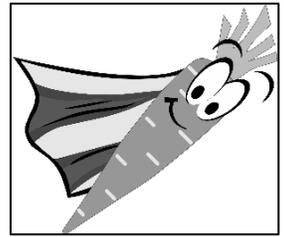


The Dreyer Flyer

A Weekly Harvest of Fantastic InFARMediation



The Harvest

Week 2

(5/23/17)

Strawberries

Spinach

Lettuce

Scallions

Purple Kale*

Shiitake Mushrooms

About 8oz

Medium Shares

get everything from above
except the purple kale is
replaced by Tuscan Kale and
you get goat cheese & Chicory
& 12oz shiitake

Market Box

Strawberries

Spinach or Kale

Goat Cheese

Scallions

Griggstown Eggs

Piggery Cottage Bacon

Farro

Noodles

Shiitake 12 ounces

Possible Meals:

Strawberry Spinach Salad

Farro w/ Mushrooms & Bacon

Ramen Shiitake Scallions

Goat Cheese & Spinach Frittata

Or Free Form it and create your
own concoctions, post on FB!

Meet Your Homemade Snack Maker:

Lazy Susan's Granola

Join Susan this Friday at 831 Springfield Ave/Dreyer Farms from 11-2

Every family's got one: A recipe that is so good and so celebrated that every member of the family swears selling it would make them rich. What doesn't always happen? Actually, selling it. But that's exactly what the creator of this homemade snack, Susan Varilias, did about 3 years ago.

She baked up some granola using the same recipe she used when she made it for her children, brought it to local farmers' markets, and unleashed it on the world. And she's never looked back.

"I've always been a baker and cook for my family, so it was sort of a natural thing to transition to," Varilias said.

Varilias' background wasn't in the food industry – far from it, in accounting. But she left her accounting job to take care of a family member, and still felt the drive to work. Enter the granola.

"I wanted to make a product that I felt was missing," Varilias said. "Every piece of feedback was positive, which encouraged me to keep going."

Varilias started [Lazy Susan's Granola](#) with the Cranberry Almond flavor (which is still the bestseller today), and everything caught on from there. Many of the flavors have grown from the feedback from customers. The only thing that has changed about Lazy Susan's Granola over the years is the additives, Varilias said – the base recipe is still the one she used for her own kids.

Fans of Varilias' product wanted to keep buying it when the farmers' markets were closed, so she expanded into local stores. And she's now added seasonal flavors, granola without nuts and gluten-free granola – all from listening to what her customers wanted.

She said that while she was surprised by the degree of enthusiasm her product received, she knew that her granola was unique. Lazy Susan's Granola uses maple syrup for sweetening instead of honey, and is baked in larger clumps that makes snacking easy.

"It's like a combination of a granola bar and granola that you'd sprinkle over something else," Varilias said. "I see people buy the bag and then I see them eating it as they walk around."

While Varilias had to figure things out on the fly, she didn't do it alone – her whole family helped her out using their own skills. Her son helped with research, her daughter helped design the labels for the granola, and her other daughter helped build the website. And that's only made the whole thing more fun, Varilias said.

Even though it's been 5 years since Varilias started selling her granola, she still bakes it herself every week. She's graduated from a mixing bowl to a large standing mixer, but every piece of Lazy Susan's granola a customer eats is still crafted by the founder.

Ultimate Strawberry & Bacon Salad (*we will be making this dressing it will be available in the new foods case!*)

Ingredients

- ¼ cup of Olive Oil
- 2 tablespoons of Balsamic Vinegar
- 2 tablespoons of Honey
- 1 teaspoon of Dijon Mustard
- Salt & Pepper, to taste
- 8 cups of Spinach
- 1 lb. of Strawberries, sliced
- 6 slices of Bacon, cooked & crumbled
- ⅔ cup of Goat Cheese, crumbled
- ⅔ cup of Pecans, chopped or Walnuts!

