

Thyme Saver CSA: Recipes for June 20 & 21, 2019

<http://www.stokesfarm.com>



tag your pictures: #stokesfarm1873 #thymesaver

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

- Lettuce (bowl of water in fridge, 5-7 days)
- Blueberries (refrigerator, 5-7 days)
- Swiss Chard (crisper drawer, 3-5 days)
- Carrots (refrigerator, 1 week)
- Tomatoes (counter, 3-4 days)
- Oregano (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- Fava Beans (L ONLY) (refrigerator, 7-10 days)
- Cabbage (L ONLY) (crisper drawer, 1-2 weeks)
- Garlic (L ONLY) (counter, 6+ months)

Summer Blueberry Salad with Toasted Pecans and Feta

(adapted from Cooking Light)

INGREDIENTS:

- 1 tablespoon fresh lemon juice
- 1 tablespoon balsamic vinegar
- 2 tablespoons extra-virgin olive oil
- 1/8 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 4 cups of your favorite greens
- 1 cup fresh blueberries (about 1/2 pint)
- 1/3 cup chopped toasted pecans
- 1/3 cup crumbled feta cheese

INSTRUCTIONS:

In a large bowl, whisk together lemon juice, balsamic, olive oil, salt, and pepper. Add greens, blueberries, pecans, and feta cheese, tossing gently to combine.

Chard-Tomato Sautee

(adapted from Martha Stewart)

INGREDIENTS:

- 3 tablespoons extra-virgin olive oil, plus more for drizzling
- 2 thinly sliced garlic cloves
- 1 chopped large tomato
- 2 tablespoons drained capers
- 2 cups chopped swiss chard, blanched
- 1/4 cup sliced fresh basil
- Coarse salt and freshly ground pepper
- Basil leaves, for topping
- Grated Parmesan

INSTRUCTIONS:

Heat 3 tablespoons olive oil in a large skillet. Add garlic, tomato, and capers; cook, stirring, 2 minutes. Add chard and sliced basil; heat through. Season with salt and pepper. Drizzle with more oil; top with basil leaves and grated Parmesan.

Oregano Carrots

(adapted from Genius Kitchen)

INGREDIENTS:

- 1 lb sliced carrot
- 2 tablespoons margarine or 2 tablespoons butter
- 2 tablespoons water
- 6 tablespoons fresh oregano

INSTRUCTIONS:

1. Wash and peel carrots.
2. Slice carrots 1/4 inch thick.
3. Make one layer of carrots, butter and oregano. Repeat.
4. Add two Tablespoons of water.
5. Cook for one hour at 350 degrees. Stir before serving.

Parmesan Garlic Cabbage

(adapted from Real Housemoms)

INGREDIENTS:

- 2 1/2 tbsp olive oil
- 3 garlic cloves minced
- 1 red onion finely sliced
- 7 handfuls shredded cabbage
- 1/2 - 3/4 cup shredded parmesan
- Salt and pepper

INSTRUCTIONS:

1. Heat oil in a large skillet over high heat.
2. Add garlic and onion - cook for 2 minutes until onion is translucent.
3. Add cabbage and cook until wilted.
4. Stir through parmesan, season to taste with salt and pepper. Serve!

Herbed Fava Beans with Pasta

(adapted from Food Network)

INGREDIENTS:

- Kosher salt
- 2 1/2 pounds fresh fava beans in the pods, shelled (or 1 1/2 to 2 cups shelled fava beans)
- 1 cup small bow-tie pasta or other small pasta
- 3 tablespoons extra-virgin olive oil
- 1 clove garlic, smashed
- 4 sprigs mint, plus 1 tablespoon finely chopped mint leaves
- 4 sprigs parsley, plus 1 tablespoon finely chopped parsley leaves
- 1 bunch scallions, finely chopped
- 2 tablespoons unsalted butter
- Freshly ground pepper

INSTRUCTIONS:

1. Fill a large bowl with ice water. Bring a large pot of salted water to a boil. Add the fava beans and cook 30 seconds. Remove with a slotted spoon and transfer to the ice water; let cool about 5 minutes (keep the pot of water boiling). Drain the beans, then peel off their skins (they should slip right off). Add the pasta to the boiling water and cook as the label directs. Reserve about 1 1/2 cups cooking water, then drain the pasta.
2. Heat the olive oil, garlic, mint sprigs, parsley sprigs and all but 2 tablespoons of the scallions in a large skillet over medium heat. Cook, stirring, until the scallions are soft, 1 to 2 minutes. Add the favas and 1 cup of the reserved cooking water. Bring to a simmer and cook until the favas are tender and the liquid is slightly reduced, 8 to 10 minutes; discard the garlic and herb sprigs.
3. Add the pasta to the skillet and cook, tossing until it absorbs some of the sauce, about 3 minutes. Stir in the butter, chopped mint and parsley, reserved scallions, and salt and pepper to taste. Add more cooking water to loosen, if needed. Serve warm or at room temperature.