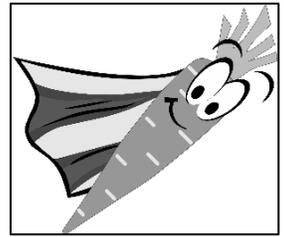


# The Dreyer Flyer

A Weekly Harvest of Fantastic InFARMation



## The Harvest Week 7

Tomatoes  
Kabocha Squash  
Kohlrabi  
String Beans  
Cremini Mushrooms  
Radish  
Cucumber  
Kale

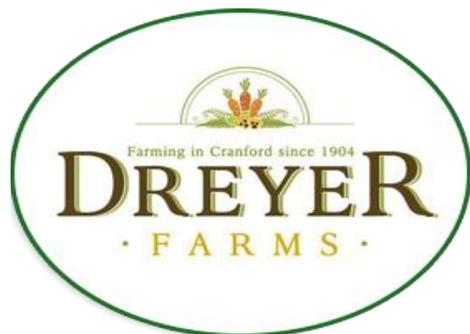
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## Medium Shares

get everything from above  
PLUS Peaches

## Market Box

Rice  
Debragga Pork Chops  
Peas  
Kale  
Mushrooms  
Kabocha  
Tomato



*This Friday June 27<sup>th</sup> 3-6*

Down to the Bone BBQ

Griggstown/Burgers & Sausages

\*\*\*\*\*

Don't Delay or you will miss it!!!

**STAGE LEFT**

**STEAK**  
ESTD 1992

StageLeft.com

**JULY 28th**

-an evening to remember

Just some of the Hors D'Ouevres

Salmon with Crème Fraiche/Debragga Ribs &  
Burgers/Griggstown Quail/Mini BLTS Piggery

Dinner in the Field

Wagyu Steak on a salt brick with black truffle cream  
corn, carrots cooked in Jamon Iberico Fat and Chilled  
Beet Soup

Dessert

Zeppole filled with Dreyer Jam and a Sabayon Station

Live Music

\$129pp (plus tax & gratuity) 6.30pm

Call 732.828.4444

Limited Seating

## Can you eat kabocha squash skin?

Despite its rough texture, the **rind** of a **kabocha squash** is soft enough to **eat** once it is cooked.

The **peel** is safe to **eat**, but is always a good idea to wash it before cooking. The **rind** is high in fiber and vitamins and minerals.

Perhaps obesity in America would be helped by replacing chocolate-covered deep-fried twinkies on a stick with . . . squid. Or kohlrabi.

## Grilled Kohlrabi Leaf Chips on a Stick

up to 1 Tablespoon vegetable oil  
as many whole kohlrabi leaves as you'd like  
salt (I use kosher)

In a wide bowl place a small amount of vegetable oil. Lay a kohlrabi leaf in the bowl and use your hand to flatten out the wrinkles and ridges of the leaf. Move the leaf around in the oil, pressing up the sides of the bowl to full coat the leaf in oil. Flip the leaf over and repeat on the other side. Set the leaf on a tray, or cutting board, or other mobile washable horizontal surface. Repeat with next leaf, adding additional oil to the bowl as necessary. Once all leaves are coated with a thin film of oil, sprinkle them with salt.

Preheat grill on high for 10 minutes, then scrub the grates with a grill brush to clean and reduce heat to medium. That's seconds with the hand test and around 325 on the thermometer of my grill cover.

Lay leaves, salt side down, on the grill. Close the cover and grill for about a minute or so. Lift the lid, flip the leaves, close the cover and grill for another minute or so. Remove from grill and eat.

Just don't eat the 'stick'.

## Marinated Cucumbers, Onions, and Tomatoes

*you can totally double or even triple this recipe...super simple, delicious-summer!!!!*

- 1 medium [cucumber](#), peeled and sliced 1/4 inch thick
- 1/3 medium [onion](#), sliced and separated into rings
- 1 medium [tomatoes](#), cut into wedges
- 1/8 cup [vinegar](#)
- 1 TB cup [sugar](#)
- [salt](#) & pepper to taste
- 2 TB oil
- chopped [of fresh mint](#) (optional)

## Directions

1. Combine all ingredients in a large bowl.
2. Toss well to mix.
3. Refrigerate at least 2 hours before serving.

## Kale, Peach, Corn And Feta Salad

*While lettuce-based salads turn sadder and soggy the longer they sit in dressing, the sturdier leaves of kale just get nicer. This particular combination, inspired by a salad served at Brooklyn's [Diner](#), matches kale with juicy peaches, briny feta and corn shaved right off the cob.*

Deena Prichep

*Makes 6 servings*

1/4 cup olive oil

Juice of 1 lime

2 tablespoons sherry vinegar

Dollop honey

Salt and pepper to taste

1/2 small red onion, sliced into thin half-moons

1 bunch kale, washed and torn into small pieces

1/2 bunch cilantro, washed and coarsely chopped

2 ears corn, cut off the cob  
3 peaches, cut into slim wedges  
1/4 cup feta (preferably a moist, mild feta, like French or Israeli), crumbled

In a large bowl, whisk together the olive oil, lime juice, sherry vinegar and honey. Season with salt and pepper to taste. Add the onion, and let sit for a few minutes to mellow. Add the kale and cilantro, and mix well to coat with the dressing. I like to sandwich two aluminum bowls together and shake, shake, shake until it's coated. Let sit for an hour, refrigerated or at room temperature, for the kale to absorb the dressing and soften. Scatter the corn, peaches and feta over the top and serve (or pack in containers for your picnic).

