

Thyme Saver CSA: Recipes and News for September 13, 2018

<http://www.stokesfarm.com>



tag your pictures: #stokesfarm1873 #thymesaver

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

- Lettuce Mix (refrigerator, 5–7 days)
- Acorn Squash (counter, 1 month)
- Kale (crisper drawer, 3–5 days)
- Apples (refrigerator, 1–2 weeks)
- Kirbies (crisper drawer, 4–6 days)
- Onions (counter, 2 weeks)
- Lemon Verbena (wrap in damp paper towel, place in open Ziploc bag in fridge, 3–5 days)
- Red Potatoes (2–3 weeks in a cool place)
- Cabbage (L ONLY) (crisper drawer, 1–2 weeks)
- Pears (L ONLY) (refrigerator, 1–2 weeks)

Questions? Contact Jeanine: info@stokesfarm.com

Parmesan Roasted Acorn Squash

(adapted from *Real Simple*)

INGREDIENTS:

- 1 acorn squash—halved, seeded, and sliced into 3/4 inch thick slices
- 2 tablespoons olive oil
- 8 sprigs fresh thyme
- kosher salt and black pepper
- 1/4 cup grated Parmesan (1 ounce)

INSTRUCTIONS:

1. Heat oven to 400° F. On a rimmed baking sheet, toss the squash with the oil, thyme, ½ teaspoon salt, and ¼ teaspoon pepper. Sprinkle with the Parmesan.
2. Roast the squash until golden brown and tender, 25 to 30 minutes.

Cabbage & Pear Slaw

(adapted from *Bon Appétit*)

INGREDIENTS:

- ½ cup buttermilk
- 2 tablespoons mayonnaise
- 2 tablespoons sour cream
- 1 tablespoon apple cider vinegar
- 1 tablespoon chopped fresh chives, plus more
- ½ teaspoon poppy seeds, plus more
- Kosher salt and freshly ground black pepper
- ½ small cabbage, shredded
- 1 pear, julienned
- ¼ small red onion, thinly sliced

INSTRUCTIONS:

Mix together buttermilk, mayonnaise, sour cream, vinegar, 1 Tbsp. chives, and ½ tsp. poppy seeds; season with salt and pepper. Toss with cabbage, pear, and onion; season with salt and pepper. Serve slaw topped with more chives and poppy seeds.

Apple, Potato, & Onion Hash

(adapted from *Rachael Ray*)

INGREDIENTS:

- Salt and pepper
- 2 lbs. potatoes, peeled and cut into 1-inch cubes
- 1 tablespoon canola oil
- 2 tablespoons butter
- 2 apples- cored, skin on and chopped into 3/4-inch cubes
- 1 onion, chopped
- 1 tablespoon fresh thyme, chopped
- 6 - 8 ounces sharp white cheddar, shredded

INSTRUCTIONS:

1. In a medium pot of boiling, salted water, parboil the potatoes for 5 minutes; drain.
2. In a large nonstick skillet, heat the oil over medium-high. Melt the butter in the oil, add the potatoes and cook until lightly brown, about 5 minutes.
3. Add the apples and onion, season with salt, pepper and thyme, and cook, stirring occasionally, until the apples are crisp-tender and the potatoes are golden, 12 to 15 minutes. Remove from the heat. Top the hash with the cheese and cover the skillet with foil to melt.

Kale & Apple Salad

(adapted from *Food Network*)

INGREDIENTS:

- 3 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- Kosher salt
- 1 bunch kale, ribs removed, leaves very thinly sliced
- 1/4 cup dates
- 1 apple
- 1/4 cup slivered almonds, toasted
- 1 ounce Pecorino, finely grated (1/4 cup)
- Freshly ground black pepper

INSTRUCTIONS:

Whisk together the lemon juice, olive oil and 1/4 teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.

While the kale stands, cut the dates into thin slivers and the apple into thin matchsticks. Add the dates, apples, almonds and cheese to the kale. Season with salt and pepper and toss well.

Lemon Verbena Syrup

(adapted from *Epicurious*)

INGREDIENTS:

- 2 cups water
- 1 and 2/3 cups sugar
- 20 to 30 large fresh lemon verbena leaves

INSTRUCTIONS:

1. In a medium saucepan set over medium heat, bring the water and sugar to a boil. Add the lemon verbena leaves and cover the pan. Steep for 15 minutes.

2. Strain the syrup through a fine-mesh strainer, discard the leaves, and let cool. Store the syrup in an airtight container in the refrigerator for up to 4 days.

TO MAKE CHERRY VERBENA SODA:

For one drink, fill a tall glass with ice. Add 1 tablespoon of the Lemon Verbena Syrup, 2 tablespoons of Sour Cherry Syrup, and a few dashes of lemon juice. Top with seltzer and mix gently. Garnish with lemon verbena leaves and maraschino cherries, if desired.

Cucumber, Apple, & Mint Smoothie

(adapted from *Tasty*)

INGREDIENTS:

- 2 kirby cucumbers, peeled and sliced
- ¼ cup mint leaf
- 1 apple, diced
- 1 tablespoon honey
- ½ avocado, diced
- 1 ½ cups ice

INSTRUCTIONS:

1. Place the cucumber, mint, apple, honey, and avocado in a blender or food processor and blend until just combined.

2. Add in the ice and continue to blend until the mixture is smooth. Serve immediately.

Roasted Acorn Squash with Shallots & Rosemary

(adapted from *Martha Stewart*)

INGREDIENTS:

- 2 whole acorn squash
- 8 shallots, peeled, root ends intact
- 6 small sprigs fresh rosemary
- 3 tablespoons olive oil
- 1/4 cup balsamic vinegar
- 2 teaspoons coarse salt
- 1/2 teaspoon ground pepper

INSTRUCTIONS:

1. Preheat oven to 450 degrees. Halve each squash lengthwise. Scoop out and discard seeds. Carefully cut each half into four wedges.

2. On a rimmed baking sheet, combine squash with shallots, fresh rosemary, olive oil, and balsamic vinegar. Season with salt and pepper; toss well to coat, and spread in a single layer.

3. Roast, turning squash halfway through, until browned and tender, 35 to 40 minutes.