



BROWN BAG LUNCH IN THE GARDEN

June 18, 2010—Thyme

Spring Lemon & Thyme Dressing

Makes about 2 1/2 cups

1 1/2 cups olive oil

3/4 cup canola oil

2 1/2 tablespoons loosely packed whole thyme leaves, chopped finely (or 1 1/2 tablespoons dried)

2 1/2 tablespoons Dijon mustard

2/3 teaspoon salt

1 teaspoon freshly ground black pepper

4 tablespoons fresh lemon juice and zest of 1 lemon

1/2 cup red-wine vinegar, or as needed

In a medium pot over low heat, combine the olive oil, canola oil and thyme. Heat the oil to just short of bubbling. Remove from heat and set aside for at least an hour. (Can skip this step but allow completed dressing recipe to sit for a few hours in the refrigerator if using dried thyme.)

Meanwhile, in the work bowl of a kitchen mixer or a hand-held mixer, combine the mustard, salt, black pepper, 1 tablespoon lemon juice and the lemon zest.

Begin whisking on slow setting. Slowly drizzle in about 1/4 cup of the oil. Whisk in 1 tablespoon lemon juice. Repeat, alternating oil and lemon juice (taste for balance as you go along) until both are exhausted. Cut with a little red-wine vinegar if more acid is needed. Taste for seasonings.

Refrigerate leftovers in glass jar with lid for up to one week. Remove from refrigerator 15 minutes before using. Shake well.

Recipe by Bryan Miller from an interview with NPR. Mr. Miller is the author of 10 books about food and wine, and a former restaurant critic for The New York Times. He lives in New York City.

Harvesting & Storing Thyme

- Cut with scissors to avoid mangling the plant
- Tender, young growth can be completely used
- Woodier stems allow leaves to be stripped off
- Store sprigs in a plastic bag in refrigerator
- Can last several weeks in refrigerator
- Harvestable nearly any time of year

Other Points of Interest in the Garden This Week:

- Squash and melons are blooming!
- We picked our first purple, yellow, and Italian flat beans this week.
- We picked a few peppers and cherry tomatoes from the Family of 4 Garden.

Coming Next Week—Beets

June 18, 2010—Red Currants

Red Currant Scones

1 c. fresh or frozen red currants
1 3/4 c. flour
3 tsp. baking powder
1/4 c. sugar
1/2 tsp. salt
1/3 c. butter, cold
2 eggs
1/3 c. milk
Cinnamon & sugar

Preheat oven to 350 degrees.

Sift together flour, baking powder, sugar, and salt. Cut in butter with a pastry blender until mixture resembles coarse crumbs. Gently stir in currants, taking care not to mash them.

Whisk eggs with milk. Lightly stir into the flour mixture.

Turn dough out onto a floured board, handling as little as possible. Shape the dough into two (6" diameter x 3/4" thick) rounds. Cut each into 6 wedges. Place on a baking sheet, and sprinkle with cinnamon and sugar.

Bake for 15 to 20 minutes or until lightly browned.

(Adapted from a recipe for Raspberry Scones on www.cdkitchen.com)