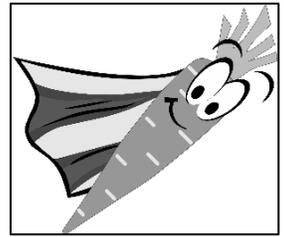


The Dreyer Flyer

A Weekly Harvest of Fantastic InFARMation



The Harvest Week 9

Savoy Cabbage, Green
Pepper, Green Beans,
Sour Cherries,
Blueberries, Carrots,
Broccoli

Medium gets everything
from above plus
Cantaloupe

MARKET BOX

Ricotta
Carrots
Sour Cherries
Savoy Cabbage
Breadsmith Dough
Dreyer Farm Marinara
Spring Onion
Griggstown Maple
Sausage



gigantic 70lb cabbage
The vegetable measures 3ft tall
and 5ft wide

AN UNFORGETTABLE EVENING!



Stage Left is here on July 28th

Kors D'Ouevres

Salmon with Crème Fraiche
Goat Cheese & Trappers Honey

Cucumber & Crab

Quarter Burger

Debagga Ribs

Assorted Pickled Veggies

Griggstown Quail

A&S Salami

Mini Piggery BLTs

Tomato Station

(made to order)

Caprese

Gazpacho

Bruchhetta

Sitting In The Field

Wagyu Steak on a Salt Brick

Carrots cooked in Jamon Iberico Fat

Black Truffle Cream Corn

Chilled Beet Soup

Dessert

Call 732.828.4444

Cabbage, Sausage, and Ricotta

Calzone: thenearlynewyorkers

* makes 2 large calzones

Ingredients

1 tsp. olive oil 1 package Griggstown Turkey Maple Sausage

1 small savoy cabbage, thinly sliced

2 garlic cloves, minced

1 spring onion or yellow onion, chopped

3 carrots, shredded

Handful of fresh herbs (like basil, parsley, or oregano), chopped

1 cup Zoup! chicken stock

1 Breadsmith pizza dough

1 egg yolk, mixed with 2 T. water and scrambled with fork (optional)

instructions:

Preheat oven to 500 degrees. Heat olive oil in large sauté pan.

Once hot, place sausage in pan and cook, breaking apart until it crumbles.

Cook until lightly browned. Remove to bowl. In same pan add garlic and cook for 30 seconds or until fragrant.

Add in onion, cooking 2-3 minutes until softened. Pour in chicken stock to deglaze the pan, by scraping the brown bits and stirring for 2 minutes. Add cabbage, stir. Add carrots, stir. Add herbs, stir.

Cook until the vegetables are very tender. Remove Breadsmith pizza dough to a sheet of parchment paper. Cut in half and stretch out using your hands.

Put 1/2 c. cabbage mixture and 1/2 c. sausage on one half of dough. On other half smooth 1/4 c. ricotta cheese.

Fold dough over upon itself, then seal by lifting bottom edge of dough to cover the top and press to seal. Brush egg mixture evenly over dough. Place calzones in oven on parchment paper.

Cook for 10 minutes or until golden brown.

Remove from oven, allow to cool for 5 minutes, then slice and serve with Dreyer Farms marinara sauce and carrot top dipping sauce.

Carrot Top Pesto:

From thenearlynewyorkers

ingredients:

1/2 cup walnuts* 1/2 cup cashews*

1/4 pumpkinseeds*

2 garlic cloves

large handful basil

2 cups carrots tops

2 tsp. kosher salt, or to taste

1/2 cup olive oil

3 T. lemon juice

2-4 T. water

instructions:

Place walnuts, cashews, pumpkin seeds, garlic cloves, basil, and carrot tops in food processor. Process until well combined. Add kosher salt and process again.

Pour olive oil through feeding tube with processor running until mixture is thick and emulsified. Add lemon juice and continue to process.

Add water if you wish to thin the pesto.

Serve with calzones as a dip, or add to ricotta mixture inside of calzone.

* You can substitute nearly any type of nut in this recipe including almonds, pine nuts, or pistachio.

