

Thyme Saver CSA: Recipes for August 22 & 23, 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)
- Corn (refrigerator, 3-4 days)
- Watercress (refrigerator, 3-5 days)
- Beets (crisper drawer, 5-7 days)
- Shishito Peppers (refrigerator, 5-7 days)
- Thyme (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- Peaches (counter, 2-3 days)
- Leeks (L ONLY) (crisper drawer, 2-3 weeks)
- Melon (L ONLY) (refrigerator, 4-6 days)

Lettuce and Watercress Salad

(adapted from NY Times Cooking)

INGREDIENTS:

- 1 head lettuce
- 1 bunch watercress
- 2 tablespoons red-wine vinegar
- 1 teaspoon finely chopped garlic
- ¼ cup finely chopped red onions
- 1 tablespoon Dijon-style mustard
- 4 tablespoons olive or vegetable oil
- Salt and freshly ground pepper to taste

INSTRUCTIONS:

1. Core the lettuce and separate the leaves. Trim off tough stems of watercress. Rinse the greens and shake off excess moisture.
2. Combine vinegar, garlic, onions and mustard in a serving bowl, blending with a wire whisk. Add the oil gradually, and season with salt and pepper.
3. Add the greens and toss well with the dressing.

Leeks with Brown Butter

(adapted from Genius Kitchen)

INGREDIENTS:

- 3 large leeks
- 3 ounces butter
- 4 teaspoons toasted breadcrumbs
- 1 teaspoon lemon juice
- salt

INSTRUCTIONS:

1. Clean the leeks by washing them in water and cutting away the tops of the green leaves and the roots.
2. Plunge them into a pan of boiling water and boil for 10 minutes.
3. Before removing, test to make sure they are cooked by piercing them with a knife. Drain and place in a serving dish.
4. Melt the butter in a separate pan and cook until it sizzles and turns a gold brown.
5. Add the breadcrumbs, lemon juice and salt and pour over the leeks. Serve immediately.

Creamy Parmesan-Lime Corn with Shishito Peppers

(adapted from The Kittchen)

INGREDIENTS:

- 4 ears of Corn
- 10-12 Shishito Peppers
- 1 1/2 tablespoon Butter
- 1 tablespoon Flour
- 1/2 cup Fat Free Half and Half
- 1/4 cup Fresh Lime Juice
- 1/3 cup grated Parmesan
- 1/4 teaspoon Salt
- a dash of Black Pepper
- a dash of Paprika

INSTRUCTIONS:

1. Cook the corn in any way you prefer. Then, let the corn cool and use a sharp knife to slice it off the cob. Set the corn aside.

3. Melt 1 tablespoon butter in a saucepan over medium heat. Once melted, whisk in the flour. Continue whisking for one minute letting the flour cook a bit. Then whisk in the half and half.

4. Bring to a slow and steady bubble and whisk constantly for one minute while the mixture thickens. Then whisk in the parmesan and lime juice. Season with salt and pepper.

5. Add the corn to the sauce and keep warm over low heat.

6. Next you want to blister the shishito peppers. Melt a small thin slab of butter on a skillet over medium high heat. Add the peppers and sprinkle with salt. Keep the peppers on the heat, rotating them as necessary so that they become blistered. This will take about 5 minutes.

7. Lastly, arrange the peppers on top of the corn. Serve right away or keep warm in the oven..

Beet-Peach Salad with Basil and Goat Cheese

(adapted from Just Beet It)

INGREDIENTS:

- 2 medium beets, peeled and cooked
- 1 and 1/2 fresh peaches, sliced or chopped
- 4 oz goat cheese or chevre
- 1/2 cup toasted walnuts or sunflower seeds
- 1/4 cup olive oil
- 2 tbsp lemon juice
- salt and pepper to taste
- 1 cup fresh basil leaves, torn or chopped

INSTRUCTIONS:

1. Wrap beets in parchment within aluminum foil (will help retain the moisture and nutrients) and roast in the oven for about 30 minutes at 350 F degrees. You may also steam beets. Beets are cooked when they are easily pierced with a fork. Open foil to allow beets to cool. After beets have cooled enough to handle, skins will easily slip off.

2. Whisk olive oil and lemon juice together in a medium bowl. Salt and pepper to taste. Add beets and peaches and toss gently. Add basil and again toss gently.

3. Keep salad in medium bowl or divide ingredients among 2-3 small plates. Garnish each plate with 1 oz of goat cheese and 1 tbsp sunflower seeds or walnuts. If keeping ingredients in bowl, add all ingredients and lightly toss.