

Thyme Saver CSA: Recipes and News for September 20, 2018

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

- Lettuce (refrigerator, 5–7 days)
- Butternut Squash (counter, 1 month)
- Tomato (counter, 3–4 days)
- Apples (refrigerator, 1–2 weeks)
- Radishes (crisper drawer, 5–7 days)
- Basil (cup of water on the counter, 5–7 days)
- Carrots (refrigerator, 1 week)
- Celery (L ONLY) (crisper drawer, 1–2 weeks)
- Eggplant (L ONLY) (refrigerator, 4–5 days)

Questions? Contact Jeanine: info@stokesfarm.com

Roasted Butternut Squash

(adapted from *Food Network*)

INGREDIENTS:

- 1 large butternut squash (about 3 pounds), peeled and seeded and cut in 1-inch chunks
- 3 tablespoons olive oil
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper

INSTRUCTIONS:

1. Preheat the oven to 400 degrees F.
2. Place the squash on a sheet pan and drizzle with the olive oil, salt, and pepper and toss well. Arrange the squash in one layer and roast for 25 to 30 minutes, until the squash is tender, turning once with a metal spatula.

Arugula, Apple, and Radish Salad with Cider Vinaigrette

(adapted from *Food Network*)

INGREDIENTS:

- 1/4 cup cider vinegar
- 1/2 cup extra-virgin olive oil
- 1 shallot, minced
- Salt and freshly ground black pepper
- 2 bunches arugula, thick stems removed, rinsed and dried
- 1/2 pound radishes, thinly sliced on mandoline
- 1 red apple, peeled, cored and finely diced

INSTRUCTIONS:

Whisk together vinegar, olive oil, shallot, salt and pepper. Toss arugula, radishes and red apple together. Toss salad with dressing right before serving.

Maple Glazed Carrots & Apples

(adapted from *Betty Crocker*)

INGREDIENTS:

- 2 medium carrots, sliced (1 cup)
- 1 tablespoon butter or margarine
- 1 medium apple, cut into thin wedges
- 2 tablespoons maple-flavored syrup
- 1/4 teaspoon ground cardamom

1. INSTRUCTIONS:

Heat 1 inch water (salted if desired) to boiling in 1-quart saucepan. Add carrots. Cover and heat to boiling; reduce heat. Simmer 12 to 15 minutes or until tender; drain.

2. Heat butter in 6-inch skillet over medium heat until hot. Cook apple wedges in butter 2 minutes, stirring occasionally. Stir in syrup and cardamom. Cook 3 to 5 minutes, stirring frequently, until apples are evenly glazed. Stir into carrots.

Celery & Radish Salad

(adapted from *Genius Kitchen*)

INGREDIENTS:

- 2 teaspoons Dijon mustard
- 1 tablespoon white wine vinegar
- 3 tablespoons olive oil, extra-virgin
- 6 celery ribs, thinly sliced
- 1 bunch radish, thinly sliced
- coarse salt, to taste
- ground pepper, to taste

INSTRUCTIONS:

In a medium bowl, whisk together mustard, vinegar, and oil. Add celery and radishes, toss, and season with salt and pepper.

Basil-Tomato Grilled Cheese

(adapted from *Taste of Home*)

INGREDIENTS:

- 8 slices Italian bread (3/4 inch thick)
- 8 slices part-skim mozzarella cheese
- 2 tomatoes, sliced
- 2 tablespoons minced fresh basil
- 2 teaspoons balsamic vinegar
- Salt and pepper to taste
- 1/4 cup olive oil
- 3 tablespoons grated Parmesan cheese
- 1/4 teaspoon garlic powder

INSTRUCTIONS:

1. On four slices of bread, layer mozzarella cheese and tomatoes; sprinkle with the basil, vinegar, salt and pepper. Top with remaining bread.
2. In a small bowl, combine the oil, Parmesan cheese and garlic powder; brush over the outsides of each sandwich.
3. In a small skillet over medium heat, toast sandwiches until golden brown on both sides and cheese is melted.

Roasted Eggplant with Basil

(adapted from *Martha Stewart*)

INGREDIENTS:

- 2 medium eggplants
- 1/4 cup olive oil
- Coarse salt and ground pepper
- 1 to 2 tablespoons red-wine vinegar
- 1 cup torn fresh basil leaves

INSTRUCTIONS:

Heat oven to 475 degrees. Cut eggplants into 1-inch cubes. On a rimmed baking sheet, toss eggplant with olive oil and season with salt and pepper. Roast until browned and tender, about 25 minutes. Toss with red-wine vinegar and basil leaves.

Butternut Squash Apple Bake

(adapted from *Taste of Home*)

INGREDIENTS:

- 1 butternut squash (2 pounds), peeled and cut into 1/2-inch slices
- 3 medium apples, peeled and thinly sliced
- 1/3 cup packed brown sugar
- 1-1/2 teaspoons all-purpose flour
- 1/4 teaspoon ground cinnamon
- 2 tablespoons butter, melted

INSTRUCTIONS:

1. Preheat oven to 350°. Layer squash and apples in a 13x9-in. baking dish coated with cooking spray. Mix brown sugar, flour and cinnamon; sprinkle over top. Drizzle with butter.
3. Bake, covered, until squash and apples are tender, 45-55 minutes.

Balsamic-Glazed Carrots

(adapted from *Delish*)

INGREDIENTS:

- 1 lb. carrots, peeled
- 1/4 c. extra-virgin olive oil
- kosher salt
- freshly ground black pepper
- 1 tbsp. chopped fresh thyme
- 1/4 c. balsamic vinegar
- 1/4 c. honey
- fresh chopped parsley, for garnish

INSTRUCTIONS:

1. Preheat oven to 375°. On a large baking sheet, drizzle carrots with oil, then season with salt and pepper. Toss until combined and bake until carrots are tender, 38 to 40 minutes.
2. Meanwhile, make balsamic glaze: In a small saucepan, combine balsamic vinegar and honey. Simmer until reduced by half, stirring occasionally, 15 minutes (the mixture should coat the back of a spoon). Let cool slightly.
3. Drizzle carrots with balsamic glaze and garnish with parsley. Serve warm.