Shaved Brussels Sprouts and Toasted Whole Wheat Israeli Couscous with Sour Cherries & Bacon

theamusedbouche

Serves 4, as a side dish

1lb brussels sprouts, washed and trimmed of any browned outer leaves (you can use CABBAGE here as well)

1 cup whole wheat Israeli (pearled) couscous

1 Tbsp olive oil

1 1/4 cups chicken broth

4 slices thick cut bacon

1/4 cup sour cherries

2 shallots, minced

sea salt & fresh cracked pepper

tools: food processor

instructions

Start by shredding the brussels sprouts. Fit a food processor with the slicing disk, and carefully load the trimmed and cleaned brussels sprouts through the feed tube, shredding them into thin strips.

Reserve to the side.

Fry the thick cut bacon in a large saute pan until it is very well done – you want it crispy and crumbly, and not at all with soft fatty parts left.

Once fried, reserve to the side on a paper towel to drain, and then roughly chop it until the bacon is in small crumbled pieces. Keep the

saute pan and the rendered bacon fat on the stove, but off the heat (we will use it again in a moment).

Next, toast the couscous. Heat the olive oil in a separate sauce pan over medium high heat. Add the couscous, and fry, tossing very often, for 1-2 minutes, or until the couscous smells toasty and is golden brown. Add the stock to the toasted couscous, bring to a strong simmer, then cover. Let simmer, covered, over medium heat until the couscous is soft and the stock is absorbed (the couscous should be very soft and tender; if it still has a bite to it, add more stock 1/4 cup at a time and simmer, until it's soft).

Roughly chop the sour cherries.

When the bacon is crisped & crumbled, the couscous is tender and cooked, the cherries are chopped, and the brussels sprouts are shredded, it's time to assemble the salad. Heat the same saute pan you fried the bacon in over medium high heat. Add the minced shallots and fry them in the bacon fat, stirring frequently, until they are fragrant and translucent, about 1 minute. Add the shredded brussels sprouts and a healthy pinch of salt, and cook, tossing frequently, until the shreds are tender and have absorbed the rendered bacon fat, about 4 minutes. When the sprout shreds are tender, add the chopped cherries and bacon bits, and toss until well combined and heated through, another minute or so. Taste and adjust for seasoning – the bacon is inherently salty, but I like to add another pinch or so of salt and a few grinds of fresh black pepper. Serve immediately.

Sour Cherry Compote

Adapted from an old Bon Appetit recipe

Makes 2 cups

2/3 cup water

6 tablespoons sugar

3 tablespoons fresh lemon juice

1/2 vanilla bean, halved lengthwise

2 1/2 cups (1 pound) cherries, pitted

Combine water, sugar and lemon juice in heavy medium saucepan.

Scrape seeds from vanilla bean into saucepan; add bean. Bring to boil over high heat, stirring until sugar dissolves. Boil until thin syrup

forms, about 7 minutes. Reduce heat to medium; add cherries. Stir 1 minute. At this point, if you would like to keep your cherries whole and lovely as they are, stop cooking it and you're done. I ended up letting mine simmer about 5 minutes more, until the cherries were slightly more broken down, but quite far from a jam. Cool the compote, then cover and chill until cold.

Do ahead: Keeps in the fridge for at least a week.

Ingredients:

- Salt
- 3 tablespoons unsalted butter
- 2 pounds fresh sweet Italian pork sausages or bulk sausage
- 1 large green or Savoy cabbage, about 4 pounds, cored and thickly shredded
- Freshly ground black pepper
- Crusty bread and mustard, for serving

Instructions

1. Heat oven to 300 degrees. Bring a large pot of salted water to a boil and butter a 9-by-13-by-2-inch baking dish. If using sausages, remove casings and discard them.
2. Place cabbage in boiling water, cover, and let water come back to the boil. Uncover and boil for 3 minutes. Drain cabbage in a colander and run cold water over it to stop cooking.
3. Put about 1/3 of the cabbage in buttered dish and cover with 1/2 the meat. Sprinkle with salt and pepper and dot with butter. Repeat, ending with a final layer of cabbage, and dot top with butter.
4. Cover dish tightly with a layer of parchment paper, then top with a lid or a layer of aluminum foil. Cook for about 2 1/2 hours, until cabbage is soft and sweet, and top is lightly browned. After 2 hours, uncover the dish: if there is a lot of liquid in the bottom, leave

