

Thyme Saver CSA: Recipes and News for August 9, 2018

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

- Romaine Lettuce (crispr drawer, 5-7 days)
- Corn (refrigerator, 3-4 days)
- Peaches (counter, 2-3 days)
- Zucchini (crisper drawer, 3-5 days)
- Plum Tomatoes (counter, 3-4 days)
- Peppermint (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- Scallions (refrigerator, 5-7 days)
- Kirbies (crisper drawer, 4-6 days)
- Jersey Melon (L ONLY) (refrigerator, 4-6 days)

Questions? Contact Jeanine: info@stokesfarm.com

Grilled Peach and Corn Salad

(adapted from *Foot Network*)

INGREDIENTS:

- 1/4 cup extra-virgin olive oil, plus more for drizzling
- 4 ears corn, shucked
- 3 peaches, each cut into 4 wedges
- Kosher salt and freshly ground black pepper
- 2 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- 1/2 jalapeno pepper, halved, seeded and thinly sliced into half-moons
- 1/2 small shallot, finely minced
- 1/3 cup toasted sliced almonds
- 1/3 cup crumbled feta (2 ounces)
- 4 cups baby arugula (2 1/2 ounces)

INSTRUCTIONS:

1. Prepare a grill for medium-high heat. Drizzle some olive oil on the corn and peaches and sprinkle with salt and pepper. Grill the corn and peaches, turning them periodically, until they develop dark grill and char marks on all sides, 6 to 8 minutes for the peaches and 10 to 12 minutes for the corn. Let cool slightly.
2. Meanwhile, whisk together the olive oil, vinegar, mustard, jalapeno pepper, shallot, 1/2 teaspoon salt and a few grinds of pepper in a large bowl.
3. Cut the corn kernels from the cobs and discard the cobs. Slice the peach wedges crosswise so each piece has some grill marks. Add the corn kernels and sliced peaches to the large bowl of dressing along with the almonds and feta. Toss gently to coat. Check for seasoning and add more salt and pepper to taste.
4. Arrange a bed of arugula on a large platter. Top with the peach and corn salad.

Baked Plum Tomatoes

(adapted from *Martha Stewart*)

INGREDIENTS:

- 4 plum tomatoes, halved
- 1/4 cup finely grated Parmesan cheese
- 2 tablespoons plain breadcrumbs
- 1/2 teaspoon mixed dried herbs, such as thyme, marjoram, oregano, and basil
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

INSTRUCTIONS:

1. Preheat oven to 425 degrees. Halve 4 plum tomatoes lengthwise; slice off a sliver from the skin side so that the halves lie flat in a baking dish.
2. In a small bowl, toss together Parmesan cheese, breadcrumbs, herbs, olive oil, salt, and pepper. Mound mixture on top of each tomato half. Bake until tomatoes are soft and topping is crisp and browned, about 20 minutes.

Strawberry, Lemon, and Peppermint Infused Water

(adapted from *Be Mindful. Be Human.*)

INGREDIENTS:

- 10 fresh peppermint leaves
- 1/2 cup fresh strawberries, hulled and sliced
- 1 to 2 slices of lemon
- A pinch of salt (optional, for taste)
- enough water to fill a large pitcher

INSTRUCTIONS:

Combine all the ingredients into the pitcher. Stir well. Place in the refrigerator for at least 30 minutes. Serve over ice.

Crunchy Cucumber, Feta, and Almond Salad

(adapted from *Cooking Light*)

INGREDIENTS:

- 4 cups coarsely chopped romaine lettuce heart (about 1)
- 2 1/2 cups (1/2-in.) diced kirbies
- 1/2 cup unsalted roasted almonds, coarsely chopped
- 2 ounces feta cheese, crumbled (about 1/2 cup)
- 2 tablespoons chopped fresh dill
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

INSTRUCTIONS:

Combine lettuce, cucumber, almonds, and feta in a large bowl; toss. Combine dill and remaining ingredients in a small bowl, stirring with a whisk. Add dill mixture to lettuce mixture; toss to coat.

Fresh Peach Salsa

(adapted from *Taste of Home*)

INGREDIENTS:

- 4 medium peaches, peeled and quartered
- 2 tomatoes, seeded and cut into wedges
- 2/3 cup chopped sweet onion
- 1/2 cup fresh cilantro leaves
- 2 garlic cloves, peeled and sliced
- 2 cans (4 ounces each) chopped green chilies
- 4 teaspoons cider vinegar
- 1 teaspoon lime juice
- 1/4 teaspoon pepper
- Baked tortilla chip scoops

INSTRUCTIONS:

1. Place first five ingredients in a food processor; pulse until peaches are coarsely chopped. Add chilies, vinegar, lime juice and pepper; pulse just until blended.

2. Remove to a bowl; refrigerate, covered, until serving. Serve with chips.

Jersey Melon-Cucumber Salad

(adapted from *Eating Well*)

INGREDIENTS:

- 1/2 large Jersey melon, cubed (1 1/2 cups)
- 1/2 large cucumber, halved lengthwise and sliced
- 3 tablespoons crumbled feta cheese
- 1 tablespoon snipped fresh basil
- 1 tablespoon snipped fresh peppermint

FOR VINAIGRETTE:

- 1 tablespoon white balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil

INSTRUCTIONS:

1. To prepare Balsamic Vinaigrette, in a small bowl whisk together white balsamic vinegar, salt and black pepper. Whisk in olive oil to combine. Set aside.

2. To prepare salad: In a large bowl toss together cantaloupe, cucumber, feta cheese, basil and mint. Drizzle vinaigrette over the cantaloupe mixture. Toss lightly. Serve immediately.

Zucchini-Scallion Frittata Cups

(adapted from *All Recipes*)

INGREDIENTS:

- cooking spray
- 7 egg whites
- 3 eggs
- 2 tablespoons half-and-half
- 2 cups shredded zucchini
- 1 cup chopped scallions
- 3 tablespoons grated Parmigiano-Reggiano cheese

INSTRUCTIONS:

1. Preheat oven to 350 degrees F. Prepare 12 muffin cups with cooking spray.

2. Whisk egg whites, eggs, and half-and-half together in a bowl. Stir zucchini, green onion, and cheese into the egg mixture; pour into prepared muffin cups.

3. Bake in preheated oven until set in the middle, 30 to 35 minutes.