

Thyme Saver CSA: Recipes and News for August 16, 2018

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

- Boston Lettuce (crisper drawer, 5-7 days)
- Corn (refrigerator, 3-4 days)
- Radishes (crisper drawer, 5-7 days)
- Eggplant (refrigerator, 4-5 days)
- Tomatoes (counter, 3-4 days)
- Basil (place in glass of water on counter, 5-7 days)
- Potatoes (2-3 days in a cool place)
- Onions (counter, 2 weeks)
- Blueberries (L ONLY) (refrigerator, 5-7 days)
- Beets (L ONLY) (crisper drawer, 3-5 days)

Questions? Contact Jeanine: info@stokesfarm.com

Summer Eggplant Parmesan

(adapted from *Food 52*)

INGREDIENTS:

- 1 lb. round or oblong eggplant, rinsed, stem end removed and cut into 1/2 cm thick rounds
- 1/2 lb. mozzarella, cut into 1 cm thick rounds
- 12 basil leaves
- 1 lb. tomatoes, rinsed, stem removed and cut into 1/2 cm thick rounds
- extra-virgin olive oil for drizzling
- sea salt
- black pepper, freshly ground

INSTRUCTIONS:

1. Mix 3 Tbsp. salt with 1 cup of boiling water and stir to dissolve the salt. Add 6 cups of cold water.
2. Soak the eggplant rounds in the salted water to cover (add more cold water if needed) for an hour. Remove from the water and squeeze out any excess water.
3. Brush the rounds on both sides with olive oil. Grill on a hot cast iron grill pan or on a barbecue (about 5 minutes per side). Remove and cool.
4. Place a slice of eggplant on a plate. Place a slice of tomato on top of the eggplant. Sprinkle salt and pepper and drizzle olive oil over the top.
5. Place a leaf of basil on top. Next add a piece of mozzarella. On top of your first stack place another piece of eggplant, tomato, basil, and mozzarella.
6. Enjoy!

Potato and Onion Hash with a Fried Egg

(adapted from *Genius Kitchen*)

INGREDIENTS:

- 1 tablespoon vegetable oil
- 1 medium onion, sliced into half moons
- salt
- 2 cups potatoes, with skin, diced into 1/2 inch pieces
- 1/4 teaspoon cayenne pepper
- 1 large egg
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

INSTRUCTIONS:

1. Place a large nonstick skillet over medium heat and add oil.
2. When oil is hot, add onion and a sprinkling of salt; stir until onion begins to soften, about 1 minute.
3. Add potato and cayenne to pan; reduce heat to low and cook, stirring frequently, until potatoes and onions are tender, caramelized and lightly browned, about 30 minutes.
4. Push potato and onion hash to one side of the pan and increase the heat.
5. Crack egg into pan and cook to taste.
6. Spoon potatoes and onions onto a plate and top with the egg.

Raw Corn and Radish Salad with Spicy Lime Dressing

(adapted from *Food and Wine*)

INGREDIENTS:

- 2 tablespoons fresh lime juice
- 1 small jalapeño, seeded and coarsely chopped
- 1 1/2 teaspoons honey
- 1/4 teaspoon cumin
- 1/4 cup vegetable oil
- Kosher salt and freshly ground pepper
- 4 cups fresh corn kernels (from 4 ears)
- 6 medium radishes, halved and thinly sliced crosswise
- 1/2 cup coarsely chopped flat-leaf parsley
- 1/4 small red onion, thinly sliced

INSTRUCTIONS:

1. In a blender, puree the lime juice, jalapeño, honey and cumin. With the machine on, add the oil. Season with salt and pepper.
2. In a large bowl, toss the corn with the radishes, parsley, red onion and dressing. Season the salad with salt and pepper, transfer to plates and serve.

Roasted Corn and Potato Salad

(adapted from *Food and Wine*)

INGREDIENTS:

- 2 ears of corn, shucked (about 2 cups)
- 1 pound baby potatoes, cut in large cubes
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- Kosher or sea salt, to taste
- Fresh cracked black pepper, to taste

FOR DRESSING:

- 1/2 cup mayonnaise
- 1 teaspoon spicy brown mustard
- 1 teaspoon balsamic vinegar
- 1/4 cup chopped Italian parsley
- 1/4 teaspoon kosher or sea salt
- Fresh cracked black pepper, to taste

INSTRUCTIONS:

1. Preheat oven to roast at 450°. Line a baking pan with parchment paper.
2. In a medium bowl, mix together the olive oil, garlic, and herbs. Add the potatoes and toss to completely coat. Season with salt and pepper.
3. Spread the potatoes on the lined baking pan, making sure to include all of the marinade.
4. Roast for 15 minutes. Remove the potatoes from oven. Add the corn, tossing together with the potatoes then return the baking pan to the oven. Roast for an additional 10-15 minutes or until the corn is lightly browned.
5. Remove from oven, set aside and allow to completely cool.
6. In large bowl, mix together the mayonnaise, mustard, balsamic vinegar, and parsley. Add the roasted corn and potatoes and toss to completely coat. Taste for salt and pepper, and season with more if desired. If serving immediately, serve at room temperature or else chill and serve chilled.

Blueberry-Beet Smoothie

(adapted from *Blissful Basil*)

INGREDIENTS:

- 1 cup almond milk or water
- 1 frozen banana
- 1 small beet, washed, peeled, and cut into sixths
- 1 cup fresh or frozen strawberries
- 1 cup fresh or frozen blueberries
- Optional add-in: 1 tablespoon hemp seeds

INSTRUCTIONS:

Add all ingredients to a blender, and blend for 2-3 minutes or until smooth. This one can be a bit tricky to get moving in your blender, especially if you're using all frozen fruit. If you have a "pulse mode" on your blender, we recommend using that to get it started. Then, blend consistently until smooth.