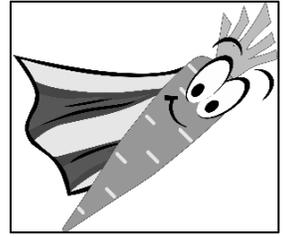


The Dreyer Flyer

A Weekly Harvest of Fantastic InFARMediation



Featured Story

This past week Jess and I gave a talk to about 30 people from the area. They were not at all new to the area. In fact, many of them having been living in either Cranford or Westfield for decades. Guess What? Just about all of these people did not know about our wonderful milk, pastured eggs, irresistible donuts, they thought we were a nursery! How can you help us? We have been here for over 100 years. It truly seems a shame to me that the word is not TOTALLY out. Just so you know, if you bring me a newbie, someone who has not been to the farm, I will buy you donuts and coffee. If you have any other suggestions, as always, let me know. 908.477.0105

Alluam Farm Yoga-June



6-7.30 pm on June 15th

Go to Alluam.com then click on schedule, then click on workshops and scroll down to sign up.

Dinner in the Field

Join us as our native Mark Pascal brings his fine dining from New Brunswick straight to his hometown-Cranford
July 28 Rain Date is 30th-more details to come but it will most certainly be a night to remember and there is very limited seating.

About Broccoli Rabe

Broccoli rabe isn't actually related to broccoli. Instead, it's closely related to the turnip. And the best way to approach it is just as you would with bitter leafy greens, like mustard greens or turnip greens.

Fusilli with Broccoli Rabe and Chickpeas

Many cooks outside of Italy have at last discovered broccoli rabe—a vegetable with tender leaves and small, broccoli-like florets—but it is rarely cooked properly. The secret is to boil the greens briefly in salted water before sautéing to mellow their bitter edge and tenderize the stalks.

Ingredients:

- 2 lb. (1 kg) broccoli rabe
- 3 Tbs. kosher salt
- 1/2 cup (4 fl. oz./125 ml) extra-virgin olive oil
- 5 large garlic cloves, thickly sliced lengthwise
- 2 small dried chilies or a pinch of red pepper flakes
- 1 cup (7 oz./220 g) drained cooked chickpeas, well rinsed
- Fine sea salt, to taste
- Nicola Fresh Fusilli – in freezer case

Directions:

Using a small, sharp knife or vegetable peeler, peel away the thick skin from the tough lower stalks of the broccoli rabe (most of the bottom stalk portion). Cut crosswise into 3-inch (7.5-cm) lengths. Place in a bowl, add cold water to cover and let stand for 1 hour.

Fill a saucepan three-fourths full of water and bring to a boil over high heat. Drain the greens and add to the boiling water along with 1 Tbs. of the kosher salt. Cover partially and cook for 5 minutes after the water returns to a boil.

While the broccoli rabe is cooking, in a fry pan large enough to accommodate the pasta later, warm the olive oil over medium heat. Add the garlic and chilies, reduce the heat to medium-low and sauté gently until the garlic colors, about 5 minutes. Drain the greens and add them, still dripping wet, to the fry pan. Increase the heat to medium, stir well and sauté for 2 minutes. Add the chickpeas, reduce the heat to medium-low, cover and cook gently, stirring occasionally, until the chickpeas are heated through and the greens are tender, about 5 minutes. Season with sea salt. Remove from the heat and cover to keep warm.

Meanwhile, in a large pot over high heat, bring 5 quarts (5 l) water to a rapid boil. Add the remaining 2 Tbs. kosher salt and the pasta, stir well and cook, stirring occasionally, until al dente, according to the package instructions.

Drain the pasta, reserving about 1/2 cup (4 fl. oz./125 ml) of the cooking water. Add the pasta to the sauce in the pan and toss to combine, adding up to a few tablespoons of the cooking water if needed to moisten the sauce so that it coats the pasta nicely. Transfer to a warmed large, shallow serving bowl or individual shallow bowls and serve immediately. Serves 4.

Adapted from Williams-Sonoma *The Pasta Book*, by Julia della Croce (Weldon Owen, 2010).

Spaghetti with Broccoli Rabe, Toasted Garlic and Bread Crumbs

Ingredients

- Salt
- 1/2 cup extra virgin olive oil, more as needed
- 3 or 4 cloves of garlic, peeled and slivered
- 1 cup bread crumbs, preferably homemade
- 1/4 teaspoon red pepper flakes, or to taste
- About 1 pound broccoli rabe, trimmed and washed
- 1 pound spaghetti, linguine or other long pasta (we have whole wheat)
- Freshly ground black pepper
- Freshly grated Parmesan cheese

PREPARATION

1. Bring a large pot of water to a boil and salt it. Put 1/4 cup olive oil in a large skillet over medium-low heat. When oil is warm, cook garlic just until fragrant, 1 to 2 minutes. Add bread crumbs and red pepper flakes and cook until bread crumbs

are golden, 5 minutes or so. Remove and set aside.

