Preheat oven to 425°. Place squash in a greased 15x10x1-in. baking pan. Mix oil, garlic, salt, oregano, thyme and pepper; drizzle over squash. Toss to coat. Roast 15-20 minutes or until tender, stirring occasionally. Sprinkle with parsley.

Beet and Radish Pickles

(adapted from *bon appétit*)

INGREDIENTS:

- 3 small red beets, peeled, halved lengthwise, cut into 1/3-inch-thick wedges
- 6 red radishes, trimmed, cut into 1/3-inch-thick wedges
- 1 tablespoon fennel seeds
- 3/4 cup distilled white vinegar
- 2 Tbsp. kosher salt
- 1 Tbsp. sugar

INSTRUCTIONS:

Place beets and radishes in a small bowl. Toast fennel seeds in a dry small saucepan over medium heat, shaking pan often, until fragrant, about 45 seconds. Add vinegar, salt, sugar, and 1/2 cup water and bring to a boil, stirring until salt and sugar are dissolved, about 1 minute. Pour brine over beets and radishes and let cool. Cover and chill at least 8 hours before serving.

Honey-Roasted Cherry Tomatoes

(adapted from *Epicurious*)

INGREDIENTS:

- 1 pound cherry tomatoes
- 2 garlic cloves
- 1 tablespoon honey
- 3 tablespoons olive oil
- Sea salt and freshly ground black pepper

INSTRUCTIONS:

1. Preheat the oven to 375°. Lightly oil a roasting pan. Halve the tomatoes and place them, cut side up, in the dish. They should fit snugly with little or no space between them.

2. Crush the garlic with a pinch of salt, then beat it with the honey, olive oil, and a good grinding of pepper. Spoon this sticky, garlicky mixture over the cherry tomatoes. Roast for about 30 minutes, until golden, juicy, and bubbling.

Grilled Eggplant with Corn Chimichurri

(adapted from *Kitchen Confidante*)

INGREDIENTS:

- 1/3 cup plus 2 Tbsp. extra-virgin olive oil
- 3/4 cup chopped cilantro
- 1/4 cup chopped basil
- 1/2 cup finely chopped red onion
- 1 ear of cooked corn, kernels removed from the cob
- 3 garlic cloves, minced
- 3 Tbsp. sherry vinegar
- 1/4 tsp. cayenne pepper
- kosher salt
- freshly ground black pepper
- 1 lb eggplant, cut into 1 inch thick rounds or wedges

INSTRUCTIONS:

1. In a small bowl, stir 1/3 cup of olive oil with the cilantro, basil, red onion, corn kernels, garlic, sherry vinegar, and cayenne pepper. Season with salt and pepper, and set aside.

2. In a medium bowl, toss the sliced eggplant pieces with a few sprinkles of salt. Set aside as you preheat the grill to medium high heat. Toss the eggplant with the remaining 2 tablespoons olive oil.

3. Grill the eggplant until tender. Transfer to a serving dish, season with salt and pepper and dress with the corn chimichurri.