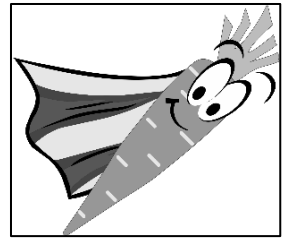


# The Dreyer Flyer

*A Weekly Harvest of Fantastic InFARMation*



## The Harvest

### Week 3

Zucchini  
Asparagus  
Pickles(Kirby)  
Arugula  
Lettuce  
Baby Bok choy  
Kohlrabi

\*\*\*\*\*

Medium Shares get  
everything from above  
PLUS Collards

### Market Box

Asparagus  
Ginger  
Zucchini  
1 lb Griggstown-Ground  
Turkey or Chicken  
Tomato paste  
Bok Choy  
ZOUP!  
Cilantro  
Savory Tableside SnP  
Bell Pepper  
Garlic  
Soy sauce  
Sesame Seeds  
Possible Meals:  
Griggstown Bolognese  
Ginger Garlic Shrimp  
Bowl

## !!!!ZOODLES!!!!



ZOODLES ARE –

- a great way to increase vegetables in your diet
- a great alternative to pasta-zoodles w/Dreyer Farm Marinara
  - gluten free
  - grain free
- wheat free (with Pika's nut-free pesto!)
  - low carb
  - healthy and nutritious
- cheap and easy (with Griggstown Chili)
  - unprocessed
- enable you to totally stuff your FACE

### PASTA VS ZOODLES

Pasta 1 cup cooked = 221 calories – 43g carbs

Zucchini 1 cup = 25 calories – 4.6g carbs and additional vitamins, nutrients and antioxidants not found in processed pasta.

### SAVE THESE DATES:

JUNE 15-Farm Yoga 6-7.30

*\$20/pp sign up at Alluem*

JUNE 16-Get Ready to Grill 3-6

FREE TASTINGS

JUNE 21 Wine Class-Scents & Sense 7-8.30

*\$20 pp (includes glass, samples & 20% off)*

## Zoodle Italian Salad

from holdthegrain.com

Ingredients:

For the Onions:

- 1 Large red onion, thinly sliced
- 1 Tablespoon ghee or olive oil
- Salt and pepper

For the Salad:

- 2 Medium-Large Zucchini
- 1 Cup cherry tomatoes, halved
- 1/2 Yellow bell pepper, diced
- Packed 1/2 cup arugula
- Minced basil for garnish
- ***You can TOTALLY add some chunks or fresh mozzarella or feta or even goat cheese***

For the Dressing:

- 3 Tablespoons olive oil
- 2 Tablespoons apple cider vinegar
- 1 Teaspoon dijon mustard
- 1/2 Teaspoon Italian seasoning
- Salt and pepper
- SO EASY-RIGHT?

Instructions:

1. Heat up a pan over medium heat and melt the ghee (or any cooking oil you prefer). Toss in the thinly sliced onions, season with a dash of salt and pepper and stir.
2. Turn down the heat to medium-low and let the onions cook while you prepare the salad. Keep an eye on them and stir occasionally so that they cook evenly. After about 10 minutes, you can remove them from the heat and set the pan aside to cool.
3. Make noodles with your zucchini with your spiralizer (the blade with the smallest triangles) or

you can use a vegetable peeler instead to make thin zucchini ribbons.

4. Place the zoodles in a large bowl and toss in the tomatoes, pepper and arugula.
5. Whisk together the dressing ingredients.
6. Measure 1 cup of the cooked onion and add them to the salad.
7. Pour the dressing over the vegetables and toss it all to combine. Garnish with fresh basil and serve. (I would totally add some fresh CHEESE and or meat if you are not vegan/vegetarian or dairy free)

## Ginger Garlic Shrimp

### Zoodle Bowl

by pancakewarriors.com

Ingredients:

- 1 pound shrimp, peeled and deveined
  - 2 garlic cloves, minced
  - 1/2-1 tbs. freshly grated ginger root
  - 1 tbs. or soy sauce
  - Juice from 1/2 lime
  - pinch of red pepper flakes
  - pinch of sesame seeds
  - 2-3 zucchini, spiralized
  - 10 stalks asparagus, quickly grilled or sauted, chopped
  - 1 bell pepper, chopped
  - handful shredded carrots
  - [Avocado Cilantro Dressing](#)
1. If you don't have asparagus cooked already, heat a large skillet with 1/2 tbs. coconut oil or coconut oil spray over medium high heat. Add chopped asparagus to a hot pan and cook 5 minutes, stirring frequently.
  2. Once asparagus has cooked about 5 minutes, remove from heat.

