

Thyme Saver CSA: Recipes for July 18 & 19, 2019

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

- Corn (refrigerator, 3-4 days)
- Cherry Tomatoes (counter, 5-6 days)
- Carrots (refrigerator, 1 week)
- Arugula (crisper drawer, 3-5 days)
- Peaches (counter, 2-3 days)
- Basil (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- Kirbies (crisper drawer, 4-6 days)
- Jersey Melon (L ONLY) (refrigerator, 4-6 days)
- Swiss Chard (L ONLY) (crisper drawer, 3-5 days)

Peach Arugula Salad

(adapted from Skinny Taste)

INGREDIENTS:

- 4 cups arugula
- 3 medium ripe peaches, pitted and sliced
- 3/4 cup diced yellow bell pepper
- 3 tbsp chopped walnuts
- 1 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- 1/2 tbsp fresh squeezed lemon juice
- 1/8 tsp lemon zest
- 1/8 tsp kosher salt
- fresh black pepper, to taste

INSTRUCTIONS:

Place the arugula in a large bowl, top with peaches, yellow pepper and walnuts. In a small bowl whisk the olive oil with the balsamic, lemon juice, salt and pepper and drizzle over the salad.

Cherry Tomato-Corn Salad

(adapted from Taste of Home)

INGREDIENTS:

- 1/4 cup minced fresh basil
- 3 tablespoons olive oil
- 2 teaspoons lime juice
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups corn
- 2 cups cherry tomatoes, halved
- 1 cup chopped seeded peeled cucumber

INSTRUCTIONS:

In a jar with a tight-fitting lid, combine the basil, oil, lime juice, sugar, salt and pepper; shake well. In a large bowl, combine the corn, tomatoes and cucumber. Drizzle with dressing; toss to coat. Refrigerate until serving.

Glazed Grilled Carrots

(adapted from NY Times Cooking)

INGREDIENTS:

- 2 tablespoons balsamic vinegar
- 1 tablespoon soy sauce
- 1 tablespoon dark brown sugar
- ½ teaspoon finely chopped fresh rosemary
- ½ clove garlic, cut into paper-thin slices
- 1 teaspoon freshly grated ginger
- 2 tablespoons vegetable oil, plus more for the carrots
- 10 medium carrots, peeled, trimmed and cut in half lengthwise
- Salt
- 1 green onion, thinly sliced

INSTRUCTIONS:

1. In a large bowl, whisk together vinegar, soy sauce, sugar, rosemary, garlic and ginger until combined. Whisk in 2 tablespoons oil so dressing emulsifies; set aside.
2. Heat grill to low. Coat carrots with oil and season with salt. Grill carrots, covered, turning as needed to prevent burning, until nicely charred and fork tender, 20 to 25 minutes.
3. When carrots come off the grill, toss them immediately in the prepared dressing. Once they're coated, use tongs to transfer the carrots to a serving platter and garnish with green onion. Drizzle a few spoonfuls of the remaining dressing over the top.

Jersey Melon-Peach Cobbler

(adapted from Just a Pinch)

INGREDIENTS:

- 1 ripe Jersey melon, seeded, peeled, cubed
- 2 cups sliced peaches
- 1/2 cup sugar
- 1/4 tsp ground ginger
- 1/2 tsp nutmeg
- 1 tsp cinnamon
- 1 tsp vanilla
- 1/2 stick butter
- 1 pinch salt
- 1 stick butter (to be melted in pan during preparation)

TOPPING

- 1 cup flour, self rising
- 1 cup sugar
- 1 cup milk
- 1 tsp vanilla
- 1/4 tsp cinnamon

INSTRUCTIONS:

1. Combine all cobbler ingredients in large saucepan. Cook till fruit is softened and sauce is slightly thickened. Remove from heat. Make sure you taste after combining and heating the ingredients. You may need to add more sugar or seasonings but it will all depend on your taste.
2. Place 1 stick of butter in 13 x 9 pan and heat in 350 deg oven till melted. As this is melting, mix topping.
3. Mix together all topping ingredients till smooth. If topping is too thick, add more milk till thinned. Pour fruit into pan over melted butter.
4. Pour topping over fruit. Sprinkle with sugar if desired. Bake at 350 deg till golden brown and bubbly (approx. 35 minutes). Remove from oven and serve while warm. Can top with whipped cream or ice cream.