## **Panzanella Salad & Dressing**

1 pound steak (whatever cut you prefer)DEBRAGGA!!!  
salt and pepper  
1 cup mozzarella cheese, chopped into 1/2" cubes  
3 medium tomatoes, cubed  
1 small red onion, cubed  
1 cucumber, cubed  
4 slices crusty bread, cut into 1" cubes  
olive oil  
1 handful fresh basil, cut into thin strips

## **Dressing**

1 clove garlic, finely minced  
1 teaspoon dijon mustard  
3 tablespoons balsamic vinegar  
1/2 cup extra virgin olive oil  
1/2 teaspoon salt  
1/2 teaspoon pepper

## **Directions**

Set oven to broil. Toss bread cubes with a generous drizzle of olive oil and spread evenly on a baking sheet. Broil for 2-3 minutes, or until edges begin to brown. Remove from oven and cool. Salt and pepper steak generously before cooking to

desired doneness. Allow steak to sit for 5 minutes to allow the juices to redistribute before cutting into 1" cubes. While steak is resting, whisk all dressing ingredients together and set aside.

In a large serving bowl, combine all salad ingredients except for basil. Drizzle salad dressing on top and toss until pieces are evenly coated. Top with fresh basil and serve immediately.

Serves 2-4.

**HINT:** Add whatever fresh vegetables your family loves best to make this salad your own. Chicken and thick-cut bacon would also be delicious.

**HINT:** This is a great recipe for using up stale bread

**So here's 11 reasons why you should be eating tomatoes every day.**

1. Lycopene: A Strong Antioxidant. ...
2. Are You Getting Enough Carotenoids? ...
3. Reduce Cancer Risk. ...
4. Fight Inflammation. ...
5. Improve Your Eye Health.
6. Get More Potassium. ...
7. Prevent Heart Disease. ...
8. Enjoy Better Skin.

### **Farro With Roasted Squash, Feta and Mint**

Ingredients:

#### **FOR THE SQUASH:**

- 3 tablespoons extra-virgin olive oil
- 2 teaspoons sugar
- ¾ teaspoon ground cinnamon
- ¾ teaspoon fine sea salt, more as needed
- ¼ teaspoon black pepper
- ⅛ teaspoon cayenne, or to taste
- 3 pounds winter squash, such as kabocha, carnival or butternut, seeded and cut into 1/2-inch thick slices (leave the peels on or remove as desired)

#### **FOR THE FARRO:**

- 1 ½ cups apple cider
- 2 ½ teaspoons kosher salt, more to taste
- 1 ½ cups farro
- 2 tablespoons apple cider vinegar, more to taste
- 2 garlic cloves, grated on a Microplane or minced
- ½ teaspoon black pepper
- 7 tablespoons extra-virgin olive oil, more as needed
- 3 ounces feta cheese, crumbled (about ¾ cup)
- Fresh mint or arugula leaves, or both

#### **Instructions**

1. Heat oven to 450 degrees. Prepare the squash: In a large bowl, mix together olive oil, sugar, cinnamon, salt, pepper and cayenne. Add squash and toss well to coat with the spiced oil. Lay the squash pieces out flat on one or two rimmed baking sheets.
2. Roast squash until the bottoms are golden, 10 to 15 minutes. Carefully turn the pieces over and continue to roast until tender, another 10 to 20 minutes.
3. Meanwhile, make the farro: In a medium pot, bring the apple cider, 2 cups water and the salt to a simmer. Add farro and simmer until water is absorbed and the farro is tender, 20 to 30 minutes. If the liquid evaporates before the farro is done, add a little more water. Or, if there's still liquid in the pot when the farro is done, drain it.
4. In a large bowl, whisk together vinegar, garlic and pepper. Whisk in olive oil. Add farro and toss well, adding more oil or salt, or both, if needed.

5. To serve, spoon the farro on a platter and top with the squash, feta, mint or arugula, or both, and a drizzle of olive oil.

