



Thyme Saver CSA: Recipes and News for July 5, 2018

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

- Lettuce (crisper drawer, 5-7 days)
- Peaches (counter, 2-3 days)
- Squash (crisper drawer, 3-5 days)
- Curly Kale (crisper drawer, 3-5 days)
- Green Peppers (refrigerator, 5-7 days)
- Thyme (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- Spring Onions (refrigerator, 1-2 weeks)
- Cherry Tomatoes (L ONLY) (counter, 5-6 days)
- Beets (L ONLY) (crisper drawer, 3-5 days)

Questions? Contact Jeanine: info@stokesfarm.com

Roasted Beet Salad

(adapted from *Rachael Ray*)

INGREDIENTS:

- 3 roasted beets
- 4 tsp. white balsamic vinegar
- 1 Tbsp. fresh lemon juice
- 2 tsp. grainy Dijon mustard
- 1/4 cup extra-virgin olive oil
- 3 cups baby arugula or lettuce
- 1 small zucchini, shaved lengthwise with a vegetable peeler
- 1/4 cup crumbled feta cheese
- 2 Tbsp. pistachios

INSTRUCTIONS:

1. In large bowl, whisk balsamic vinegar, lemon juice, and mustard.
2. Whisk in olive oil; season.
3. Toss with arugula and zucchini.
4. Thinly slice beets crosswise, and add to salad.
5. Top with feta and pistachios.

Peach-Basil Sauce

(adapted from *Taste of Home*)

INGREDIENTS:

- 2 Tbsp. olive oil
- 1 cup chopped fennel
- 1 cup chopped onion
- 1/2 cup toasted pine nuts
- 1.5 lb peeled/chopped peaches
- 1 tsp. kosher salt
- 1/4 tsp. pepper
- 2 Tbsp. fresh basil
- 2 tsp. white wine vinegar

INSTRUCTIONS:

1. Heat olive oil in a large skillet over medium heat.
2. Add fennel and onion, cook until golden brown, about 13 minutes.
3. Stir in pine nuts, peaches, salt, and pepper.
4. Cook over medium-low heat, crushing with a spoon, until jammy, about 15 minutes.
5. Stir in basil and vinegar.

Squash Ribbon Pasta

(adapted from *Cooking Light*)

INGREDIENTS:

- 1 medium zucchini
- 1 medium summer squash
- 8 oz. uncooked fettuccini
- 1/2 cup thinly sliced red onion
- 1 cup 2% reduced-fat milk
- 1.5 Tbsp. all-purpose flour
- 1/3 cup heavy cream
- 1/2 cup chopped fresh tarragon, basil, or parsley
- 3/4 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper

INSTRUCTIONS:

1. Shave squashes into thin strips using a vegetable peeler. Place in a colander.
2. Bring a large saucepan filled with water to a boil. Add pasta; cook 6 minutes. Add red onion; cook 2 minutes. Drain pasta mixture over squash in colander.
3. Return pan to medium-high heat. Add milk and flour; bring to a boil. Cook 1 minute or until slightly thickened, stirring constantly. Stir in cream; cook for 1 minute.
4. Add pasta mixture, stirring to coat. Stir in the herbs, salt, and pepper. Serve immediately.

Spring Onion Confit

(adapted from *Taste of Home*)

INGREDIENTS:

- 8 oz. spring onions, trimmed and chopped into 1-in pieces
- 2 garlic cloves, peeled
- 2 strips lemon peel
- 2 cups extra-virgin olive oil

INSTRUCTIONS:

1. Preheat oven to 225 degrees F. Spread spring onion pieces on the bottom on a 9x13 in. baking dish.
2. Add garlic and lemon peel to dish. Pour oil over solids to completely cover.
3. Bake in oven until bulbs are very tender, about 2 hours.
4. Let cool to room temperature before using.

Tomato and Green Pepper Salad

(adapted from *Betty Crocker*)

INGREDIENTS:

- 3 tomatoes, coarsely chopped (3 cups)
- 2 green bell peppers, coarsely chopped (2 cups)
- 1 cucumber, seeded and coarsely chopped (1 cup)
- 1 jalapeño chili, seeded and finely chopped
- 1 garlic clove, finely chopped
- 1/4 cup chopped fresh parsley
- 3 Tbsp. olive or vegetable oil
- 1 Tbsp. lemon juice
- 1/2 tsp. salt
- 1/2 tsp. ground cumin
- 1/8 tsp. pepper

INSTRUCTIONS:

1. Stir together all ingredients in glass or plastic bowl.
2. Cover and refrigerate at least 4 hours but no longer than 24 hours.

Peach Crumb Bars

(adapted from *Taste of Home*)

INGREDIENTS:

- 3 cups all-purpose flour
- 1.5 cups sugar, divided
- 1 tsp. baking powder
- 1/2 tsp. salt
- Dash of ground cinnamon
- 1 cup shortening
- 1 large egg
- 1 tsp. vanilla extract
- 9 medium peaches, peeled and chopped
- 1 tsp. almond extract
- 4 tsp. cornstarch

INSTRUCTIONS:

1. Preheat oven to 375 degrees F. Whisk flour, 1 cup sugar, baking powder, salt, and cinnamon; cut in shortening until crumbly. In another bowl, whisk egg and vanilla until blended; add to flour mixture, stirring with a fork until crumbly.
2. Reserve 2.5 cups crumb mixture for topping. Press remaining mixture onto bottom of a greased 13x9 in baking pan.
3. Toss peaches with almond extract. In another bowl, mix cornstarch and remaining sugar; add to peaches and toss to coat. Spread over crust; sprinkle with reserved topping.
4. Bake until lightly browned and filling is bubbly, 40-45 minutes.

Kale With Caramelized Onions and Garlic

(adapted from *Genius Kitchen*)

INGREDIENTS:

- 1 bunch kale, washed and torn (stems removed)
- 3 spring onions, chopped
- 3 garlic cloves, chopped
- 1 tablespoon olive oil
- balsamic vinegar (optional)

INSTRUCTIONS:

1. Heat oil in large pan. Add chopped onions and garlic.
2. Sauté until onions are clear and begin to caramelize. Stir often. Do not allow garlic to burn.
3. Add torn kale. Toss with onions and garlic. Cook until kale is wilted.
4. Sprinkle with a tiny bit of balsamic vinegar if desired.