2. Cook broccoli rabe in boiling water until it is soft, about 5 minutes. Remove with a slotted spoon, drain well and chop. Cook pasta in same pot.
3. Meanwhile, add remaining oil to skillet over medium-low heat. Add broccoli rabe and toss well; sprinkle with salt and pepper. When it is warm add garlic and bread crumbs and mix well.
4. When pasta is done, drain it, reserving a little cooking water. Toss pasta in skillet with broccoli rabe mixture, moistening with a little reserved water if necessary. Adjust seasonings and serve with freshly grated Parmesan.

Roasted Beets & Arugula

Ingredients

- 8 medium-size beets, tops removed (put to the side) and scrubbed
- 1/2 cup balsamic vinegar
- 1/2 cup good olive oil
- 2 teaspoons Dijon mustard, such as Grey Poupon
- Kosher salt and freshly ground black pepper-or use Tableside from Savory Spice!
- 4 ounces arugula-ask for it (we keep it in the back it stays fresher in the fridge)
- 1/3 cup roasted, salted Marcona almonds, toasted
- 4 ounces soft goat cheese-Antonito is great

Directions

Preheat the oven to 400 degrees.

Wrap the beets individually in aluminum foil and place them on a sheet pan. Roast them for 50 minutes to 1 hour, depending on their size, until a small sharp knife inserted in the middle indicates that they are tender. Unwrap each beet and set aside for 10 minutes, until cool enough to handle. Peel the beets with a small, sharp knife over a piece of parchment paper to prevent staining your cutting board. Meanwhile, whisk together the vinegar, olive oil, mustard, 2 teaspoons salt, and 1 teaspoon pepper and set aside. While the beets are still warm, cut each one in half and then each half into 4 to 6 wedges and place them in a large mixing bowl. As you're cutting the beets, toss them with half of the vinaigrette (warm beets absorb more vinaigrette), 1 teaspoon salt, and 1/4 teaspoon pepper. Taste for seasonings. Place the arugula in a separate bowl and toss it with enough vinaigrette to moisten. Put the arugula on a serving platter and then arrange the beets, almonds, and goat cheese on top. Drizzle with additional vinaigrette, if desired, sprinkle with salt and pepper, and serve warm or at room temperature.

Tony Luke's Italian Roast Pork Sandwich (The Real Deal)

- **Roast Pork**
- 1 (2 1/2 lb) pork shoulder
- 3 tablespoons garlic (chopped)
- 2 1/2 tablespoons fresh rosemary (chopped)
- 3 tablespoons fresh parsley (chopped)
- 1 tablespoon salt
- 1/2 teaspoon fresh cracked black pepper
- 1 tablespoon olive oil
- **Broccoli Rabe**
- 1 lb broccoli rabe (aka rapini)

- salt
- 3quarts water
- ¼cup olive oil
- 2 -3garlic cloves, chopped
- salt
- ¼-½teaspoon red pepper flakes
- **Accompaniments**
- crusty Italian roll (football shaped)
- ½lb sliced sharp provolone cheese

Directions

1. Turn crock pot on high setting.
2. If the roast comes in elastic-y netting remove the netting, but keep it intact, you'll be stuffing it back in later.
3. Mix the next 6 ingredients in a bowl.
4. Spread the pork roast out on a clean surface.
5. If there are any large thick sections of meat, score them with a knife.
6. Rub 3/4 of the mixture over all exposed surfaces.
7. Roll the roast back up and place back in netting.
8. (Or truss with kitchen twine if no netting was provided) Rub the remaining mixture on the outside of the roast.
9. Place the roast in the crock pot and cook at high for 20 minutes.
10. Turn down to low and cook at least 3 hours longer or until the pork is falling apart.
11. Remove pork from truss or netting and shred into large chunks, removing any large pieces of fat that may be left.
12. Return to juices which have accumulated in the crock pot.
13. For the broccoli rabe: Wash thoroughly and cut

- about 1/2 inch off the bottom of the stems.
14. Cut the florets off the top and set aside.
 15. Bring 3qts salted water to a rolling boil.
 16. Add broccoli rabe leaves and stems and cook about 1&1/2 minutes then add the florets and cook until tender, about 5-7 minutes.
 17. Remove broccoli from boiling water and drain, but reserve about 1/4- 1/2 cup of the cooking liquid.
 18. In a deep frying pan (which is cold) begin heat olive oil, red pepper flakes and garlic together over medium heat.
 19. Once the garlic begins to sauté, begin to time about two minutes (till very lightly browned) add drained broccoli.
 20. Sauté the broccoli rabe about 3-5 minutes longer and then add the cooking liquid from the pot.
 21. (This should look a little soupy).
 22. Assemble: Toast sliced roll if desired.
 23. Add provo to roll before hot meat. then the cheese can melt. After that top with broccoli rabe generously. manja!

Roasted Beet Salad with Frizzled Leeks and Bacon

Makes 4 appetizer servings

You can roast the beets in advance or at the same time (at the median temp, 425 degrees).

