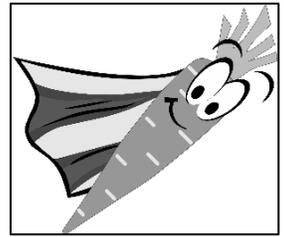


The Dreyer Flyer

Clean & Green in 2018...eating, laughing, moving & loving-



2018

Week#3

THE HARVEST

Small & Medium Shares

Lettuce/Swiss
Chard/Escarole/Mint/Scallions/
Baby Bok Choy/Asparagus &
Radish (small only)

BAM BOXS

Baby Bok Choy/Escarole
Nicola Ravioli & Scallions

Market Box

Whole Griggstown Chicken,
Savory Spice, ZOUP!, Escarole,
Garlic Ciabatta, Fresh Ginger

Take frozen chicken, put in your
crockpot on low, cover with
herbs and salt and pepper.

THAT'S IT..no liquid
Cook for 8 hours

Use Zoup to make a little
chicken soup with escarole!
Internal temp should be 160F
For your Bok Choy side-you
need soy sauce, sesame oil,

Your Main Meal-
Roasted Crock Pot/Savory
Spiced Chicken w/
Ginger Baby Bok Choy
Escarole Salad w/ Garlic
Ciabatta Croutons!
Lunch- any greens left over and
any chicken go right into the
zoup and you have lunch of
delicious soup with some toasted
ciabatta!

EVENT CALENDAR

6/4 & 5 Week 1 of 4 Weeks 2
Wellness w/ Patty & Dawn
Monday 9-10/15 am
Space available
Tues-7-8.15pm

YOGA WAS AMAZING

Thanks to Alluem Yoga, Fresh Press Juice Co, Athleta
and all the Amazing Staff here at the farm!

The Cooking Carrot Story Hour will RETURN

Maybe a little kiddie yoga too!?
Let me know if this interests you

*On top of a healthy diet and regular exercise, there are ways to
give your brain its own workout routine
I will spread the exercises out throughout the Dreyer Flyer!
everydayhealth.com*

Ginger Bok Choy

- About 1 inch piece ginger, peeled
- 3-4 baby bok choy
- 1/3 cup Zoup broth
- 1 teaspoon rice wine vinegar
- 1 teaspoon soy sauce
- 1/2 teaspoon cornstarch (optional)
- 1/2 teaspoon salt
- 1/4 teaspoon sugar or honey
- 1 tablespoon vegetable oil
- 1/2 teaspoon Asian sesame oil

Cut half of ginger into very fine matchsticks less than 1/8 inch
thick and reserve. Grate remaining ginger and squeeze pulp with
your fingers to get some liquid, then discard pulp.

Trim 1/8 inch from bottom of each bok choy, then cut each head
into quarters. Wash bok choy in several changes of cold water
and dry in a colander or salad spinner until dry to the touch.
Whisk together ginger juice, chicken broth, rice wine, soy sauce,
cornstarch, salt, and sugar in a small bowl until cornstarch is
dissolved.

Heat wok over high heat until a bead of water vaporizes within 1
to 2 seconds of contact. Pour oil down side of wok, then swirl oil,
tilting wok to coat sides. Add ginger matchsticks and stir-fry 5
seconds. Add bok choy and stir-fry until leaves are bright green
and just limp, 1 to 2 minutes. Stir broth mixture, then pour into
wok and stir-fry until vegetables are crisp-tender and sauce is
slightly thickened, about 1 minute. Remove from heat and
drizzle with sesame oil, then stir to coat. Serve with roasted
chicken!

Wilted Escarole Salad

Bonappetit.com

Ingredients

- 1/2 loaf country-style bread (about 8 oz.), crust removed, torn into 1" pieces (about 5 cups)
- 7 tablespoons olive oil, divided
- Kosher salt and freshly ground black pepper
- 2 garlic cloves, coarsely chopped
- 1–2 anchovy fillets packed in oil
- 1/4 teaspoon crushed red pepper flakes
- 2 tablespoons (or more) white wine vinegar
- 1 large head escarole, outer leaves removed, inner leaves torn into large pieces

Instructions

- Preheat oven to 350°. Toss bread and 3 Tbsp. oil on a large rimmed baking sheet, squeezing bread so it absorbs oil evenly; season with salt and pepper. Spread out bread pieces in an even layer and bake, tossing occasionally, until crisp on the outside but still chewy in the center, 10–15 minutes. Let croutons cool.
- Meanwhile, heat remaining 4 Tbsp. oil in a small skillet over medium heat. Add garlic and cook, stirring often, until golden, about 2 minutes. Add anchovies and, using a spoon, mash into oil. Add red pepper flakes and remove skillet from heat. Add vinegar, scraping up any bits;

season vinaigrette with salt and pepper.

