

Thyme Saver CSA: Recipes and News for October 4, 2018

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

- Escarole (refrigerator, 5–7 days)
- Delicata Squash (counter, 1 month)
- Kirbies (crisper drawer, 4–6 days)
- Pears (refrigerator, 1–2 weeks)
- Scallions (refrigerator, 5–7 days)
- Rosemary (wrap in damp paper towels, place in open Ziploc bag in fridge, 3–5 days)
- Cherry Tomatoes (counter, 5–6 days)
- Shishito Peppers (L ONLY) (refrigerator, 5–7 days)
- Carrots (L ONLY) (refrigerator, 1 week)

Questions? Contact Jeanine: info@stokesfarm.com

Maple Glazed Delicata Squash

(adapted from *The Spruce Eats*)

INGREDIENTS:

- 2 medium delicata squash
- 2 tablespoons melted butter
- 2 tablespoons maple syrup
- Dash sea salt
- Dash ground cinnamon

INSTRUCTIONS:

1. Line a baking sheet with with nonstick foil. Grease the foil or spray with nonstick cooking spray. Cut the squash into 1-inch thick rounds; scoop seeds out of each round.

3. In a bowl, toss the squash with the melted butter and maple syrup. Arrange the squash on the prepared foil-lined pan. Sprinkle lightly with salt and cinnamon.

4. Bake at 350 F for 35 to 45 minutes, turning once about halfway through the baking time.

Sautéed Escarole

(adapted from *Martha Stewart*)

INGREDIENTS:

- 2 tablespoons olive oil
- 3 garlic cloves, peeled and smashed
- 1 lb. escarole
- Coarse salt

INSTRUCTIONS:

In a large skillet, heat oil over medium. Add garlic, and cook until fragrant and lightly golden, about 3 minutes. Stir in escarole; season with salt. Cook, stirring frequently, until tender, about 10 minutes.

Korean Cucumber Pickle

(adapted from *Martha Stewart*)

INGREDIENTS:

- 1 tablespoon rice vinegar
- 2 teaspoons soy sauce
- 2 teaspoons sesame oil
- 1/2 teaspoon salt
- Pinch of cayenne pepper
- 3 Kirby cucumbers, peeled and thinly sliced (about 2 cups)
- 1 scallion, white and light green parts, thinly sliced
- 2 cloves garlic, crushed and peeled

INSTRUCTIONS:

In a shallow dish whisk together the soy sauce, vinegar, sesame oil, salt, and cayenne. Add the cucumber, scallion, and garlic. Stir to combine. Press down and spread out cucumbers in dish. Cover and refrigerate for at least one hour but up to 2 days.

Rosemary Roasted Carrots

(adapted from *Genius Kitchen*)

INGREDIENTS:

- 1 lb carrot (any type)
- 1 head garlic
- 1 tablespoon extra virgin olive oil
- 2 sprigs fresh rosemary
- sea salt
- fresh ground black pepper

INSTRUCTIONS:

1. Preheat oven to 450 degrees.
2. If you are using whole carrots, peel and cut into 2" diagonal sections (I like to cut carrots on a diagonal just because they look more appealing).
3. Break garlic into individual cloves but leave the skins on.
4. Toss all ingredients in roasting pan that is just large enough to hold everything.
5. Roast for approximately 20-30 minutes or until browned, stirring occasionally. Serve immediately.

Chili-Brown Sugar

Delicata Squash with Pears

(adapted from *Eating Well*)

INGREDIENTS:

- 1 pound delicata squash (about 1 large)
- 2 medium ripe but firm pears, sliced
- 2 teaspoons extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 slices bacon
- 2 tablespoons water
- 1 tablespoon light brown sugar
- 1 teaspoon chili powder

INSTRUCTIONS:

1. Preheat oven to 425°F.
2. Cut squash in half lengthwise; scoop out the seeds. Cut crosswise into ¼-inch slices. Toss in a large bowl with pears, oil, salt and pepper. Spread on a large baking sheet.
3. Roast the squash and pears until just tender, stirring once or twice, 20 to 25 minutes.
4. Meanwhile, cook bacon in a large nonstick skillet over medium heat until crisp, 4 to 6 minutes. Transfer to a paper towel-lined plate.
5. Discard all but 2 teaspoons fat from the pan. Over medium heat, stir in water, brown sugar and chili powder. Add the squash and pears; toss to coat. Crumble the bacon on top.

Blistered Shishito Peppers and Cherry Tomatoes

(adapted from *Cooking Light*)

INGREDIENTS:

- 2 Tbsp. canola oil
- 1 pint shishito peppers
- 1/2 cup sliced yellow onion
- 1/4 tsp. five-spice powder
- 1 pint halved cherry tomatoes
- 2 Tbsp. sliced fresh basil
- 1.5 Tbsp. soy suace
- 1. Tbsp. balsamic vinegar
- 1/2 tsp. black pepper
- 1 tsp. toasted sesame seeds

INSTRUCTIONS:

1. Heat a large skillet over high. Add canola oil and peppers; cook 4 to 5 minutes.
2. Add onion and five-spice powder; cook 2 minutes.
3. Add cherry tomatoes; cook 2 minutes.
4. Remove from heat. Stir in basil, soy sauce, balsamic vinegar, and pepper. Sprinkle with sesame seeds.

Bow-Tie Pasta with Escarole

(adapted from *Martha Stewart*)

INGREDIENTS:

- Coarse salt and freshly ground pepper
- 3/4 pound (6 cups) bow-tie, or farfalle pasta
- 2 bunches (2 & 3/4 pounds) escarole, cut into 2-inch pieces
- 3/4 cup golden raisins
- 1 tablespoon olive oil
- 1/4 teaspoon red-pepper flakes
- 4 cloves garlic, thinly sliced
- 2/3 cup grated Parmesan cheese

1. In a large (8-to-10-quart) pot of boiling salted water, cook pasta 10 minutes. Add escarole and raisins; cook 2 minutes. Reserve 1 cup pasta water; drain. Set aside.
2. Dry pot. Place oil, pepper flakes, and garlic in pot. Cook over medium heat, stirring occasionally, until garlic is fragrant, 1 to 2 minutes. Remove from heat; toss in pasta mixture with Parmesan and reserved pasta water. Season with salt and pepper. Stir well and serve.