### **How To Cook Tender & Juicy Pork Chops in the Oven**

*Makes 2 to 4 pork chops*

#### **What You Need**

##### **Ingredients**

*For the brine (optional):*

3 cups cold water, divided  
3 tablespoons coarse kosher salt (or 2 1/2 tablespoons table salt)  
Optional flavorings: 2 smashed garlic cloves, 1/2 teaspoon black peppercorns, 1 bay leaf

*For the pork chops:*

2 to 4 pork chops — center cut, bone-on, 3/4-inch to 1-inch thick (about 1 pound each)

[Olive oil](#) [Salt](#) [Pepper](#)

##### **Equipment**

Shallow dish (for brining)

Large [cast iron](#), [stainless steel](#), or other oven-safe skillet

[Tongs](#)

##### **Instructions**

1. **Brine the pork chops (optional):** If you have time, brining the pork for even a brief period adds flavor and ensures juiciness in the finished chop. Bring 1 cup of the water to a boil, add the salt and optional flavorings, and stir to dissolve the salt. Add 2 more cups of cold water to bring the temperature of the brine down to room temperature. Place the pork chops in a shallow dish and pour the brine over top. The brine should cover the chops — if not, add additional water and salt (1 cup water to 1 tablespoon salt) until the chops are submerged. Cover the dish and refrigerate for

- 30 minutes or up to 4 hours.
2. **Heat the oven and skillet:** Position a rack in the middle of the oven and preheat to 400°F. Place the skillet in the oven to preheat as well.
  3. **Season the pork chops:** While the oven heats, prepare the pork chops. Remove the chops from the brine; if you didn't brine, remove the chops from their packaging. Pat dry with paper towels. Rub both sides with olive oil, then sprinkle with salt and pepper. Set the chops aside to warm while the oven finishes heating.
  4. **Remove the skillet from the oven:** Using oven mitts, carefully remove the hot skillet from the oven and set it over medium-high heat on the stovetop. Turn on a vent fan or open a window.
  5. **Sear the pork chops:** Lay the pork chops in the hot skillet. You should hear them immediately begin to sizzle. Sear until the undersides of the chops are seared golden, 3 minutes. The chops may start to smoke a little — that's ok. Turn down the heat if it becomes excessive.
  6. **Flip the chops and transfer to the oven:** Use tongs to flip the pork chops to the other side. Immediately transfer the skillet to the oven using oven mitts.
  7. **Roast the chops until cooked through:** Roast until the pork chops are cooked through and

register 140°F to 145°F in the thickest part of the meat with an instant-read thermometer. Cooking time will be 6 to 10 minutes depending on the thickness of the chops, how cool they were at the start of cooking, and whether they were brined. Start checking the chops at 6 minutes and continue checking every minute or two until the chops are cooked through.

8. **Rest the chops:** Transfer the cooked pork chops to a plate and pour any pan juices over the top (or reserve for making a pan sauce or gravy). Tent loosely with foil and let the chops rest for at least 5 minutes before serving.

### **Squash & Black Bean Stew with Tomatoes and Green Beans** **BON APPÉTIT** OCTOBER 1999

Makes 6 servings

#### **Ingredients:**

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon chili powder
- 1 1/2 teaspoons ground cumin
- 1 28-ounce can diced tomatoes in juice
- 2 pounds Kabocha or butternut squash, halved, seeded, peeled, cut into 1-inch pieces
- 4 ounces green beans, trimmed, cut into 1-inch pieces
- 1 15- to 16-ounce can black beans, rinsed, drained
- 1 tablespoon minced seeded jalapeño chili
- 1/2 cup chopped fresh cilantro

#### **PREPARATION**

Heat oil in heavy large pot over medium heat. Add onion and sauté until tender and golden, about 7 minutes. Add garlic, chili powder

and cumin and stir 1 minute. Add tomatoes with juices; bring to boil. Stir in squash and green beans. Reduce heat; cover and simmer until vegetables are almost tender, about 12 minutes. Stir in black beans and jalapeño. Cover and simmer until vegetables are tender, about 5 minutes longer. Stir in cilantro. Season with salt and pepper.

### **Spicy Parmesan Green Beans and Kale**

#### **Ingredients**

- 3 tablespoons olive oil
- 1 onion, sliced
- 1/4 pound cremini mushrooms, trimmed and quartered (about 14 mushrooms)
- 1 1/2 pounds green beans, trimmed and slice into 1-inch pieces
- 2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup white wine
- 1/2 teaspoon red pepper flakes
- 1 bunch kale (1/2 pound), rinsed, stemmed, and roughly chopped
- 2 tablespoons lemon juice (about 1/2 a lemon)
- 3 tablespoons finely grated Parmesan

#### **Directions**

Warm the olive oil in a large, heavy saute pan over medium-high heat. Add the onions and cook until translucent, about 4 minutes. Add the mushrooms, green beans, salt, and pepper and cook for 2 minutes. Add the wine and continue cooking until the green beans are almost tender, about 5 minutes. Add the red pepper flakes and the kale and continue cooking until the kale has wilted, about 4 to 5 minutes. Add the lemon juice and the Parmesan cheese. Toss to coat and serve immediately.  
Recipe courtesy of Giada De Laurentiis