

# Thyme Saver CSA: Recipes for June 27 & 28, 2019

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

- Lettuce (refrigerator, 5-7 days)
- Kale (crisper drawer, 3-5 days)
- Scallions (refrigerator, 5-7 days)
- Tomatoes (counter, 3-4 days)
- Radish (crisper drawer, 3-5 days)
- English Peas (refrigerator, 7-10 days)
- Thyme (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- Blueberries (L ONLY) (refrigerator, 5-7 days)
- Beets (L ONLY) (crisper drawer, 3-5 days)
- Cucumbers (L ONLY) (refrigerator, 5-7 days)

### Garlicky Kale and Pea Sauté

(adapted from Good Housekeeping)

#### INGREDIENTS:

- 2 cloves garlic, thinly sliced
- 1 hot red chile, finely chopped
- 2 tbsp. olive oil
- 2 bunches kale, trimmed and chopped (about 1 lb. total)
- 1/2 tsp. sugar
- 1 lb. peas

#### INSTRUCTIONS:

1. In 5- to 6-quart saucepot on medium, cook garlic and chile in oil 2 minutes, stirring often.
2. Add kale, sugar and 1/2 teaspoon salt. Cook 6 minutes or until kale is tender, stirring occasionally.
3. Stir in peas. Cook 2 minutes or until heated through.

### Radish and Scallion Salad

(adapted from Genius Kitchen)

#### INGREDIENTS:

- 6 -10 radishes, small, medium
- 1 large bunch scallion
- 2 -4 tablespoons creme fraiche
- 3 teaspoons sugar, to taste
- 1 pinch salt

#### INSTRUCTIONS:

1. Rinse and dry the vegetables. Slice the scallions and place in a bowl. Add some salt and all of the sugar — this salad is supposed to taste sweet — mix gently.
2. Cut the radishes in thin slices. Mix in the radish slices. Add the creme fraiche, one tablespoon at a time, until you get a mixture resembling a creamy potato salad in consistency. Serve immediately, as both the sugar and salt draw out liquid from the vegetables, making the salad soggy.

## **Roasted Beets with Lemon-Thyme Dressing**

(adapted from Food Network)

### **INGREDIENTS:**

- 5 large beets, rinsed
- 1 Tbs. olive oil
- 1/4 cup extra virgin olive oil
- 1 Tbs. chopped fresh thyme leaves
- 1 tsp. lemon zest
- juice of 1 lemon
- salt and pepper to taste

### **INSTRUCTIONS:**

1. Preheat oven to 400 degrees F. Trim stems off beets and place them onto the middle of a large piece of aluminum foil. Drizzle beets with 1 tablespoon olive oil and season them with salt and freshly ground black pepper. Wrap beets up in foil, making a tightly sealed but roomy package. Bake beets in foil package on a sheet pan for 45 minutes to an hour at 400 degrees F, until tender. Remove from oven and carefully open up foil package and let cool.

2. When cool to the touch, wrap one beet at a time in paper towels and rub skin off. Repeat with remaining beets. This may stain your hands red unless you wear gloves. Cut peeled beets into chunks and place in a mixing bowl. In a small container with a tight fitting lid, combine olive oil, thyme, lemon juice, lemon zest and some salt and pepper. Close container and shake vigorously. Pour dressing over beets and toss to coat. Serve immediately or cover and keep in fridge until ready to serve.

## **Cucumber, Tomato, and Scallion Salad**

(adapted from Taste of Home)

### **INGREDIENTS:**

- 2 medium tomatoes, sliced and quartered
- 1 large cucumber, peeled and sliced
- 4 scallions, chopped
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 cup cider vinegar
- 1 cup water

### **INSTRUCTIONS:**

In a bowl, combine the tomatoes, cucumber and onions. In a small bowl, combine the sugar, salt and pepper. Whisk in the vinegar and water. Pour over vegetables and toss to coat. Cover and refrigerate for 4 hours or overnight. Serve with a slotted spoon.

## **Crispy Kale Chips**

(adapted from Food Network)

### **INGREDIENTS:**

- 1 head kale, washed and thoroughly dried
- 2 tablespoons olive oil
- Sea salt, for sprinkling

### **INSTRUCTIONS:**

1. Preheat the oven to 275 degrees F.
2. Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt.
3. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food.