3. Turn the heat of the pan down to medium and add another 1/2 tbs coconut oil or spray with non-stick coconut oil spray.
4. Add chopped garlic and let cook 30 seconds.
5. Add the peeled, deveined shrimp and grated ginger to the garlic, let cook 2 minutes. Carefully turn over the shrimp and cook 2 minutes. Remove from heat and add the soy sauce and lime juice.
6. Spiralize the zucchini and divide between plates. Add the chopped veggies and top with shrimp.
7. Quickly make the avocado cilantro dressing and pour over zoodles and shrimp. Enjoy!
8. Serves 2-4 depending on how much shrimp you decide to eat right from the pan!

## **Avocado Cilantro Dressing**

- 1 large ripe avocado, mashed with fork (or two smaller avocado)
  - juice from 1 large lime
  - 1/2 tsp. garlic powder
  - 1/4 cup fresh cilantro, chopped
  - 1/4 c.. unsweetened coconut milk
  - 1/4 c. water (depending on how thick you want the dressing)
  - 1/4-1/2 tsp. salt (I used a small pinch)
  - cayenne pepper to taste
1. Mash the avocado with the back of a fork.
  2. Squeeze the lime onto the avocado and sprinkle with garlic powder. Chop the cilantro and add to the avocado. Stir well. Add the milk to help thin out the avocado into a dressing. Add water until you achieve the consistency you love. This

dressing lasts a day or two in the fridge if properly sealed.

## **Griggstown Bolognese with Zoodles (GF)**

**Yield:** 2-3 servings  
*a special guest recipe from Ali at Inspiralized.com-my favorite source for all things spiralized*

### **Ingredients**

- 3 medium zucchini
- 1/2 cup coarse-chopped celery
- 3/4 cup peeled and coarse-chopped carrots
- 2 tbsp olive oil
- 2-3 cloves garlic, minced
- 1/2 tsp red pepper flakes
- 1/2 cup diced red onion
- 1/2 lb ground turkey or chicken
- 1 1/2 tsp oregano flakes (plus extra for pinching)
- 1/3 cup homemade chicken stock or ZOUP!
- 1 cup crushed tomatoes
- 1 tsp tomato paste
- Sea salt and pepper to taste
- 3 tbsp chopped basil
- Optional: Parmesan cheese to garnish (omit for Whole30)

### **Instructions**

1. Using a [spiralizer](#) with the small-hole blade attachment, make zucchini noodles; set aside.
2. Add the chopped celery and carrots to a food processor and pulse until finely diced.
3. Put a large skillet over medium heat and add the olive oil and garlic. Cook for 30 seconds. Then add the red pepper flakes, cooking for another 30 seconds.
4. Next, add the onions and cook about 2 minutes, or until they begin to soften. Then add the carrot and

celery mixture and cook for an additional minute.

5. Push the veggie mixture to one side of the skillet and add in the ground turkey, making sure to crumble the meat. Break up the meat further with a spatula or wooden spoon.
6. Add in 1/2 teaspoon of oregano flakes and cook the meat until no longer pink.
7. Combine the veggies with the turkey in the skillet. Then add the chicken broth and cook, stirring continually until the broth reduces by half.
8. Add in the crushed tomatoes, tomato paste and season generously with salt and pepper. Then add the remaining oregano flakes and basil. Bring to a boil and then lower heat and let simmer for 15-20 minutes or until sauce is completely reduced.
9. Finally, toss in the zucchini noodles and mix thoroughly to combine. Cook for about 2 minutes or until zucchini softens and heats through.
10. Evenly divide among 2-3 plates and enjoy!

### **Asparagus & Arugula Pasta**

*This Asparagus and Arugula Pasta Salad recipe uses some of my favorite spring ingredients, it's quick and easy to make, and it's sure to be a crowd-pleaser!*

### **Ingredients:**

- 1 pound fresh asparagus, ends trimmed and discarded
- 1 pound whole-wheat pasta (or you can ZOODLE)
- juice and zest of 1 lemon (about 3 tablespoons

juice, 1-2 tablespoons zest)

- 1 tablespoon olive oil
- (optional) 1 tablespoon red wine vinegar
- 2 large handfuls fresh arugula
- 2/3 cup crumbled feta or goat cheese (or Parmesan cheese) use the NEW fig goat cheese-YUM!!!
- 1/4 cup loosely-packed julienned (or torn) fresh basil
- freshly-cracked black pepper
- (optional: 1/4 cup toasted pine nuts)

### **Directions:**

Cut the asparagus on the diagonal into bite-sized pieces. Set aside.

In a large stockpot filled with ([generously-salted](#) water\*), cook pasta al dente according to package instructions. About 3 minutes before the pasta is done, stir the asparagus in with the pasta. When the pasta reaches al dente, pour the pasta and asparagus into a strainer (or strain out the hot water). Then rinse the pasta and asparagus with cold water until cooled. Return pasta to the stockpot and toss with lemon juice and zest and olive oil (and red wine vinegar, if using) until combined. Add in arugula, cheese, basil, and a few pinches of fresh pepper (and pine nuts, if using), and toss until combined. Taste and season with additional black pepper, if needed.

