

## Thyme Saver CSA: Recipes and News for September 6, 2018

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

- **Hydroponic Lettuce** (place roots in bowl of water in fridge, 5-7 days)
- **Corn** (refrigerator, 3-4 days)
- **Zucchini** (crisper drawer, 3-5 days)
- **Scallions** (refrigerator, 5-7 days)
- **Pears** (refrigerator, 1-2 weeks)
- **Savory** (wrap in damp paper towel, place in open Ziploc bag in fridge, 3-5 days)
- **Plum Tomatoes** (counter, 3-4 days)
- **Shishito Peppers (L ONLY)** (refrigerator, 5-7 days)
- **Jersey Melon (L ONLY)** (refrigerator, 4-6 days)

### Questions? Contact Jeanine: [info@stokesfarm.com](mailto:info@stokesfarm.com)

#### Sautéed Shishito Peppers

(adapted from *Epicurious*)

##### INGREDIENTS:

- 1 pint shishito peppers
- olive oil
- sea salt
- lemon juice

##### INSTRUCTIONS:

Heat a little olive oil in a wide sauté pan until it is good and hot but not smoking. Add the peppers and cook them over medium, tossing and turning them frequently until they blister. They shouldn't char except in places. Don't rush. It takes 10 to 15 minutes to cook a panful of peppers. When they're done, toss them with sea salt and add a squeeze of fresh lemon. Slide the peppers into a bowl and serve them hot. You pick them up by the stem end and eat the whole thing, minus the stem,

#### Roasted Pears

(adapted from *Eating Well*)

##### INGREDIENTS:

- 2-3 pears, (about 1 pound)
- 1 tablespoon lemon juice
- 2 tablespoons sugar

##### INSTRUCTIONS:

Preheat oven to 425°F. Peel, core and cut pears into ½-inch-thick slices. Toss the pear slices with lemon juice in a large bowl; add sugar and toss once again. Transfer to a baking pan large enough to hold the slices in a single layer. Roast, stirring occasionally to prevent scorching, until the pears are tender and golden brown, 25 to 30 minutes.

#### Summer Savory & Garlic Green Beans

(adapted from *Life's Ambrosia*)

##### INGREDIENTS:

- Ice
- 2 tablespoons olive oil
- 1 1/2 pounds trimmed green beans
- 3 cloves garlic, minced
- 1 tablespoon fresh summer savory removed from stem
- Salt and pepper

##### INSTRUCTIONS:

1. Fill a large bowl with cold water and ice.
2. Bring a large pot of water to boil. Once boiling, salt liberally and add in green beans. Cook 3 - 4 minutes or just until bright green.
3. Use a slotted spoon to transfer beans to ice bath to stop cooking process. Once cool, remove and pat dry.
4. Heat oil in a skillet over medium-high heat. Add beans, cook 3 - 5 minutes or until beans are tender but crisp. Add in garlic and summer savory. Cook just until garlic becomes fragrant, about a minute. Season to taste with salt and pepper and serve.

# Corn, Tomato, & Scallion Salad

(adapted from *Epicurious*)

## INGREDIENTS:

- 4 ears fresh corn, shucked
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, minced
- 1 1/2 tablespoons balsamic vinegar
- 1 lb cherry tomatoes, halved
- 1/2 cup coarsely chopped scallion greens

## INSTRUCTIONS:

1. Cut corn kernels from ears, discarding cobs. Heat oil in a large heavy skillet over moderately high heat until hot but not smoking, then sauté corn with salt and pepper to taste, stirring, until tender, about 4 minutes.

2. Add garlic and sauté, stirring, 1 minute. Add vinegar and cook, stirring, until most is evaporated, about 1 minute. Add tomatoes and cook, gently stirring, 1 minute.

3. Remove skillet from heat and stir in scallions. Transfer vegetables to a large plate to cool and season with salt and pepper.

# Zucchini Bread

(adapted from *Food Network*)

## INGREDIENTS:

- 3 1/4 cups all-purpose flour
- 1 1/2 teaspoons salt
- 1 teaspoon ground nutmeg
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 3 cups sugar
- 1 cup vegetable oil
- 4 eggs, beaten
- 1/3 cup water
- 2 cups grated zucchini
- 1 teaspoon lemon juice
- 1 cup chopped walnuts or pecans

## INSTRUCTIONS:

Preheat oven to 350 degrees F. In a large bowl, combine flour, salt, nutmeg, baking soda, cinnamon and sugar. In a separate bowl, combine oil, eggs, water, zucchini and lemon juice. Mix wet ingredients into dry, add nuts and fold in. Bake in 2 standard loaf pans, sprayed with nonstick spray, for 1 hour, or until a tester comes out clean. Alternately, bake in 5 mini loaf pans for about 45 minutes.

# Sautéed Zucchini with

# Plum Tomatoes

(adapted from *Skinny Taste*)

## INGREDIENTS:

- 1 medium zucchini, cut up
- 5 medium fresh plum tomatoes, diced
- 5 cloves garlic, smashed
- 2 tbs extra virgin olive oil
- 1/2 tsp Herbes de Provence
- kosher salt and fresh pepper

## INSTRUCTIONS:

1. In a large non-stick skillet, heat olive oil over medium-high heat.

2. Add garlic and sauté until golden.

3. Add zucchini, salt and pepper.

4. Cook about 4-5 minutes on each side, add tomatoes and season with additional salt and herbes de provence. Lower heat and simmer about 5-10 minutes. Divide into 4 equal portions when serving.

# Melon Butter

(adapted from *Saveur*)

## INGREDIENTS:

- 1 large Jersey melon, peeled, seeded, and diced
- 2 cups sugar
- 1/4 cup fresh lemon juice

## INSTRUCTIONS:

1. In a medium saucepan, combine the melon with the sugar and lemon juice, and then bring to a boil over medium-high heat. Cook, stirring occasionally, until the melon breaks down and is thick and syrupy, about 1 hour.

2. Remove from the heat and let cool to room temperature. Transfer the melon to a blender and puree until smooth. Scape the melon butter into jars and refrigerate until ready to use, at least 4 hours.