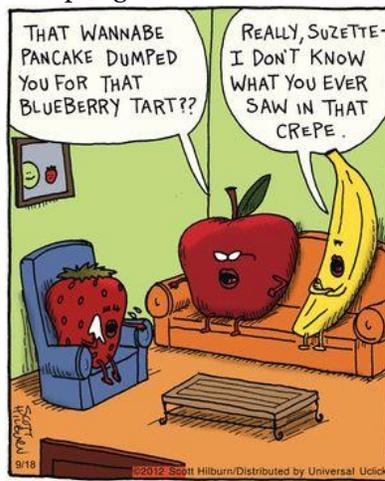
uncovered for the rest of the cooking time. If not, re-cover and finish cooking.

Blueberry Tart - Couldn't Be Easier

- Crust
- 1cup [flour](#)
- ¼teaspoon [salt](#)
- 2tablespoons [sugar](#)
- ½cup [butter](#), cold
- 1tablespoon [white vinegar](#)
- Filling
- 1cup [sugar](#)
- 2tablespoons [flour](#)
- ⅓teaspoon [cinnamon](#)
- 4 ½cups [blueberries](#), divided

Directions

1. Preheat oven to 400°F and spray 10-inch springform pan with non-stick cooking spray.
2. Combine flour, salt and sugar.
3. Cut in the butter with pastry blender or fork.
4. Mix in the vinegar.
5. Pat crust onto bottom of springform pan and 1 inch up side.
6. For filling combine sugar, flour and cinnamon.
7. Add 2 1/2 cups blueberries.
8. Place evenly on top of crust.
9. Bake for 1 hour.
10. Remove from oven and put remaining 2 cups blueberries on top, lightly pressing in blueberries.
11. Cool completely.
12. Remove rim and serve from springform bottom.



Sour Cherry Bars

Ingredients

- FOR THE FILLING
- 2 cups pitted, coarsely chopped sour cherries (from 1 pint)
- 1 cup cherry jam
- 1/2 cup sugar
- 4 teaspoons cornstarch
- 2 teaspoons peeled, freshly grated ginger root (optional)
- FOR THE CRUST/CRUMBLE
- 3 cups flour
- 1 cup sugar
- 1 teaspoon baking powder
- Pinch kosher salt
- Finely grated zest of 2 limes
- 16 tablespoons (2 sticks) chilled, unsalted butter cut into small cubes
- 1 large egg

Directions:

Preheat the oven to 350 degrees. Grease the quarter-baking sheet with cooking oil spray, then line it with parchment paper. Combine the cherries, cherry jam, sugar, cornstarch and ginger root, if using, in a mixing bowl; let it sit while you assemble the crust/crumble. Combine the flour, sugar, baking powder, salt and lime zest in a separate mixing bowl. Quickly work in the butter to form a crumbly dough, then add the egg and mix until incorporated. Press half the dough into the baking sheet so that it's smooth and packed, then spread the cherry mixture over it, leaving a 1/2-inch margin around the edges. Crumble the remaining dough on top. Bake for 30 to 40 minutes, until golden brown. Cool before cutting into twelve 3-inch bars.

Green Bean, Broccoli, Carrot, Bell Pepper Garden Stir Fry

Notjustbaked.com

Ingredients:

- 3 cups green beans, snap the ends off, then snap in half
- 2 cups carrots peeled, and cut into rondelles (cut on the bias)
- 2 cups medium diced bell peppers (about 1 bell pepper)
- 1 cup broccoli medium pieces
- 1 tablespoon sesame oil
- 1 tbsp grape seed oil

Sauce:

1 tablespoon fish sauce
1/4 cup soy sauce
1/4 cup rice vinegar
1/2 cup stock (whatever you have on hand)
1 tsp honey

Serve With:

red pepper flakes
chopped green onions

How:

