

# Thyme Saver CSA: Recipes for July 25 & 26, 2019

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

- Lettuce (refrigerator, 5-7 days)
- Tomatoes (counter, 5-6 days)
- Beets (crisper drawer, 5-7 days)
- Peppers (refrigerator, 5-7 days)
- Zucchini (crisper drawer, 3-5 days)
- Rosemary (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- Radishes (crisper drawer, 3-5 days)
- Blueberries (L ONLY) (refrigerator, 5-7 days)
- Corn (L ONLY) (refrigerator, 3-4 days)

### Beet and Radish Pickles

(adapted from bon appétit)

#### INGREDIENTS:

- 3 small red beets, peeled, halved lengthwise, cut into 1/3-inch-thick wedges
- 6 red radishes, trimmed, cut into 1/3-inch-thick wedges
- 1 tablespoon fennel seeds
- 3/4 cup distilled white vinegar
- 2 tablespoons kosher salt
- 1 tablespoon sugar

#### INSTRUCTIONS:

Place beets and radishes in a small bowl. Toast fennel seeds in a dry small saucepan over medium heat, shaking pan often, until fragrant, about 45 seconds. Add vinegar, salt, sugar, and 1/2 cup water and bring to a boil, stirring until salt and sugar are dissolved, about 1 minute. Pour brine over beets and radishes and let cool. Cover and chill at least 8 hours before serving.

### Zucchini Casserole with Tomatoes and Peppers

(adapted from The Spruce Eats)

#### INGREDIENTS:

- 2 medium zucchini, unpeeled, sliced in 1/4-inch slices
- 1 medium onion, thinly sliced
- 1 green bell pepper, sliced
- 1/2 red bell pepper, sliced
- 2 tomatoes, sliced
- salt and pepper, to taste
- garlic powder, to taste
- basil and oregano, about 1/4 teaspoon each
- 6 ounces shredded Cheddar cheese

#### INSTRUCTIONS:

1. Preheat the oven to 350°. Butter a 2-quart casserole.
2. Arrange zucchini slices in casserole.
3. Top with onion slices, green and red pepper slices, tomato slices, then sprinkle with herbs.
4. Sprinkle the shredded cheese over all.
5. Bake for 50 to 60 minutes.

## Raw Corn and Radish Salad with Spicy Lime Dressing

(adapted from Food & Wine)

### INGREDIENTS:

- 2 tablespoons fresh lime juice
- 1 small jalapeño, seeded and coarsely chopped
- 1 and 1/2 teaspoons honey
- 1/4 teaspoon cumin
- 1/4 cup vegetable oil Kosher salt and freshly ground pepper
- 4 cups fresh corn kernels (from 4 ears)
- 6 medium radishes, halved and thinly sliced crosswise
- 1/2 cup coarsely chopped flat-leaf parsley
- 1/4 small red onion, thinly sliced

### INSTRUCTIONS:

1. In a blender, puree the lime juice, jalapeño, honey and cumin. With the machine on, add the oil. Season with salt and pepper.
2. In a large bowl, toss the corn with the radishes, parsley, red onion and dressing. Season the salad with salt and pepper, transfer to plates and serve.

## Blueberry Blast Smoothie

(adapted from Food Network)

### INGREDIENTS:

- 1/2 cup nonfat or 1 percent lowfat milk
- 1/2 cup non fat plain yogurt
- 1 cup blueberries
- 1 teaspoon honey

### INSTRUCTIONS:

Put all ingredients into a blender and blend until smooth.

## Broiled Zucchini with Rosemary Butter

(adapted from Taste of Home)

### INGREDIENTS:

- 3 tablespoons butter, softened
- 1/4 cup finely chopped green onion
- 1 to 2 tablespoons minced fresh rosemary
- 1 teaspoon lemon juice
- 1/2 teaspoon grated lemon zest
- 1/4 teaspoon pepper
- 1/8 teaspoon cayenne pepper
- 4 medium zucchini

### INSTRUCTIONS:

In a bowl, combine the first seven ingredients; set aside. Cut zucchini lengthwise into 1/2-in. slices. Place on a broiler pan coated with cooking spray. Broil 4 in. from the heat for 10-12 minutes, turning occasionally, or until crisp-tender. Spread with rosemary butter; serve immediately.

## Roasted Beet Hummus

(adapted from Eating Well)

### INGREDIENTS:

- 1 (15 ounce) can chickpeas
- 8 ounces roasted beets, coarsely chopped
- 1/4 cup tahini
- 1/4 cup extra-virgin olive oil
- 1/4 cup lemon juice
- 1 clove garlic
- 1 teaspoon ground cumin
- 1/2 teaspoon salt

### INSTRUCTIONS:

Combine chickpeas, beets, tahini, oil, lemon juice, garlic, cumin and salt in a food processor. Puree until very smooth, 2 to 3 minutes. Serve with veggie chips, pita chips or crudités.