

Thyme Saver CSA: Recipes for October 10 & 11, 2019

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

- Lettuce (refrigerator, 5-7 days)
- Honeynut Squash (counter, 1 month)
- Celery Root (refrigerator, 1-2 weeks)
- Apples (refrigerator, 1-2 weeks)
- Scallions (refrigerator, 5-7 days)
- Lemon Thyme (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- Sweet Potatoes (cool, dark place, 1+ month)
- String Beans (L ONLY) (crisper drawer, 5-7 days)
- Carrots (L ONLY) (refrigerator, 1 week)

Roasted Honeynut Squash

(adapted from Eating Well)

INGREDIENTS:

- 2 medium honeynut squash, halved lengthwise and seeded
- 4 teaspoons butter
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ teaspoon ground cinnamon
- 4 teaspoons pure maple syrup (optional)

INSTRUCTIONS:

Heat oven to 425°F. Arrange squash halves cut-side up on a baking sheet. Place 1 teaspoon butter in each cavity. Sprinkle with salt, pepper and cinnamon. Roast until tender, 25 to 30 minutes. Drizzle with maple syrup, if desired.

Apple and Sweet Potato Bake

(adapted from Taste of Home)

INGREDIENTS:

- 3 cups sliced peeled cooked sweet potatoes
- 3 cups sliced peeled tart apples (about 2 large)
- ¾ cup packed brown sugar
- ¾ teaspoon ground nutmeg
- ¼ teaspoon ground allspice
- ¼ teaspoon salt
- Dash pepper
- 1 tablespoon butter

INSTRUCTIONS:

1. In a greased 1-1/2-qt. baking dish, layer half of the sweet potatoes and apples. In a small bowl, combine the brown sugar, nutmeg, allspice, salt and pepper; sprinkle half over apples. Dot with half of the butter. Repeat layers.

2. Cover and bake at 350° for 15 minutes. Baste with pan juices. Bake, uncovered, 15 minutes longer or until apples are tender.

Celery Root and Apple Slaw

(adapted from Martha Stewart)

INGREDIENTS:

- 1 small celery root (about 12 ounces), trimmed, peeled, and cut into matchsticks (2 cups)
- 1 apple, cut into matchsticks (2 cups)
- 1/4 cup plus 1 tablespoon fresh cider
- 2 teaspoons sugar
- 2 teaspoons Dijon mustard
- 2 teaspoons chopped fresh flat-leaf parsley

INSTRUCTIONS:

Combine all ingredients in a bowl, and toss. Let stand for 30 minutes before serving.

Celery Root and Potato Mash

(adapted from bon appétit)

INGREDIENTS:

- 1 pound celery root, peeled, cut into 1/2-inch pieces
- 2 1/2 pounds potatoes, peeled, cut into 1-inch pieces
- 1/4 cup (1/2 stick) unsalted butter, cut into pieces
- 1/2 cup (or more) whole milk
- 1/4 cup chopped celery leaves

INSTRUCTIONS:

Cook celery root in large pot of boiling salted water 5 minutes. Add potatoes to pot; cook until all vegetables are tender, about 20 minutes. Drain. Return vegetables to pot; stir over medium-high heat until dry, 1 to 2 minutes. Remove from heat; add butter. Using potato masher, mash vegetables until butter is incorporated. Add 1/2 cup milk; mash until almost smooth, adding more milk as needed. Stir in celery leaves. Season with salt and pepper.

Autumn Carrot and Sweet Potato Soup

(adapted from Once Upon a Chef)

INGREDIENTS:

- 4 tablespoons unsalted butter
- 2 medium yellow onions, chopped
- 1 tablespoon curry powder, plus a bit more for serving
- 1 pound carrots, peeled and chopped into 1-inch pieces
- 1-1/2 pounds sweet potatoes (about 2 small), peeled and chopped into 1-inch pieces
- 8 cups chicken broth, best quality such as Swanson
- 1-3/4 teaspoons salt
- 1 tart yet sweet apple (such as Honeycrisp or Fuji), peeled and chopped
- 2 tablespoons honey
- Freshly ground black pepper

INSTRUCTIONS:

1. In a large pot, melt the butter over medium heat. Add the onions and cook, stirring frequently, until soft and translucent, about 10 minutes. Do not brown. Add the curry powder and cook a minute more.

2. Add the carrots, sweet potatoes, chicken broth and salt and bring to a boil. Cover and simmer over low heat until vegetables are very tender, about 25 minutes. Stir in the apples and honey. Using a stick blender, puree the soup until smooth and creamy. (Alternatively, cool the soup slightly, then puree in a blender in batches. Be sure to leave the hole in the lid open, and cover with a kitchen towel, to allow the steam to escape.)

3. Season to taste with salt, pepper and more honey if necessary. Ladle soup into bowls and sprinkle with more curry powder if desired. (Note: As the soup sits, it will thicken up so you may need to add a bit of water to thin it out.)