Instructions

1. Whisk together the oil, vinegar, honey, mustard, and salt and pepper. Refrigerate until ready for use.
2. Add all of the ingredients to a large bowl. Toss and drizzle in the dressing, to your preference!

Notes

originally from, [Sally's Baking Addiction](#)

Farro with Mushrooms & Bacon

4 generous servings

It was inspired by [Farro with Mushrooms](#) from Martha Rose Shulman in The New York Times.

I made several changes, including adding bacon and adjusting the quantities to my liking. It can be made in advance and rewarmed on the stovetop. Vegetarians can omit the bacon and substitute vegetable stock for the chicken stock. The dried porcini mushroom liquid provides lots of flavor, so try to track some down. (Specialty shops often carry them, although Asian stores usually carry other varieties of dried mushrooms, which can be used.) If you

suspect your dried mushrooms may have some grit, after you've soaked them and squeezed them out, you could swish them in a small bowl of water to remove any grit. The liquid could be passed through cheesecloth, to trap any debris. I used thick-cut unsmoked bacon. (Pancetta works well, too.) If using smoked bacon, try to find one that's not too smoky; you don't want to overwhelm the nutty flavor of the farro. Good-quality bacon can be found in natural foods stores, farmers markets, and at butcher shops. Farro can be found in Italian specialty stores and online. It's sometimes available "pearled," but I used whole grain farro for this recipe. ([Rustichella](#) brand.) If you use pearled, note that it cooks faster so you'll need to keep an eye on it, and adjust the cooking time. Follow the instructions on the package for using it.

Ingredients:

¾ ounce (15g) dried porcini mushrooms OR use your FRESH shiitakes!!!! About 12 ounces fresh
1 ½ cups (355ml) water
2 tablespoons olive oil
1 cup (135g) diced thick-cut bacon or pancetta, OR use The Piggery Cottage Bacon!!
1 small onion, peeled and diced
2 cloves garlic, peeled and minced
2 teaspoons chopped fresh rosemary
salt and freshly-ground black pepper
1 ¼ cups (215g) farro
¾ cup (180ml) dry white wine
2 ½ cups (590ml) chicken stock, preferably homemade (or low-sodium)
1 cup (90g) grated Parmesan
½ cup (40g) chopped flat-leaf parsley

Directions:

1. Bring 1 ½ cups of water to a boil in a small saucepan. Remove

from heat, add the dried mushrooms, and let stand 15 to 30 minutes. Drain the mushrooms, reserving the liquid, then squeeze the mushrooms to extract as much liquid as possible. Chop the dried mushrooms into small pieces and set aside. (If you get the sense that the mushrooms had grit in them, you can pass the liquid through a very fine-mesh strainer, and swish the mushrooms after they've been soaked in a few changes of water until they're free of dirt, before chopping.) JUST USE YOUR FRESH SHIITAKES!!!

2. Heat the olive oil in a soup pot or medium-sized Dutch oven, over moderate heat. Add the diced bacon and cook a few minutes, stirring, until it's cooked through. Add the onions, garlic and rosemary, and cook 2 to 3 more minutes, until the onions are soft and wilted.

3. Add the mushrooms and season lightly with salt and freshly ground black pepper. (The bacon and stock have salt, so you can add more later, if needed.) Cook the mushrooms until they're soft and cooked through. Stir in the farro and cook for another minute or two, stirring frequently. Add the wine and continue to cook until the wine is almost completely absorbed.

4. Pour in the chicken stock, the mushroom liquid and stir in the chopped dried mushrooms. Increase the heat until the liquid begins to boil, then reduce the heat to a low simmer and cover. Cook until the farro grains are tender and almost all the liquid is absorbed, about 50 minutes to 1 hour, stirring every so often.

5. Turn off the heat and stir in the Parmesan and parsley. Taste, and season with additional salt and pepper, if desired.

Serving: Serve warm with more freshly grated Parmesan cheese grated over the top.

Storage: The farro can be made up to three days ahead, and rewarmed on the stovetop. It'll get thicker as it sits so you may need to add additional stock or water when you rewarm it.