Ingredients

2 pounds [roasted beets](#), skins removed
 2 large leeks, white and light green parts only, halved and thinly sliced into half moons
 2 tablespoons olive oil, divided
 6 ounces bacon (about 8 strips), cut into 1-inch pieces

1 tablespoon white wine vinegar
 Sea salt
 Preheat the oven to 450°F.

Combine leeks with 1 tablespoon of olive oil and season with salt and pepper on a foil-lined baking sheet. Toss to combine. Arrange the bacon in an even layer on top of the leeks. Bake for 30 minutes, redistributing halfway through, until the leeks are cooked through and caramelized and the bacon is browned.

Toss the roasted beets with the remaining olive oil and the vinegar. Arrange on a serving plate or bowl, and top with the crispy leeks and bacon.

Rosewater Rhubarb Oven

Jam (on toast with Fulper Ricotta!!! AMAZING)
 makes 3 CUPS

If you can't find rosewater there is a recipe to make it on the last page!

Ingredients

2 ½ lb. rhubarb, cleaned and cut in 2-inch pieces
 ½ vanilla bean, split and scraped
 1 ¾ cups sugar
 2 2-inch strips orange zest
 ¼ tsp. kosher salt
 1 ½ tbsp. rosewater
 1 to 1 ½ tsp. fresh lemon juice, as needed

Instructions

Preheat your oven to 350°F. In a large bowl, combine the rhubarb, vanilla bean and seeds, sugar, orange zest, and salt. Transfer the mixture to a medium (8- by 10-inch) roasting pan and bake for 60 to 70 minutes, stirring gently every 20 minutes or so. The juices should be thick and syrupy and the rhubarb should be very soft.

Remove the roasting pan from the oven and add the rosewater and lemon juice to taste. Transfer

jam to an airtight container and serve within 1 to 2 weeks.

Oma's Rhubarb Cake

"Oma always makes this for her grandkids after she picks through her garden. Probably not good for the thighs but Oma's cooking is always good for the taste buds."

Ingredients

1 1/4 cups white sugar

- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups all-purpose flour
- 2 eggs, beaten
- 1 cup sour cream
- 3 cups diced rhubarb
- 1 cup white sugar
- 1/4 cup butter, softened
- 1/4 cup all-purpose flour
- ground cinnamon, for

dusting

Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch baking dish.
2. In a large bowl, stir together 1 1/4 cups sugar, baking soda, salt and 2 cups flour. Stir in the eggs and sour cream until smooth, then fold in the rhubarb. Pour into the prepared dish and spread evenly. In a smaller bowl, stir together the remaining 1 cup sugar and butter until smooth. Stir in 1/4 cup flour until the mixture is crumbly. Sprinkle the mixture on top of the cake then dust lightly with cinnamon.
3. Bake in the preheated oven until a toothpick inserted in the center

comes out clean, about 45 minutes.

Arugula Salad with Beets and Goat Cheese Recipe

The amount of ingredients shown is just a guideline for two servings. The actual amounts depend on how much salad per serving you want.

Ingredients

Salad Ingredients:

- 2 medium beets, cooked ([roasted*](#) or [boiled**](#)) until a fork easily goes in one (about an hour), peeled, diced into bite-sized pieces
- 2 handfuls fresh arugula
- 4 Tbsp goat cheese (about 1.5 ounces)
- 1/4 cup roughly chopped toasted walnuts

Dressing ingredients:

- 3 Tbsp olive oil
- 1 1/2 Tbsp lemon juice
- 1/4 teaspoon dry powdered mustard
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

** To roast beets, scrub raw beets clean, coat with a little olive oil, wrap in aluminum foil, and roast in 400°F oven for 1 to 2 hours, until fork tender*

*** To boil beets, scrub raw beets clean, put in small pot, cover with water, bring to a boil, reduce to a simmer, cover, and cook for 45 min to an hour, until fork tender*

Method

1 Make the vinaigrette: Place dressing ingredients in a jar and shake to emulsify. Adjust ingredients to taste.

2 Assemble the salad according to how much you want. Compose each dish with a handful of arugula leaves, a few cooked chopped beets,

some crumbled goat cheese, and some chopped toasted walnuts.

3 Drizzle the salad with vinaigrette. (You may have a little extra vinaigrette.)

Rosewater Recipe

Supplies:

- [dried rose petals](#) (or fresh from an organic, pesticide-free source)
- water
- saucepan with lid
- nut bag or several thicknesses of cheesecloth
- dark bottle for storage (spray nozzle optional)

Directions:

1. Measure 1/4 cup of dried rose petals into your saucepan. Use 1/2 to 3/4 cup if you are using fresh petals.
2. Pour 1 1/2 cups water into your saucepan.
3. Cover and bring to a boil.
4. Reduce temperature to the lowest setting that still allows the water to simmer.
5. Simmer until the color of the rose petals has faded. Mine became almost colorless. This only took about 5-10 minutes.
6. Leave the lid on and cool completely.
7. Pour water and petals through the nut bag or cheesecloth into a dark, clean bottle. You can use a funnel or strain into a measuring bowl with a pour spout and then pour into your dark bottle.
8. Store in the refrigerator for several weeks or on the counter for up to one week.