**TIPS FOR WASHING DIRTY GREENS!!!**From [thekitchn.com](#)

Want a quick and easy way to wash all the [chard](#), [kale](#), and salad greens you'll be picking up at the farmer's market in the next few months? Look no further than your kitchen sink.

Just fill your sink with water and then give those greens a few good swishes. Leafy greens will actually float on the top of the water, so dirt sinks to the bottom of the sink while the greens stay on top. We usually let the greens sit in the water for a few minutes so the grit has a chance to settle.

If you have a smaller amount of greens, you can also do this [in a large bowl](#) - or right in your salad spinner. We just find the sink to be handier when we're cleaning a whole load of greens at once.

We actually first heard this tip on an episode of Good Eats with [Alton Brown](#) - just one of those completely life-changing tips he sneaks into his segments. Thanks, Alton!

### **Salad Toppings to Turn**

#### **Salad into Dinner**

**Leftover (or Fresh) Rice or Grains** We're not talking one of our [grain salads](#) that are primarily couscous, spelt, farro, etc. with vegetables thrown in. This is a lettuce-heavy salad with some grains tossed in as an accompaniment.

**Beans** We had a very basic salad two nights ago — baby red-leaf lettuce, cherry tomatoes, chives, and some canned white beans — and the beans made all the difference. It was a side-salad-turned-filling-dinner once they were added.

**A Hard- or Soft-Boiled Egg** Again, easy and versatile. We can't imagine many basic salads that wouldn't mesh well with an egg, and if you make a batch of hard-boiled eggs at the beginning of the week, you've got breakfast, snacks, and salad additions ready to go.

**Leftover Pasta** If you have some pasta, cheese-filled or other, left over from another meal, toss it with your lettuce, vegetables, and a vinaigrette.

**Olives** We find that olives are incredibly filling. They've got

good fats and add some salty punch, too.

**Nuts and cheese** are always good, too, but we'll stop there.

### **Roasted Asparagus with Ginger Soy Sesame Dressing**

by [dishinanddishes](#)

**Prep:** 5 mins

**Cook:** 20 mins

Description

What is it about Ginger Soy? I just love all things that have those 2 ingredients, they work just fantastically together!

Oven-roasted spring asparagus drizzled with a sauce made of sesame oil, soy sauce, fresh ginger and honey.

Ingredients

- 1 bunch Asparagus, Ends Trimmed
- 2 Tablespoons Olive Oil
- ¼ teaspoons Salt
- 1 pinch Pepper
- 1 whole Green Onion, Chopped
- 1 piece Fresh Ginger Thumb Sized, Minced Fine
- 1 clove Garlic, Minced
- 1 Tablespoon Sesame Oil
- 2 Tablespoons Soy Sauce
- ½ whole Lime, Juiced
- 1 Tablespoon Honey

Preparation

Preheat oven to 400°. Place asparagus in a single layer in a baking dish. Drizzle with olive oil. Roast uncovered in the oven for about 20 minutes. Remove and drizzle with dressing.

To make the dressing, combine onion, ginger, garlic, sesame oil, soy sauce, lime juice and honey in a bowl. Mix well with a whisk. Pour over the asparagus immediately after removing from the oven. Serve

#### **Southern Collards**[seriouseats.com](#)

Ingredients

- 1 1/2 pounds (680g) meaty smoked ham hocks (see note)

- 2 medium yellow onions (about 1 pound; 450g), sliced into 2-inch lengths
- 4 medium cloves garlic, crushed
- 2 quarts (1.9L) [homemade](#) chicken stock, low-sodium store-bought chicken broth, or water
- 3 pounds (1.3kg) collard greens, woody stems trimmed and leaves cut into thick ribbons
- Kosher salt and freshly ground black pepper
- Apple cider vinegar, to taste (optional)

#### **DIRECTIONS**

In a large pot or Dutch oven, combine ham hocks, onions, garlic, and chicken stock and bring to a simmer. Cover and cook at a bare simmer until hocks are very tender, 2 to 3 hours.

Remove ham hocks from liquid, transfer to a cutting board, and pull bones from meaty and fatty parts. Discard bones. Chop up meat into chunks and return it to pot.

Add collard greens, pressing down to submerge in liquid. Return to a simmer and cook, uncovered, until collards are very tender, about 30 minutes. Season with salt and pepper. Add vinegar to taste, if desired, then serve. (You can add vinegar to the pot, or let individual diners season their greens with it at the table.)

#### **NOTES**

You can swap out the ham hocks for other smoked or cured pork products, like slab bacon or salt pork, as long as they aren't lean meats, like smoked pork loin. Lean meat will dry up and toughen with extended cooking.