

Thyme Saver CSA: Recipes for August 1 & 2, 2019

<http://www.stokesfarm.com>



tag your pictures: #stokesfarm1873 #thymesaver

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

- Lettuce (refrigerator, 5-7 days)
- Tomato (counter, 5-6 days)
- Corn (refrigerator, 3-4 days)
- Peaches (counter, 2-3 days)
- Eggplant (refrigerator, 4-6 days)
- Anise Hyssop (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- Kale (crisper drawer, 3-5 days)
- Jersey Melon (L ONLY) (refrigerator, 4-6 days)
- Potatoes (L ONLY) (2-3 weeks in a cool place)

Anise Hyssop Iced Tea

(adapted from Taste)

INGREDIENTS:

- 5-8 anise hyssop stems, plus additional leaves and flowers for garnish
- 8 cups boiling water

INSTRUCTIONS:

Gently rinse the plant parts with cool water to remove dirt and debris. Fill a large French press halfway with the anise hyssop (leaves, stems, and flowers). Add the boiling water and let steep for 15 to 20 minutes. Carefully press down the plunger. Pour the tea over ice into a pitcher or glass. Garnish with anise hyssop leaves and flowers to serve.

Jersey Melon Smoothie

(adapted from The Kitchn)

INGREDIENTS:

- 2 and 1/2 cups cubed, peeled Jersey melon
- 1 cup plain Greek yogurt
- 2 teaspoons honey
- 1 teaspoon grated peeled fresh ginger
- 1/2 teaspoon finely grated lime zest

INSTRUCTIONS:

Place all ingredients in a blender and purée until smooth. Pour into 2 glasses and serve.

Tomato and Corn Salsa

(adapted from Epicurious)

INGREDIENTS:

- 1 small red onion, chopped
- 1/2 teaspoon salt
- Juice of 2 limes
- 4 red or green jalapeño chiles, seeded and finely chopped
- 4 medium tomatoes, chopped
- 1 cup fresh corn kernels
- 1 cup chopped cilantro

INSTRUCTIONS:

Place the chopped onion in a bowl, sprinkle with the salt, squeeze the lime juice over, and set aside for 15 to 20 minutes. Add the chopped chiles, tomatoes, corn, and cilantro to the onion mixture, and stir. Serve immediately.

Grilled Eggplant with Corn Chimichurri

(adapted from Kitchen Confidante)

INGREDIENTS:

- 1/3 cup plus 2 tablespoons extra-virgin olive oil
- 3/4 cup chopped cilantro
- 1/4 cup chopped basil
- 1/2 cup finely chopped red onion
- 1 ear of cooked corn, kernels removed from the cob
- 3 garlic cloves, minced
- 3 tablespoons sherry vinegar
- 1/4 teaspoon cayenne pepper
- kosher salt
- freshly ground black pepper
- 1 lb eggplant, cut into 1 inch thick rounds or wedges

INSTRUCTIONS:

1. In a small bowl, stir 1/3 cup of olive oil with the cilantro, basil, red onion, corn kernels, garlic, sherry vinegar, and cayenne pepper. Season with salt and pepper, and set aside.
2. In a medium bowl, toss the sliced eggplant pieces with a few sprinkles of salt. Set aside as you preheat the grill to medium high heat. Toss the eggplant with the remaining 2 tablespoons olive oil.
3. Grill the eggplant until tender. Transfer to a serving dish, season with salt and pepper and dress with the corn chimichurri.

Summer Peach and Corn Kale Salad with Cumin-Lime Vinaigrette

(adapted from Dishing Up the Dirt)

INGREDIENTS:

- 1 bunch of kale, tough stems removed and cut into bite sized pieces
- 3 large peaches, pitted and thinly sliced
- 1/2 cup red onion, diced
- 1/2 cup crushed walnuts (lightly toasted)
- 1 and 1/2 cups fresh corn cut from the cob
- 1/2 cup cilantro, finely chopped
- 1 cup feta cheese crumbles

For the Dressing:

- 3 Tablespoons fresh lime juice
- 1/4 cup extra virgin olive oil
- 1 clove of garlic, minced
- 1 teaspoon ground cumin + more to taste
- 1 heaping Tablespoon of honey
- 1/4 teaspoon crushed red pepper flakes
- Fine sea salt and pepper to taste

INSTRUCTIONS:

1. Blend all of the ingredients for the dressing together and process until smooth. This works best with an immersion blender or food processor.
2. Taste test and adjust ingredients as necessary. In a large serving bowl massage the kale with half of the dressing. Toss in the corn, peaches, red onion, toasted walnuts, feta cheese and cilantro. Mix until well combined. Season salad to taste with salt and pepper. Enjoy.