

## Thyme Saver CSA: Recipes for October 3 & 4, 2019

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

- Swiss Chard (crisper drawer, 3-5 days)
- Delicata Squash (counter, 1 month)
- Radish (crisper drawer, 3-5 days)
- Pear (refrigerator, 1-2 weeks)
- Fennel (refrigerator, 7-10 days)
- Beets (crisper drawer, 5-7 days)
- Savory (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- Eggplant (L ONLY) (refrigerator, 4-6 days)
- Escarole (L ONLY) (refrigerator, 1-2 weeks)
- Cherry Tomatoes (L ONLY) (counter, 3-5 days)

#### Fennel, Escarole, and Radish Salad

(adapted from Martha Stewart)

##### INGREDIENTS:

- 1 head escarole, cut crosswise into 2-inch-wide ribbons
- 1 bunch small or medium radishes, thinly sliced
- 1 fennel bulb, thinly sliced crosswise, fronds reserved
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons champagne vinegar
- Coarse salt and freshly ground pepper

##### INSTRUCTIONS:

Toss together escarole, radishes, and fennel bulb in a large bowl. Drizzle oil and vinegar on top, and season with salt and pepper. Gently toss. Garnish with fennel fronds.

#### Baked Pears

#### with Walnuts and Honey

(adapted from Skinny Taste)

##### INGREDIENTS:

- 2 large ripe pears
- 1/4 tsp ground cinnamon
- 2 tsp honey
- 1/4 cup crushed walnuts
- optional yogurt or frozen yogurt

##### INSTRUCTIONS:

1. Preheat the oven to 350F.
2. Cut the pears in half and place on a baking sheet (I cut a sliver off the other end so they sat upright).
3. Using a measuring spoon or melon baller, scoop out the seeds.
4. Sprinkle with cinnamon, top with walnuts and drizzle 1/2 teaspoon honey over each one.
5. Bake in the oven 30 minutes. Remove, let cool and enjoy!

# Maple-Roasted Delicata Squash with Red Onion

(adapted from Epicurious)

## INGREDIENTS:

- 3 medium Delicata squash (about 3 pounds), halved lengthwise, seeded, and cut into 1/4-inch thick slices
- 2 medium red onions, halved lengthwise and cut into 1/2-inch rings
- 5 garlic cloves, peeled and smashed
- 4 fresh thyme sprigs
- 1/2 teaspoon red-pepper flakes
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons maple syrup
- Kosher salt
- freshly ground black pepper

## INSTRUCTIONS:

1. Arrange the racks in the upper and lower rungs in the oven and preheat the oven to 425°F degrees. Place the squash, red onion, garlic, thyme, and red pepper flakes in a large bowl. Drizzle with olive oil and maple syrup, and sprinkle generously with salt and pepper; toss to coat.
2. Spread vegetables evenly onto two large, rimmed baking sheets. Bake the squash on the upper and lower racks of the oven, tossing, rotating, and switching the pan positions half way through cooking, until tender and browned, 25 to 30 minutes. Taste and season again with more salt and pepper, if desired.

# Roasted Beet and Fennel Salad

(adapted from Food & Wine)

## INGREDIENTS:

- 4 beets, peeled and cut into 1/2-inch wedges (1 1/2 pounds)
- 2 thyme sprigs
- 2 tablespoons water
- 2 tablespoons extra-virgin olive oil
- Salt and freshly ground pepper
- 1 large fennel bulb with fronds—bulb cut into 1/2-inch wedges, 1 tablespoon chopped fronds
- 1 teaspoon sherry vinegar

## INSTRUCTIONS:

1. Preheat the oven to 400°. In a medium baking dish, toss the beets with the thyme, the water and 1 tablespoon of the olive oil. Season with salt and pepper. Cover with foil and cook for about 40 minutes, or until tender. Let cool slightly. Discard the thyme.
2. In a small baking dish, drizzle the fennel wedges with the remaining 1 tablespoon of olive oil and season with salt and pepper. Cover with foil and bake for 15 minutes. Uncover and bake for 15 minutes longer, or until tender and lightly browned.
3. Pour the beet juices into a bowl and whisk in the vinegar. Add the beets, fennel wedges and fronds and season with salt and pepper. Serve warm or at room temperature..