

## Thyme Saver CSA: Recipes for September 26 & 27, 2019

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

- Lettuce (refrigerator, 5-7 days)
- Butternut Squash (counter, 1 month)
- Carrots (refrigerator, 1 week)
- Apple (refrigerator, 1-2 weeks)
- Cucumber (refrigerator, 5-7 days)
- Tarragon (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- Onion (counter, 1-2 weeks)
- Arugula (L ONLY) (Ziploc in fridge, 2-4 days)
- Pears (L ONLY) (refrigerator, 1-2 weeks)

### Herb-Roasted Apples, Onions, and Carrots

(adapted from The Lemon Bowl)

#### INGREDIENTS:

- 2 large red onions cut into wedges
- 8 carrots cut into 2 inch pieces
- 4 apples cut into wedges
- 2 cloves garlic grated
- 1 tbs olive oil
- 2 tsp Herbes de Provence
- ½ tsp salt
- ¼ tsp pepper

#### INSTRUCTIONS:

1. Pre-heat an oven to 375 degrees.  
Line a cookie sheet with tin foil and spray with non-stick spray, set aside.
2. Place all ingredients in a large zip-loc bag and mix well ensuring all ingredients are evenly coated with oil and spices.
3. Place apple, onion and carrot mixture on a single layer over the pre-lined cookie sheet. Bake for 45 minutes or until onions are caramelized and carrots are tender.

### Lemon Roasted Squash with Tarragon

(adapted from Taste of Home)

#### INGREDIENTS:

- 1 medium butternut squash (about 3 pounds), peeled and cut into 3/4-inch cubes
- 2 medium zucchini, halved lengthwise and cut into 3/4-inch slices
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 2 teaspoons minced fresh tarragon

#### INSTRUCTIONS:

1. Preheat oven to 425°. Place squash and zucchini in a shallow roasting pan. In a small bowl, whisk lemon juice, oil, garlic, salt and pepper until blended; drizzle over vegetables and toss to coat.
2. Roast 20-25 minutes or until tender, stirring occasionally. Sprinkle with tarragon

## Roasted Butternut Squash Soup

(adapted from Delish)

### INGREDIENTS:

- 1 large butternut squash, peeled and cubed (seeds removed)
- 2 potatoes, peeled and chopped
- 3 tbsp. extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 1 tbsp. butter
- 1 onion, chopped
- 1 stalk celery, thinly sliced
- 1 large carrot, chopped
- 1 tbsp. fresh thyme, plus more for garnish
- 1 qt. low-sodium chicken broth

### INSTRUCTIONS:

1. Preheat oven to 400°. On a large baking sheet, toss butternut squash and potatoes with 2 tablespoons olive oil and season generously with salt and pepper. Roast until tender, 25 minutes.
2. Meanwhile, in a large pot over medium heat, melt butter and remaining tablespoon olive oil. Add onion, celery, and carrot and cook until softened, 7 to 10 minutes. Season generously with salt, pepper, and thyme.
3. Add roasted squash and potatoes and pour over chicken broth. Simmer 10 minutes, then using an immersion blender, blend soup until creamy. (Alternately, carefully transfer batches of the hot soup to a blender.)
4. Serve garnished with thyme.

## Pear and Arugula Salad with Goat Cheese

(adapted from Food & Wine)

### INGREDIENTS:

- 1/4 cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon honey
- 1/2 teaspoon chopped thyme
- Salt and freshly ground pepper
- 5 ounces arugula
- 3 pears (1 1/2 pounds)—peeled, cored and very thinly sliced on a mandoline, cores discarded
- 1/2 cup salted roasted pumpkin seeds
- 3 ounces fresh goat cheese, crumbled
- Sea salt, for sprinkling

### INSTRUCTIONS:

1. In a small bowl, whisk the olive oil with the lemon juice, honey and chopped thyme. Season the salad dressing with salt and pepper.
2. In a large bowl, toss the arugula with the pear slices and pumpkin seeds. Add the dressing and toss well. Top with the crumbled goat cheese, sprinkle lightly with sea salt and serve right away.