- Just before serving, toss escarole, croutons, and warm vinaigrette in a large bowl until escarole is slightly wilted; season with salt, pepper, and more vinegar, if desired.
- **DO AHEAD:** Croutons and vinaigrette can be made and escarole can be prepped 1 day ahead. Store croutons wrapped airtight at room temperature. Let vinaigrette cool; cover and chill. Gently reheat vinaigrette before using.

We named the baby calve on the fieldtrip this past Saturday
!!!JAJAMOO!!!



Do math in your

head. Figure out problems without the aid of pencil, paper, or computer; you can make this more difficult — and athletic — by walking at the same time.

Easy, Fresh, Bok Choy Salad

eatthehealthyathappy.com

Ingredients

- **Dressing:**
- 1" piece fresh ginger, peeled and quartered
- 2 medium garlic cloves, peeled
- 2 Tbs seasoned or regular rice vinegar or white wine vinegar
- 1 Tbs hot Chinese mustard (look in the Asian section of

any supermarket) or Dijon mustard

- 1 Tbs lemon juice
- 1 tsp soy sauce
- 1/4 c sesame oil (olive oil works too)
- pinch red pepper flakes
- **Salad:**
- 1/2 head bok choy, leaves torn and whites sliced on a diagonal
- 5 green onions, chopped (stems too)
- 3 mini bell peppers or 1 smallish bell pepper, sliced
- 1 carrot, shaved with veggie peeler
- 1/4 c plain roasted peanuts, crushed (for topping)

Instructions

1. To make the dressing, combine all the dressing ingredients in a food processor or power blender and puree completely smooth.
2. Combine all the salad ingredients and toss. Top with dressing and peanuts. Makes 2 large salads.

Creamy Garlic Swiss Chard Chicken

Thekitchenmaggie.com

Ingredients

- 6-7 in bone- skin-on chicken thighs
- 1 tbsp butter
- 1 tbsp vegetable oil
- **Garlic Swiss Chard Cream Sauce**
- 2 tbsp butter
- 7-8 cloves garlic smashed then roughly chopped
- 8 cups of roughly torn swiss chard 2 large bunches of 6-7 stalks each
- 1 cup chicken broth
- 1/4 cup heavy cream

- 1 cup freshly grated Parmesan
- 1/2 tsp to 1 lemon juice to taste
- cups Optional: 4 baby potatoes sliced in half or quartered if you have small chicken thighs

Instructions

1. Pre-heat the oven to 400 F.
2. Melt butter and oil together in a large frying pan over medium-high heat. Add in the the chicken thighs.
3. Fry until the skin is very crisp and brown on both sides. Drain the chicken and place into a large 9x13 baking pan of choice. Drain the fat from the pan and place back on the stove.
4. Melt the next two tablespoons of butter,
5. Add in all of the garlic and fry for 1 minute. Add in the swiss chard and then saute until it shrinks.
6. Whisk in the chicken broth, cream and Parmesan. Add in lemon juice to taste.
7. Cook for an additional 2-3 minutes.
8. Place baby potatoes between the chicken in the 9x13 pan. If you have large chicken thighs, halve the baby potatoes, if you have smaller ones, quarter them so that they cook faster.
9. Pour the spinach and cream sauce over top of the chicken and potatoes.
10. Bake the chicken in the oven for 25-30 minutes or until the thighs reach

- a temperature of 175 °F and are tender and cooked all the way through. The potatoes should be tender.
11. Remove and serve.

Create word pictures.

Visualize the spelling of a word in your head, then try and think of any other words that begin (or end) with the same two letters.

Chicken and Chard with Curry

healthyseasonalrecipes.com

Ingredients

- 1 tablespoon plus 1 teaspoon avocado oil or organic canola oil, divided
- 1 pound boneless skinless chicken breast, cut into bite-sized cubes
- 3/4 teaspoon salt, divided
- 1 large bunch rainbow chard, leaves and stems separated and chopped
- 1 cup chopped onion
 - 1 jalapeno, seeded and minced
 - 2 teaspoons curry powder
 - 1 teaspoon ground coriander
 - 1/2 teaspoon ground cumin
 - 1/4 cup water
 - 3/4 cup light coconut milk
 - 1/4 cup dried currants
 - 2 tablespoons lime juice or to taste

Instructions

1. Heat 1 tablespoon oil in a large non-stick skillet over medium-high heat. Spread chicken out in one layer, sprinkle with 1/4 teaspoon salt and cook, stirring occasionally until browned, 4 to 6 minutes. Remove to a plate. Note: the chicken will not be fully cooked at this point and

will continue cooking in a later step.