Shiitake and Scallion Ramen

ingredients:

- 8 ounces of fresh shiitake mushrooms, stemmed and sliced
- 3-ounce package of chicken or chicken mushroom flavored ramen noodles with packet
- 1/2 cup finely chopped scallions, plus additional for serving
- 2 tablespoons grapeseed, canola, or vegetable oil
- 2 tablespoons butter
- Pinch red pepper flakes
- Black pepper
- Soy sauce or tamari
- black sesame seeds (optional)

directions:

1. Soak the ramen noodles in a bowl of warm water for at least 5 minutes to soften them; drain.
2. Heat the oil in a skillet or wok over medium-high heat. Add the sliced shiitakes and the flavoring packet from the ramen noodles and stir-fry until the mushrooms begin to take on a golden brown color. Season with pepper; remove from the pan to a plate.
3. To the skillet or wok add the butter and the noodles; toss for 1 minute. Add the shiitake mushrooms and toss again for another minute, adding the pinch of red pepper flakes, additional black pepper, and a pinch

of black sesame seeds (if using).

4. Remove from the heat & add several dashes of soy sauce or tamari. Garnish w/additional scallions & serve.

Shiitake Mushroom and Kale Ramen

Nutmegnanny.com

ingredients:

- 2 tablespoons olive oil
- 2 green onions, sliced
- 1 cup loosely packed sliced flat leafed kale
- 1/2 cup sliced shiitake mushrooms
- 3/4 teaspoons ginger powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 teaspoon chili garlic sauce
- 2-3 cups vegetable stock
- 1 packet ramen noodles
- Optional: sriracha for topping

directions:

In a high sided skillet set over medium high heat add olive oil. Once the oil is hot add green onions, kale and mushrooms. Saute until they just start to soften.

Add in ginger, salt, pepper and chili garlic sauce. Quickly stir to combine and pour in vegetable stock.

Bring the mixture to a boil and add in ramen noodles. Break up noodles and once they are cooked remove from the heat, pour into a big bowl, drizzle with optional sriracha (Is sriracha every really optional?)

Note: I use a packet of Top Ramen (you know the super cheap stuff) for my noodles. I'm sure there are other fancy really tasty ramen noodles and feel free to use those if you can find them. Also, I just throw away the flavor pack that comes in the packet. Don't hate me.

Ingredients

- 1/2 cup coarsely chopped walnuts
- 1 tablespoon sherry vinegar
- 3 tablespoons walnut oil
- 1/2 teaspoon Dijon mustard
- Salt and freshly ground black pepper
- 1/2 pound chicory, or other leafy green
- 1/4 cup shaved Parmesan

Directions

In a dry skillet, toast the nuts over medium-high heat until fragrant, about 2 minutes. Set aside to cool.

In a small bowl, whisk together the vinegar, oil, mustard, salt and pepper, to taste.

In a large bowl, toss the chicory with the dressing. Put onto serving plates and top with walnuts and shaved Parmesan.

Kale and Goat Cheese

Frittata Cups

I always use lacinato kale for this recipe, but you could really use any leafy green you'd like. And since you'll have kale stems leftover, why not reserve them for a stir fry later in the evening?

Makes 8 individual cups

2 cups chopped kale
1 garlic clove, thinly sliced
3 tablespoons olive oil
1/4 teaspoons red pepper flakes
8 large eggs
1/4 teaspoon salt
Dash ground black pepper
1/2 teaspoon dried thyme
1/4 cup goat cheese, crumbled
Preheat the oven to 350°F. To get 2 cups kale, remove the leaves from the kale ribs. Wash and dry the leaves and cut them into 1/2-inch-wide strips.
In a 10-inch nonstick skillet, cook the garlic in 1 tablespoon of oil over medium-high heat for 30 seconds. Add the kale and red pepper flakes and cook until wilted, 1 to 2 minutes.

In a medium bowl, beat the eggs with the salt and pepper. Add the kale and thyme to the egg mixture.

