

Thyme Saver CSA: Recipes for June 13 & 14, 2019

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

- Lettuce (bowl of water in fridge, 5-7 days)
- Garlic Scapes (crisper drawer, 3-5 days)
- Watercress (refrigerator, 3-5 days)
- Zucchini (crisper drawer, 3-5 days)
- Kirbies (refrigerator, 5-7 days)
- Chocolate Mint (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- Cherry Tomatoes (counter, 3-4 days)
- Asparagus (L ONLY) (refrigerator, 5-7 days)
- English Peas (L ONLY) (refrigerator, 5-7 days)

Garlic Scape Pesto

(adapted from Serious Eats)

INGREDIENTS:

- 1/4 cup pine nuts
- 3/4 cup coarsely chopped garlic scapes*
- juice and zest of 1/2 lemon
- 1/2 teaspoon salt
- a few generous grinds of black pepper
- 1/2 cup extra virgin olive oil
- 1/4 cup grated Parmigiano Reggiano cheese

*or use half scapes/half basil

INSTRUCTIONS:

1. In a small, dry pan set over very low heat, lightly toast the pine nuts, stirring or tossing occasionally until just beginning to brown, about 2-3 minutes. Remove from the heat and let cool for a few minutes.
2. Combine the scapes, pine nuts, lemon juice and zest, salt, and pepper in the bowl of a food processor fitted with the blade attachment. Pulse about 20 times, until fairly well combined.
3. Pour in the olive oil slowly through the feed tube while the motor is running. When the oil is incorporated, transfer the pesto to a bowl and stir in the grated cheese.

Zucchini and Watercress Soup

(adapted from Food & Wine)

INGREDIENTS:

- 1 tablespoon extra-virgin olive oil
- 1 small onion, finely chopped
- 1 small pinch of saffron threads (about 10), crumbled
- 1 pound zucchini, coarsely chopped
- 3 cups chicken stock
- 8 ounces watercress, chopped
- 1 tablespoon heavy cream
- Salt and freshly ground pepper

INSTRUCTIONS:

1. In a large saucepan, heat the olive oil. Add the chopped onion and saffron threads and cook over moderate heat, stirring occasionally, until the onion is softened, 7 minutes. Add the zucchini and chicken stock and bring to a simmer. Cook over low heat until the zucchini is tender, 10 minutes. Add the watercress and cook for 5 minutes longer.
2. Using a slotted spoon, transfer the onion, zucchini and watercress to a blender. Add the cream and 1/2 cup of the stock and puree until smooth. Return the puree to the saucepan and season with salt and pepper. Gently rewarm the soup and ladle into bowls.

Mediterranean Cucumber Salad

(adapted from Veggies Save the Day)

INGREDIENTS:

- 2 kirbies (remove seeds, if desired), skin on, chopped
- 1 pint cherry tomatoes, halved or quartered
- 3 radishes (or substitute a few Tbsp. chopped red onion), chopped
- 1 yellow or red bell pepper chopped
- handful of fresh parsley chopped
- 1 Tablespoon olive oil
- juice of 1 lemon (3 Tablespoons)
- salt to taste

INSTRUCTIONS:

1. Combine all ingredients in a large bowl and toss well.
2. Serve at room temperature, or refrigerate and enjoy chilled.

Strawberry, Lemon, and Chocolate Mint Infused Water

(adapted from Be Mindful. Be Human.)

INGREDIENTS:

- 10 fresh peppermint leaves
- ½ cup fresh strawberries, hulled and sliced
- 1 to 2 slices of lemon
- A pinch of salt (optional, for taste)
- enough water to fill a large pitcher

INSTRUCTIONS:

Combine all the ingredients into the pitcher. Stir well. Place in the refrigerator for at least 30 minutes. Serve over ice.

Pasta Primavera with Asparagus and Peas

(adapted from NY Times Cooking)

INGREDIENTS:

- ¼ pound sugar snap peas, stems trimmed
- ½ pound asparagus, ends snapped
- 2 tablespoons unsalted butter
- ¾ cup fresh English peas
- ¼ cup thinly sliced spring onion, white part only (or use shallot)
- 2 garlic cloves, finely chopped
- ½ teaspoon fine sea salt, more as needed
- Black pepper, more as needed
- 12 ounces fettuccine or tagliatelle, preferably fresh (see recipe)
- ⅔ cup grated Parmigiano-Reggiano, at room temperature
- ½ cup crème fraîche or whole milk Greek yogurt, at room temperature
- 3 tablespoons finely chopped parsley
- 1 tablespoon finely chopped tarragon

INSTRUCTIONS:

1. Bring a large pot of heavily salted water to a boil over medium-high heat.
2. While the water is coming to a boil, slice snap peas and asparagus stems into 1/4-inch-thick pieces; leave asparagus tips whole.
3. Melt butter in a large skillet over medium-high heat. Add snap peas, asparagus, English peas and onion. Cook until vegetables are barely tender (but not too soft or mushy), 3 to 4 minutes. Stir in garlic and cook 1 minute more. Season with salt and pepper; set aside.
4. Drop pasta into boiling water and cook until al dente (1 to 3 minutes for fresh pasta, more for dried pasta). Drain well and transfer pasta to a large bowl. Immediately toss pasta with vegetables, Parmigiano-Reggiano, crème fraîche and herbs. Season generously with salt and pepper, if needed.