

## Thyme Saver CSA: Recipes for June 6/7, 2019

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

- Lettuce (crisper drawer, 5-7 days)
- Tomato (counter, 5-6 days)
- Mustard Greens (crisper drawer, 5-7 days)
- Yellow Squash (crisper drawer, 3-5 days)
- Spring Onion (refrigerator, 2-3 weeks)
- Savory (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- Beets (crisper drawer, 3-5 days)
- Kale (L ONLY) (crisper drawer, 3-5 days)
- Kohlrabi (L ONLY) (refrigerator, 7-10 days)

### Sauteed Mustard Greens with Garlic and Lemon

(adapted from Southern Living)

#### INGREDIENTS:

- 2 tablespoons olive oil
- 4 garlic cloves, thinly sliced
- 3 pounds mustard greens, washed, trimmed, and chopped
- 2 tablespoons fresh lemon juice (from 1 lemon)
- 1/4 to 1/2 teaspoon crushed red pepper
- 3/4 teaspoon kosher salt
- 3/4 teaspoon black pepper

#### INSTRUCTIONS:

Heat oil in a Dutch oven over medium. Add garlic; cook, stirring often, until garlic is golden brown and crispy, about 1 minute. Stir in greens, in batches; cook until wilted, 1 to 2 minutes, before adding more greens. Cover and cook, stirring occasionally, until tender-crisp, 10 to 12 minutes. Stir in lemon juice and 1/4 teaspoon crushed red pepper. Sprinkle with salt and pepper. Stir in an additional 1/4 teaspoon crushed red pepper, if desired.

### Summer Savory and Garlic Green Beans

(adapted from Life's Ambrosia)

#### INGREDIENTS:

- Ice
- 2 tablespoons olive oil
- 1 1/2 pounds trimmed green beans
- 3 cloves garlic, minced
- 1 tablespoon fresh summer savory removed from stem
- Salt and pepper

#### INSTRUCTIONS:

1. Fill a large bowl with cold water and ice.
2. Bring a large pot of water to boil. Once boiling salt liberally and add in green beans. Cook 3 - 4 minutes or just until bright green.
3. Use a slotted spoon to transfer beans to ice bath to stop cooking process. Once cool, remove and pat dry.
4. Heat oil in a skillet over medium-high heat. Add beans, cook 3 - 5 minutes or until beans are tender but crisp. Add in garlic and summer savory. Cook just until garlic becomes fragrant, about a minute. Season to taste with salt and pepper and serve.

## Kale and Beet Salad

(adapted from Cooking Light)

### INGREDIENTS:

- 2/3 cup plus 2 tbsp cider vinegar, divided
- 1/2 cup water
- 1 tbsp honey, divided
- 1 cup vertically sliced red onion
- 4 medium beets, trimmed
- 2 tbsp olive oil
- 1 tsp Dijon mustard
- 1/4 tsp kosher salt
- 1/4 tsp black pepper
- 6 cups kale
- 1/4 cup sliced almonds, toasted

### INSTRUCTIONS:

1. Bring 2/3 cup vinegar, 1/2 cup water, and 2 tsp honey to a boil in a small saucepan. Add onion; boil 1 minute. Remove pan from heat, and let stand for 1 minute, Drain.

2. Pierce beets a few times with a knife, wrap in a large piece of microwave-safe parchment paper. Microwave on high 7 mins or until tender. Rub off skins with a paper towel. Halve beets; cut into wedges.

3. Combine 2 tbsp vinegar, 1 tsp honey, oil, Dijon mustard, salt, and pepper in a large bowl. Add beets and kale; toss to coat. Top with onion, almonds, and your favorite protein.

## Baked Parmesan

## Summer Squash

(adapted from Five Heart Home)

### INGREDIENTS:

- 2 medium-sized yellow summer squash
- Garlic salt & freshly ground black pepper
- 1/2 cup freshly grated Parmesan cheese

### INSTRUCTIONS:

1. Place an oven rack in the center position of the oven. Preheat the oven to 425°F. Line a baking sheet with foil (lightly misted with nonstick cooking spray)

2. Wash and dry the squash, and then cut each one into 1/4-inch thick slices. Arrange the squash rounds on the prepared pan, with little to no space between them. Lightly sprinkle the squash with garlic salt and freshly ground black pepper. Use a small spoon to spread a thin layer of Parmesan cheese on each slice of squash.

3. Bake for 15 to 20 minutes, or until the Parmesan melts and turns a light golden brown. (Watch these closely the first time you make them and pull them out of the oven early if the Parmesan is golden before 15 minutes. Alternatively, you may broil them for a minute or two at the end of the cooking time to speed up the browning.) Serve immediately.

## Kohlrabi Chips

(adapted from Martha Stewart)

### INGREDIENTS:

- Very thinly sliced, unpeeled kohlrabi
- Olive Oil

### INSTRUCTIONS:

Toss kohlrabi with olive oil. Season with salt. Arrange in a single layer on a baking sheet lined with a nonstick mat. Bake at 250 degrees, rotating sheet, until crisp and deep golden, 35 minutes to 1 hour; transfer chips as they're done to a paper-towel-lined plate. Season with salt.