2. Add the remaining 1 tablespoon oil to the skillet. Add chopped chard stems, onion, jalapeno and the remaining 1/2 teaspoon salt and cook, stirring often until the vegetables are softened. Sprinkle the curry powder, coriander and cumin over the vegetable mixture. Continue cooking, stirring constantly until the spices are fragrant, 30 to 90 seconds. Add 1/4 cup water and the chopped chard leaves, cover and let wilt, 2 to 3 minutes. (The skillet will seem very full at first.)
3. Increase heat to high, stir in coconut milk, currants, the chicken and any accumulated juice from the plate and bring to a simmer uncovered. Reduce heat to maintain a lively simmer and cook, stirring often until the sauce is thick and the chicken is cooked through and hot, 3 to 5 minutes. Stir in lime juice before serving.

Challenge your taste buds. When eating, try to identify individual ingredients in your meal, including subtle herbs and spices.



SAMMA CORREIA

more awesome pictures at THEMETAPICTURE.COM

Raw Spring Salad with Asparagus and Radishes

Serves 1 to 2 from
mostess.com

4 radishes, thinly sliced
6 stalks asparagus, thinly sliced on the bias
1 small scallion, thinly sliced
A few tablespoons extra-virgin olive oil
Juice of half a lemon
Flaky sea salt and freshly ground black pepper
10 to 15 mint leaves, torn
1 cup cooked quinoa
2 ounces soft blue cheese, crumbled

Toss the radishes, asparagus, and scallion in a bowl. Drizzle with a little olive oil and the lemon juice and toss to coat. Add more olive oil if desired. Season to taste with salt and pepper and fold in the mint leaves. Serve over cooked quinoa and dollop with blue cheese.

Draw a map from

memory. After returning home from visiting a new place, try to draw a map of the area; repeat this exercise each time you visit a new location.

Asian Pork with Bok Choy and Mint Recipe

www.greeleytribune.com

1 lb boneless pork loin chops, cut into 2 inch strips
1 egg, separated, yolk reserved for another use
1 tsp salt
2 T sesame oil
2 large shallots, thinly sliced
1 inch knob ginger, peeled, minced into about one tablespoon
1 serrano pepper, halved, seeded, thinly sliced

One head baby bok choy, stalks separated, sliced into 1/2 inch pieces
2 T sambal oelek (or siracha)
2 T fish sauce
2 tsp mirin (rice wine is available in the Asian foods section of most larger grocery stores)
1/2 package Pad Thai noodles, cooked according to package directions, rinsed
1/3 cup mint leaves, sliced into thin strips
chopped peanuts

To prepare:

Place egg white in medium bowl with salt. Stir to combine. Add pork strips and coat thoroughly. Let marinate for 15 minutes.

Note: this process is called “velveting.” It coats the meat with egg so when the protein is stir-fried, it retains its composition and doesn’t bleed all over the vegetables. It also helps retain moisture. Prepare noodles according to package directions. Rinse with cold water and set aside. Combine sambal oelek, fish sauce and mirin in small bowl. Heat oil in wok or large skillet over medium high heat. Add pork and stir fry, tossing frequently, until no longer pink. Remove pork to clean bowl.

Add more oil to skillet if needed. Stir fry shallot and ginger for one minute, tossing frequently.

Add bok choy and serrano pepper and stir fry until crisp tender.

Return pork to skillet and toss to combine. Add sambal oelek mixture and toss, incorporating all elements of dish. Continuing cooking until

pork is no longer pink, about 2-3 minutes.

To serve: swirl Pad Thai noodles on two plates. Top with pork mixture and accessorize with mint strips and chopped peanuts. Serves 2-3. May be doubled easily.

Test your recall. Make a list of grocery items, things to do, or anything else that comes to mind – and memorize it. An hour or so later, see how many items you can recall. Make items on the list as challenging as possible for the greatest mental stimulation.

Dreyer Farms & Springhouse Creamery working together to show our members where all the yummy food and drink come from!

