

Thyme Saver CSA: Recipes and News for August 2, 2018

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

- Kale (crisper drawer, 3-5 days)
- Corn (refrigerator, 3-4 days)
- Blueberries (refrigerator, 5-7 days)
- Carrots (refrigerator, 1 week)
- Tomatoes (counter, 3-4 days)
- Garlic (counter, 6+ months)
- Tarragon (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- White Pepper (refrigerator, 5-7 days)
- Yukon Gold Potatoes (L ONLY) (2-3 weeks in cool place)
- Fairy Tale Eggplant (L ONLY) (refrigerator, 4-6 days)

Questions? Contact Jeanine: info@stokesfarm.com

Carrot Fritters

(adapted from *Rachael Ray*)

INGREDIENTS:

- 1 cup chopped red onion
- 1/2 cup self-rising flour
- 1/2 cup grated carrot
- 1 egg
- 3 jarred cherry peppers, drained and chopped
- 2 Tbsp. cornmeal
- 1 and 1/4 cups sour cream
- 1/4 cup chopped fresh mint
- 4 cups vegetable oil

INSTRUCTIONS:

1. In a bowl, mix first six ingredients with 1/4 cup sour cream; season.
2. In processor, pulse remaining 1 cup sour cream and mint; season.
3. In a large saucepan, heat oil to 360 degrees. Fry batter by the tablespoon, turning once, until golden, 5 minutes. Serve with mint sauce. Makes 16.

Blueberry-Kale Smoothie

(adapted from *The Spruce Eats*)

INGREDIENTS:

- 3/4 cup orange juice
- 1/2 cup blueberries
- 2 cups kale (loosely packed, chopped leaves)

INSTRUCTIONS:

Put the kale, blueberries, and juice in a blender and whirl until smooth.

Grill-Steamed Corn

with Cilantro and Chile Flakes

(adapted from *Cooking Light*)

INGREDIENTS:

- 4 ears fresh corn, with husks
- 2 Tbsp. extra-virgin olive oil
- 2 Tbsp. finely chopped fresh cilantro
- 3/4 tsp. chile powder
- 1/2 tsp. salt
- 4 lime wedges

INSTRUCTIONS:

1. Preheat grill to medium-high heat. Place corn on grill grate; grill, uncovered, 15 minutes or until husks are charred or corn is tender.
2. Remove corn from grill; let stand 10 minutes. Pull husks back; discard silks. Brush corn with oil. Sprinkle with cilantro, chile powder, and salt. Serve with lime wedges.

Lemon-Tarragon Vinaigrette

(adapted from *bon apétit*)

INGREDIENTS:

- 2 tablespoons fresh lemon juice
- 2 tablespoons minced shallot
- 1 tablespoon chopped fresh tarragon
- 1 tablespoon Dijon mustard
- 1/2 cup olive oil
- Kosher salt, freshly ground pepper

INSTRUCTIONS:

Combine lemon juice, shallot, tarragon, and Dijon mustard in a small bowl. Gradually whisk in oil. Season to taste with salt and pepper.

Yukon Gold Potato Salad

(adapted from *Cooking Light*)

INGREDIENTS:

- 2 large peppers
- 1 and 1/4 lb. Yukon Gold potatoes, cut into 3/4-inch cubes
- 4 eggs
- 1/3 cup chopped green onions
- 1/4 cup mayonnaise
- 1/4 cup chopped fresh flat-leaf parsley
- 3 Tbsp. Greek yogurt
- 2 Tbsp. chopped fresh dill
- 2 tsp. Dijon mustard
- 1/8 tsp. table salt

INSTRUCTIONS:

1. Preheat broiler with oven rack in top position. Cut peppers in half; discard seeds and stems. Place peppers, cut side down, on an aluminum foil-lined baking sheet. Broil 10 minutes or until well charred. Cover pan tightly with foil; let stand 10 minutes. Uncover peppers; remove and discard skins. Chop peppers, place in a medium bowl.

2. Place potatoes in a medium saucepan. Cover with water by 3 inches; bring to a boil. Reduce heat to medium; cook 5 minutes or until al dente. Add whole eggs; cook 10 minutes or until potatoes are tender. Drain potatoes; plunge eggs into ice water. Let eggs stand 10 minutes.

3. Add green onions and remaining ingredients to peppers; stir to combine. Peel cooked eggs; chop. Add potatoes to bell pepper mixture; toss to coat. Add eggs to potato mixture; stir gently to combine.

Carrot-Top Pesto

(adapted from *Rachael Ray*)

INGREDIENTS:

- 2 cups packed carrot tops
- A handful (about 1/3 cup) each of fennel fronds, fresh basil, and fresh mint
- 1/2 cup Parmigiano-Reggiano cheese
- 1/2 cup extra-virgin olive oil
- 1/4 cup shelled pistachios
- 1 lemon or lime, zested and juiced
- 3 Tbsp. pepitas
- 2 cloves garlic, crushed
- Salt

INSTRUCTIONS:

In a food processor, pulse all ingredients until combined. Season with salt.

Grilled Fairytale Eggplant with Garlic and Mint

(adapted from *The Kitchen*)

INGREDIENTS:

- 1 lb. fairytale eggplant
- 2 Tbsp. olive oil
- 2 garlic cloves, minced
- salt and pepper
- red pepper flakes (optional)
- 4 to 6 mint leaves, coarsely chopped
- splash of balsamic vinegar

INSTRUCTIONS:

1. Cut eggplants in half lengthwise. In a large bowl, toss the eggplant with olive oil, garlic cloves, salt, pepper, (red pepper flakes also if you wish), and mint leaves, let stand to marinate for about 30 minutes.

2. Grill the eggplant in a grill basket over medium-high heat, covered. Turn occasionally until the skins are slightly charred and the flesh is tender, about 10 minutes. Transfer the eggplant pieces back to the bowl you used to marinate them. Immediately toss them with balsamic vinegar, a sprinkle of flaked sea salt, and a small handful of freshly chopped mint.

Kale with Caramelized Onions and Garlic

(adapted from *Genius Kitchen*)

INGREDIENTS:

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

1. Heat oil in large pan. Add chopped onions and garlic. Sauté until onions are clear and begin to caramelize. Stir often. Do not allow garlic to burn.

2. Add torn kale. Toss with onions and garlic. Cook until kale is wilted. Sprinkle with a tiny bit of balsamic vinegar if desired.