

Thyme Saver CSA: Recipes and News for September 27, 2018

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

- Romaine Lettuce (refrigerator, 5-7 days)
- Spaghetti Squash (counter, 1 month)
- Beets (crisper drawer, 3-5 days)
- Apples (refrigerator, 1-2 weeks)
- Yukon Golds (2-3 weeks in a cool place)
- Tarragon (wrap in damp paper towels, place in open Ziploc bag in fridge, 3-5 days)
- Onions (counter, 2 weeks)
- Green Beans (L ONLY) (crisper drawer, 5-7 days)
- Plum Tomatoes (L ONLY) (counter, 3-4 days)

Questions? Contact Jeanine: info@stokesfarm.com

Spaghetti Squash with Onion, Garlic, & Herbs

(adapted from *Genius Kitchen*)

INGREDIENTS:

- 1 spaghetti squash, sliced in half and seeds and fiber removed
- 1/4 cup olive oil (separated)
- 1 tablespoon fresh rosemary, finely chopped or 1 tablespoon fresh sage or 1 tablespoon fresh thyme
- 3 garlic cloves, fresh minced
- 1/2 onion, finely sliced
- parmesan cheese, fresh grated to garnish
- black pepper, fresh ground to garnish
- nutmeg, fresh grated to taste (optional)
- salt (to taste)

INSTRUCTIONS:

1. Microwave squash cut side down for 20 minutes till soft and fibers separate.
2. Meanwhile, in a frying pan, heat 2 tablespoons of oil and saute onions and garlic for 5 minutes
3. add herbs cook for 2 minutes.
4. Add squash and toss.
5. Drizzle with remaining garlic and top with cheese and season with salt, nutmeg and pepper to taste.

Crushed Yukon Gold Potatoes

(adapted from *Martha Stewart*)

INGREDIENTS:

- 1 pound baby Yukon gold potatoes (12 to 14)
- Coarse salt
- 2 tablespoons unsalted butter
- Freshly ground pepper
- 1 teaspoon coarsely chopped fresh flat-leaf parsley

1. INSTRUCTIONS:

1. Cover potatoes with cold water in a medium saucepan. Bring to a boil over high heat; add 1 tablespoon salt. Reduce heat to medium-high, and simmer until potatoes are just tender when pierced with a fork, 10 to 15 minutes (depending on size)

2. Remove potatoes as they are done. Drain, and let cool slightly, about 5 minutes.

2. Place potatoes on a cutting board. Lightly crush potatoes with the side of a large knife or your palm. Melt butter in a large skillet over medium-high heat.

3. Add potatoes, and cook, flipping once, until crisp and golden brown, 4 to 5 minutes per side. Season with salt and pepper; sprinkle with parsley.

Marinated Beets with Pistachios and Tarragon

(adapted from *Epicurious*)

INGREDIENTS:

- 1 pound red beets, trimmed, scrubbed
- 1/2 cup Sherry or red wine vinegar, divided
- 2 tablespoons plus 1/4 cup olive oil
- Kosher salt
- 1 medium shallot, finely chopped
- 1 teaspoon chopped fresh thyme
- 1/4 cup raw pistachios, chopped
- 2 tablespoons coarsely chopped fresh tarragon

INSTRUCTIONS:

1. Preheat oven to 425°. Combine beets, 1/4 cup vinegar, 2 tablespoons oil, and 1/4 cup water in a baking dish; season with salt. Cover with foil and steam until beets are tender, 40-50 minutes. Let cool slightly. Rub off skins with paper towels; cut beets into quarters (or 1/2" wedges if larger).

2. Toss beets with shallot, thyme, remaining 1/4 cup vinegar, and remaining 1/4 cup oil in a large bowl; season with salt. Let sit at least 2 hours. Toss with pistachios and tarragon just before serving.

Tarragon Green Beans

(adapted from *Martha Stewart*)

INGREDIENTS:

- 3 tablespoons unsalted butter
- 1 large shallot, finely chopped (1/2 cup)
- 2 pounds green beans, trimmed
- 1/2 cup dry white wine
- 2 tablespoons coarsely chopped fresh tarragon, plus sprigs for garnish
- Coarse salt and freshly ground pepper

INSTRUCTIONS:

1. Melt butter in a large, high-sided skillet over medium heat. Add shallot; cook, stirring constantly, until soft and translucent, 2 to 3 minutes. Add beans, and gently toss to coat with shallot mixture. Cook, stirring occasionally, 2 minutes.

2. Add wine. Raise heat to medium-high; cook, stirring often, 12 minutes. Reduce heat to medium, and cook until beans are tender, 3 to 5 minutes more. Stir in tarragon, and season with salt and pepper. Garnish with tarragon sprigs.

Yukon Gold and Apple Home Fries

(adapted from *Taste of the South*)

INGREDIENTS:

- 1 1/2 pounds Yukon gold potatoes, cut into 1/2-inch cubes
- 1 tablespoon butter
- 1 tablespoon vegetable oil
- 1 1/2 cups chopped apple
- 1 cup chopped onion
- 1 tablespoon chopped fresh thyme, divided
- 1 teaspoon salt, divided
- 1/2 teaspoon ground black pepper

INSTRUCTIONS:

1. In a medium saucepan, add potatoes and water to cover by 2 inches; bring to a boil over medium-high heat. Cook until tender, 7 to 9 minutes. Drain.

2. In a large cast-iron skillet, heat butter and oil over medium-high heat. Add apple and onion; cook, stirring frequently, until lightly browned, approximately 3 minutes. Add potatoes, 1 and 1/2 teaspoons thyme, 3/4 teaspoon salt, and pepper.

3. Cook, stirring frequently, until potatoes are lightly browned, 8 to 10 minutes. (Reduce heat to medium, if necessary.) Sprinkle with remaining 1 and 1/2 teaspoons thyme and remaining 1/4 teaspoon salt.

Baked Beet Chips

(adapted from *Epicurious*)

INGREDIENTS:

- 2 pounds large beets, peeled
- 2 tablespoons olive oil
- Sea salt
- Freshly cracked black pepper

INSTRUCTIONS:

1. Preheat oven to 350°. Line several baking sheets with parchment paper.

Using a mandoline, thinly slice beets to a thickness of 1/16". In a large bowl, toss beet slices with oil to coat evenly.

2. On prepared baking sheets, in a single layer, arrange as many slices as will fit without crowding. Bake until crisp, 25-30 minutes, rotating pans once halfway through baking. Cool chips and blot with paper towels to remove any excess oil. Repeat, using a cool prepared baking sheet for each batch, until all beet slices are baked. Toss chips with 1/4 teaspoon salt and pepper to taste.