Using a 12-cup muffin tin, use the remaining 2 tablespoons of oil to grease 8 of the cups (you may also use butter or non-stick spray if you'd prefer). Sprinkle the tops with goat cheese. Bake until they are set in the center, about 25 to 30 minutes.

Frittata is best eaten warm from the oven or within the next day, but leftovers can be kept refrigerated and reheated for up to a week.

Strawberry Spinach Green Smoothie

Ingredients

- 1 1/2 very ripe bananas, peeled, diced and frozen
- 6 oz fresh strawberries, hulled (about 8 - 9 medium)
- 2 mandarin oranges, peeled and halved
- 3 cups packed baby spinach (don't use regular, baby spinach has a milder and sweeter flavor)
- 1 cup cold water

Directions

- Add bananas, strawberries, oranges, spinach, water and half of the ice to a blender. Blend until combined then add remaining ice and blend until smoothie is well pureed. Serve immediately.

Goat Cheese, Mushroom, and Spinach Frittata

Ingredients

1. 4 large eggs
2. 3/4 cup grated Asiago cheese
3. 1 tablespoon chopped fresh rosemary
4. 1/4 teaspoon kosher salt
5. 1/4 teaspoon ground black pepper

6. 1/8 teaspoon ground red pepper
7. 3 tablespoons olive oil
8. 1 Vidalia onion, chopped
9. 1 (8-ounce) package sliced baby bella mushrooms
10. 1 (6-ounce) bag fresh baby spinach
11. 1 (4-ounce) package goat cheese, crumbled
12. Garnish: fresh rosemary

Instructions

1. Preheat oven to 375°. In a large bowl, whisk together eggs, Asiago, rosemary, salt, black pepper, and red pepper. Set aside.
2. In a 10-inch cast-iron skillet, heat olive oil over medium-high heat. Add onion; cook, stirring often, until tender, about 5 minutes. Add mushrooms, and cook, stirring often, until tender, about 3 minutes. Add spinach, and cook, stirring occasionally, until wilted, about 5 minutes. Add egg mixture to onion mixture, whisking to combine. Sprinkle with goat cheese.
3. Bake until golden brown and set, approximately 30 minutes. Let cool in pan for 5 minutes. Garnish with rosemary, if desired. Serve immediately.

Chicory Salad with Walnuts and Parmesan

Foodnetwork.c

Ingredients

- 1/2 cup coarsely chopped walnuts
- 1 tablespoon sherry vinegar
- 3 tablespoons walnut oil
- 1/2 teaspoon Dijon mustard
- Salt and freshly ground black pepper

- 1/2 pound chicory, or other leafy green
- 1/4 cup shaved Parmesan

Directions

In a dry skillet, toast the nuts over medium-high heat until fragrant, about 2 minutes. Set aside to cool.

In a small bowl, whisk together the vinegar, oil, mustard, salt and pepper, to taste.

In a large bowl, toss the chicory with the dressing. Put onto serving plates and top with walnuts and shaved Parmesan.

Grilled Scallions

Foodnetowrk.com

Ingredients

- 1 bunch scallions, root ends trimmed
- 2 tablespoons olive oil
- 1/4 teaspoons kosher salt
- Freshly ground black pepper

Directions

Prepare an outdoor grill to medium high heat. Brush the scallions with olive oil. Lay the scallions on the grill until you see distinct grill marks, about 2 minutes. Turn the scallions over and cook about 1 minute more. Transfer to 2 plates and serve warm.

!!!THIS WEEK!!!!

Tuesday

3-6 Pika will be sampling and selling authentic Liege Waffles, Risotto Cakes, soup and Dips

Friday

Lazy Susan will be at the farm **11-2** with Granola, in Ball Jars

12-3 Springhouse Creamery-will be bringing fresh curds (they sell out every time!!!)

3.30-6 Finding Home Maple Syrup pairs phenomenally with Vanilla Bean Creamery Vanilla Ice Cream & Lazy Susan Glazed Nuts-Whhhhhat!!!?!?!?!?