

Thyme Saver CSA: Recipes and News for October 11, 2018

<http://www.stokesfarm.com>



tag your pictures: #stokesfarm1873 #thymesaver

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

- Hydroponic Lettuce (place in bowl of water in fridge, 5-7 days)
- Dumpling Squash (counter, 1 month)
- Acorn Squash (counter, 1 month)
- Kale (crisper drawer, 2-5 days)
- Apples (refrigerator, 1-2 weeks)
- Peppermint (wrap in damp paper towels, place in open Ziploc bag in fridge, 3-5 days)
- Cucumber (crisper drawer, 4-6 days)
- Red Onion (counter, 2 weeks)
- Pears (L ONLY) (refrigerator, 1-2 weeks)
- Watercress (L ONLY) (refrigerator, 2-4 days)

Questions? Contact Jeanine: info@stokesfarm.com

Maple Sweet Dumpling Squash

(adapted from *Genius Kitchen*)

INGREDIENTS:

- 1 sweet dumpling squash
- 1/2 cup pure maple syrup
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 tablespoons salted butter

INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. Cut the squash in half and remove seeds with a spoon.
3. Use a fork to poke several holes in the outside skin of each half of the squash. Place squash in baking pan with hollow side up. Add 1" of water to bottom of pan.
4. Place 1 tablespoon of butter, 1/8 teaspoon of nutmeg and 1/2 teaspoon of cinnamon in the hollow of each squash half. Pour 1/4 cup of maple syrup on each.
5. Bake uncovered on middle rack for 30-45 minutes or until the flesh is soft.
6. Serve hot. Each half will serve one person and can be served with dinner "as is." Alternately, you may allow the squash halves to cool partially, remove the skins, and mash or puree the squash.

Baked Acorn Squash and Apples

(adapted from *Genius Kitchen*)

INGREDIENTS:

- 1 acorn squash
- water
- 2 apples, cored and sliced thin
- canola oil
- maple syrup
- pumpkin pie spice

INSTRUCTIONS:

1. Preheat oven to 350.
2. Cut the acorn squash and scoop out the seeds and strings.
3. Put a little water in a baking pan; place the halves face down and bake for 1/2 hour.
4. Then, take it out and put the sliced apples in the middle (some will fall over the sides, it's okay); drizzle with canola oil and maple syrup, and sprinkle with pumpkin pie spice.
5. Bake for another 1/2 hour to 40 minutes (until the apples are soft and browning.)
6. Put your acorn squash halves in individual plates; scoop up the stray apples and stray maple syrup and spoon over the squash.

Apple-Cucumber Salsa

(adapted from *Food and Wine*)

INGREDIENTS:

- 1 apple—peeled, cored and cut into 1/4-inch dice
- 1/2 cucumber—peeled, seeded and cut into 1/4-inch dice
- 1/2 small red onion, cut into 1/4-inch dice
- 1/2 small red bell pepper, cut into 1/4-inch dice
- 1 & 1/2 tablespoons white wine vinegar
- 1 & 1/2 teaspoons sugar
- Salt

INSTRUCTIONS:

In a bowl, toss the apple with the cucumber, onion and pepper. Stir in the vinegar and sugar, season with salt and serve.

Kale Pesto with Toasted Walnuts

(adapted from *Epicurious*)

INGREDIENTS:

- 2 cups packed torn kale leaves, stems removed
- 1 cup packed fresh basil leaves
- 1 teaspoon sea salt
- 1/4 cup extra virgin olive oil
- 1/4 cup toasted walnuts
- 4 cloves garlic, chopped
- 1/2 cup grated Parmesan cheese

INSTRUCTIONS:

1. In a food processor, combine the kale leaves, basil leaves, and salt. Pulse 10 to 12 times, until the kale leaves are finely chopped.
2. With the motor running, drizzle in the olive oil. Scrape down the sides of the processor. Add the walnuts and garlic and process again, then add the cheese and pulse to combine.
3. Toss with your favorite pasta and serve immediately.

Watercress, Pear, & Cashew Salad

(adapted from *Martha Stewart*)

INGREDIENTS:

- 1 tablespoon vegetable oil
- 1 tablespoon fresh lime juice
- 1 tablespoon soy sauce
- 2 bunches watercress (about 1 pound total), tough stems removed
- 1 Bosc pear, cored and thinly sliced
- 1/4 cup chopped unsalted cashews

INSTRUCTIONS:

In a large bowl, whisk together oil, lime juice, and soy sauce. Add watercress, pear, and cashews; toss to combine. Serve immediately.

Sweet & Spicy Roasted Squash

(adapted from *Fit Mitten Kitchen*)

INGREDIENTS:

- 2 small acorn or sweet dumpling squash
- 2 Tbsp. olive oil
- 1/2 Tbsp. brown sugar
- cayenne pepper
- ground cinnamon
- all spice
- optional: cashew or almond butter drizzle

INSTRUCTIONS:

1. Preheat oven to 375F and grease a medium baking sheet with oil. Set aside.
2. Cut tops and bottom off of squash and slice into rings. Cut out center of each ring to remove seeds.
3. Place rings on greased baking sheet and drizzle with oil. Lightly sprinkle on cayenne pepper (to taste), ground cinnamon, all spice, and brown sugar. Use hands to rub everything in and make sure squash is evenly coated.
4. Bake for 20 minutes before checking and gently flipping over. Sprinkle with more seasoning and sugar if you wish, bake for another 10-20 minutes until soft.
5. Allow squash to rest/cool on pan before serving. Drizzle with cashew or almond butter if your heart desires. Enjoy!