1. Place all of the sauce ingredients into a bowl and whisk together set aside.
2. Place sesame and grape seed oil in a large skillet or stir fry pan over high heat. Get the pan very hot before adding any veggies. Once the pan is hot, add the carrots and cook for 2 minutes stirring, or tossing frequently. Add the green beans, repeat. Add the broccoli repeat. Add the bell peppers, stir. Then add the soy mixture, stir around veggies, and cook for 3-5 minutes. Remove from heat. Use a spider or slotted spoon to remove the veggies from the pan. I then pour the remaining sauce into a small bowl to ladle over the veggies when I serve. I served them over brown rice, with a pinch of red pepper flakes, green onions, and a then drizzle of the sauce.

Note: The key to a good stir fry is the high heat plus not over cooking the veggies. It is meant to be a quick dish with al dente veggies.

spiced carrot & chickpea salad

from love&lemons.com

Ingredients

- 1 cup chickpeas, cooked and drained
- 1 cup cooked israeli couscous (about 1/2 cup uncooked)
- (sub quinoa if gluten free)
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground ginger
- 1/4 teaspoon dried orange peel
- a pinch of cayenne
- 2-3 tablespoons olive oil
- smashed garlic clove
- 1/4 - 1/2 teaspoon dried cilantro leaves
- squeeze lemon
- salt & pepper
- 2-3 carrots peeled into ribbons
- 2 tablespoons dried currants

- 2-3 tablespoons toasted sliced almonds
- small handful of fresh mint leaves

Instructions

1. Cook your couscous. Place israeli couscous in a medium pot over medium heat. Before adding water, let it toast (dry) for a minute or so. Fill the pot with enough water to well cover the couscous. Add a pinch of salt, bring to a boil and reduce to a simmer for about 8 minutes. Drain. Toss with a little oil, and set aside.
2. In a small skillet add cumin, ginger, orange peel and cayenne. Warm spices in the pan for just 30 seconds or so. Add the olive oil (enough to coat), and heat it for 30 seconds until the oil barely comes to a simmer. Remove from heat, scrape the oil & herbs into a small bowl with a smashed clove of fresh garlic (you're going to remove the garlic clove before using the dressing). Let cool for a few minutes and add dried cilantro, salt, pepper & a few good squeezes of lemon.
3. Toss half of the dressing of the dressing with cooked chickpeas & couscous. Let it marinate in the fridge for 20 minutes or so while you peel your carrots.
4. Remove the garlic clove from the remainder of the dressing. Toss everything together - couscous & chickpeas, carrot ribbons, currants, toasted almonds, and fresh mint. Taste and adjust seasonings.

Roasted Green Beans

- First, I trim the green beans. I only cut off the end that was attached to the bean stalk.
- Then, I throw them onto a parchment-lined baking

sheet and drizzle them with olive oil.

- Next, the beans are topped with fresh lemon zest and juice.
- Minced garlic and pickled capers are also invited to this party.
- Lastly, salt and pepper. Because.... salt and pepper.
- I use my hands to massage all of that together on the pan, then throw it into a 400 degree oven for about 15 minutes until they are tender and slightly browned.

Stuffed Pepper Soup

Preparation time: 15 minutes

Cooking time: 1 hour 15 minutes

Yield: 12 cups

- 2 pounds lean ground beef
- 1 medium onion, chopped
- 2 large cloves garlic, minced
- 2 medium green bell peppers, chopped
- 2 cans (10 3/4 ounces each) tomato soup
- 1 can (28 ounces) diced tomatoes, undrained
- 1 can (8 ounces) tomato sauce
- 2 cups water
- 1 1/2 cups long grain white rice
- 2 beef bouillon cubes
- 2 tablespoons each: brown sugar, Worcestershire sauce
- Salt, freshly ground pepper to taste
- 1. Brown beef in Dutch oven over medium heat. Remove meat; set aside. Add onion and garlic to pot. Cook until onion is soft, about 5 minutes; drain.
- 2. Return meat to pot with all other ingredients; heat to a boil. Reduce heat to low; cover and simmer 1 hour. (If mixture becomes too thick, add additional water.)