

# Thyme Saver CSA: Recipes for August 8 & 9, 2019

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

- Lettuce (refrigerator, 5-7 days)
- Scallions (refrigerator, 5-7 days)
- Corn (refrigerator, 3-4 days)
- Carrots (refrigerator, 1 week)
- Blueberries (refrigerator, 5-7 days)
- Potatoes (2-3 weeks in a cool place)
- Peppermint (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- Shishito Peppers (L ONLY) (refrigerator, 5-7 days)
- Kohlrabi (L ONLY) (refrigerator, 7-10 days)
- Kirbies (L ONLY) (crisper drawer, 4-6 days)

### Sautéed Shishito Peppers

(adapted from Epicurious)

#### INGREDIENTS:

- 1 pint shishito peppers
- olive oil
- sea salt
- lemon juice

#### INSTRUCTIONS:

1. Heat a little olive oil in a wide sauté pan until it is good and hot but not smoking. Add the peppers and cook them over medium, tossing and turning them frequently until they blister. They shouldn't char except in places. Don't rush. It takes 10 to 15 minutes to cook a panful of peppers.

2. When they're done, toss them with sea salt and add a squeeze of fresh lemon. Slide the peppers into a bowl and serve them hot. You pick them up by the stem end and eat the whole thing, minus the stem,

### Grilled Carrots with Carrot-Top Salsa Verde

(adapted from Rachael Ray)

#### INGREDIENTS:

- 1 and 3/4 lbs. carrots, peeled
- 3 Tbsp. chopped carrot greens
- 6 Tbsp. extra-virgin olive oil
- 2 Tbsp. each chopped fresh parsley and basil
- 1 clove garlic, chopped
- 1 tsp. lemon zest plus 1 tsp. juice
- 1 tsp. wine vinegar

#### INSTRUCTIONS:

1. Preheat grill to high. Brush carrots with 1 Tbsp. oil.

2. Grill, turning until tender, 10 to 15 minutes; season.

3. In food processor, coarsely puree remaining ingredients; season.

4. Drizzle over carrots

# Sautéed Corn, Greens, Bacon, and Scallions

(adapted from NY Times Cooking)

## INGREDIENTS:

- 4 slices bacon, cut crosswise into 1-inch-wide strips
- 1 tablespoon unsalted butter
- 1 shallot or small onion, minced
- 3 cups corn kernels, from about 4 ears corn (or a combination of corn and diced summer squash)
- ½ cup chopped red or orange bell pepper (or carrot)
- Pinch red pepper flakes
- Coarse salt and freshly ground black pepper
- 2 or 3 scallions, white and light green parts, thinly sliced
- 4 to 6 cups shredded, de-stemmed greens, like chard or kale (or whole baby spinach, or another tender green)

## INSTRUCTIONS:

1. Cook bacon in a large skillet over medium-low heat, turning occasionally, until browned and crisp, about 10 minutes. Transfer to paper towels to drain; pour off all but a teaspoon of fat from the skillet.
2. Add butter and melt. Add shallot (and carrot, if using) and adjust heat; vegetables should sizzle, but not scorch. Cook, stirring, about 2 minutes. Add corn, peppers and pepper flakes and let sizzle, stirring occasionally, 5 minutes. Season to taste with salt and pepper. Crumble bacon and add to skillet with scallions. Add greens two cups at a time, stirring to wilt before adding more. Cook together 1 minute and serve hot.

# Blueberry Corn Muffins

(adapted from Martha Stewart)

## INGREDIENTS:

- 1 cup (2 sticks) plus 2 tablespoons unsalted butter, room temperature
- ¾ cup sugar plus 2 tablespoons for sprinkling
- 3 tablespoons honey
- 2 large eggs
- 3 cups all-purpose flour
- 1 cup yellow cornmeal
- 3 ½ teaspoons baking powder
- ½ cup milk
- 1 cup blueberries

## INSTRUCTIONS:

1. Heat oven to 375 degrees. Place a Silpat (French nonstick baking mat) or parchment paper on a baking sheet; place six 2 ¾-by-2-inch pastry rings on it. Cut parchment paper into six 10-by-3-inch strips; use them to line molds (paper will extend above rims).
2. Place softened butter, ¾ cup sugar, and honey in bowl of an electric mixer fitted with the paddle attachment. Beat on medium speed until fluffy, about 1 minute. Add eggs; beat 1 minute more.
3. Whisk flour, cornmeal, and baking powder together in a medium bowl; add to butter mixture in mixer bowl. Beat until combined. Slowly pour in milk, beating on low, until just combined. Fold in blueberries. Divide dough among molds (do not pack too firmly; each will take about 1 cup). Brush tops with cold water; sprinkle 1 teaspoon sugar over each.
4. Bake until tops are browned, centers are set, and a cake tester inserted in center of muffin comes out clean, about 30 minutes. Let cool in pans 5 minutes. Tie kitchen twine around muffins to hold parchment. Serve at once.