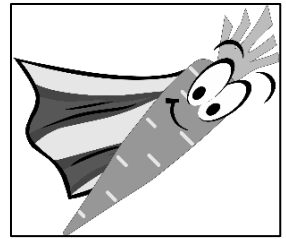


The Dreyer Flyer

A Weekly Harvest of Fantastic InFARMation



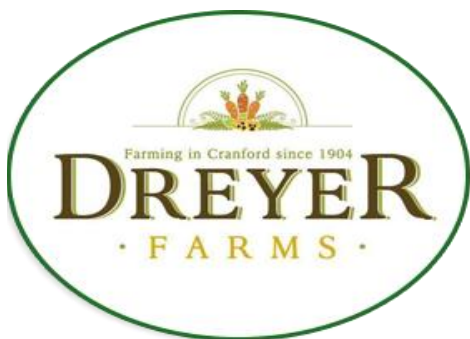
The Harvest Week 11

Donut Peaches
Blueberries
Leeks
Cabbage
Fryer Peppers
Tomatoes
Cucumbers
Lettuce

Medium-get everything
from above PLUS Goat
Cheese!

Market Box

Tomatoes
Cottage Bacon
Curds
Fryer Peppers
Blueberries
Lettuce
Chicken Sausage
Goat cheese



Wednesday August 9th

This next Tomasello seminar will discuss all the characteristics in wine that play a part in pairing will with food, such as body style (light, medium, and full) sugar, acid and tannins. We will be tasting 5 select wines from Tomasello Winery and pairing them to perfection with 5 ridiculously yummy tasting-sized dishes, prepared with love here at Dreyer, using ingredients from the farm. The lesson will have you expertly matching food and wine with confidence while thoroughly enjoying local fare with wonderful company!

Menu

Pika's Gazpacho/Nicola's Beet Ravioli with goat cheese and walnuts, Dreyer Farms-MEGnificent-Meg will tickle your taste buds with a surprise dish, Chef Natale's Rice Balls, Breadsmith Scones and Nearly NewYorker fresh cherry preserves and Battenkill whipped cream.

We did totally sell out last time. This is a very small, intimate gathering because it is meant to be a learning experience so don't delay call

Call

908.276.2474

7pm-8.30

\$30 pp +tax

Sausage-Stuffed Cubanelle Peppers (market box make this!!!)

Ingredients

- 6 cubanelle peppers (frying peppers)
- 1 tablespoon olive oil
- 1 pounds Griggstown Chicken Sausage, removed from casings
- 1 small onion, chopped
- 1 red finger chiles or Fresno chiles, seeded and thinly sliced
- 2-3 cloves garlic, chopped
- 1/2 teaspoon cumin
- 1 tablespoons tomato paste
- 1/2 cup chicken stock
- 1/4 cup flat-leaf parsley, chopped
- 1 cups crumbled feta or sharp provolone, shredded

Preparation Preheat the broiler. Broil the peppers, turning occasionally, until blistered and softened, about 8 minutes. Let cool slightly, then cut a long strip out of one side of chile; chop up the trimmings. Gently seed the peppers to make charred pepper boats.

In a large skillet, heat the oil, one turn of the pan, over medium-high. Add the sausage and cook, breaking up with a spoon and stirring occasionally, until browned, about 5 minutes. Add the onion and chiles and cook, stirring occasionally, until softened, about 5 minutes. Add the garlic, cumin and chile trimmings. Cook, stirring often, until aromatic, about 1 minute. Add the tomato paste; stir until the color darkens, about 1 minute. Add the stock, reduce the heat to low and simmer until slightly thickened, 1 to 2 minutes. Stir in the parsley.

Divide the mixture among the chiles, top with the cheese and broil until golden, about 2 minutes.

Best of Summer Kale Salad with Blueberry-Balsamic Vinaigrette

from Iowagirleats.com (she HAS GREAT recipes!!!)

Ingredients

- 2 bunches kale (or lettuce-it's quicker if you are in a rush)
- 1/2 teaspoon salt
- 2 ears sweet corn, shucked and kernels cut from cob
- 1 cup fresh blueberries
- 1 cup cherry tomatoes, halved
- 4oz chevre (or goat cheese)
- 1/4 cup sliced almonds
- For the Blueberry-Balsamic Vinaigrette:
 - 1/2 cup fresh blueberries
 - 1/4 cup balsamic vinegar
 - 1 Tablespoon honey
 - 2 teaspoons Dijon Mustard
 - salt and pepper
 - 6 Tablespoons extra virgin olive oil

Directions

1. For the Blueberry-Balsamic Vinaigrette: add all ingredients except extra virgin olive oil to a food processor or blender then pulse to roughly chop blueberries. Turn processor on then slowly stream in oil.
2. Tear kale leaves from stems, cut or tear into bite sized pieces, and then wash and spin dry. Add to a large bowl then sprinkle with salt and massage with fingers for two minutes, or until kale is dark green and tender. May want to do 2 batches.
3. Divide kale between plates then top with corn, blueberries, tomatoes, chevre, almonds, and Blueberry-Balsamic Vinaigrette, and then serve.

Warmed Red Cabbage Salad with Toasted Walnuts & Goat Cheese_ from portandfin.com

Recipe type: Salad

Prep time: 10 mins

Cook time: 10 mins

Total time: 20 mins

Serves: 8

Ingredients

- 1 small head red cabbage, cored and sliced into strips
- 1 small apple (I like Granny Smith), cored and sliced
- 1 small red onion, thinly sliced
- 1 clove garlic
- 2-3 Tbs balsamic vinegar
- 2 Tbs olive oil
- Goat cheese
- Salt and pepper
- 1/2 cup walnuts, toasted

Instructions

1. Core cabbage and slice into strips. Core apple, cut into sixths then slice each sixth horizontally so you have thin little triangles of apple. Halve then thinly slice onion.
2. In a small frying pan, toast walnuts over high heat. Stir frequently so they don't burn and remove from heat when they become lightly browned.
3. In a large frying pan, heat olive oil and garlic on medium heat until lightly fragrant but not browned. Add sliced onion and 2 Tbs of balsamic vinegar and cook for 1 minute.
4. Add cabbage and stir well. Cook for 5 minutes or so until slightly wilted and softened but still bright coloured.
5. Add apple, walnuts, salt and pepper and stir well. Add goat cheese and stir

gently to incorporate.
Taste for seasoning and add an additional tablespoon of balsamic vinegar if it needs some acidity. Serve immediately.

Hummus Heaped with Tomatoes and Cucumbers

SERVINGS: 4 TIME: 15 MINUTES

This is so simple to make, it's almost a non-recipe, but after sharing the cooking of this on Instagram last night, I received such a happy swarm of recipe requests, and I know it can help to have things in detail, I wanted to write it up. Salads like this are very flexible; I sometimes add bell pepper, other times radishes, and when I can get them, pomegranate arils. The key thing is that you want to chop everything very small; it should be scoopable. For a more fall-ish salad, I'd use this. If you're looking for more protein (and of course are not trying to keep this vegan), hard boiled eggs are a popular hummus topping. If you're looking to add meat, it's not uncommon; I'd start with this lamb-lentil mixture.

4 large pitas, toasted, cut into wedges
2 cups prepared hummus (from this recipe, your favorite recipe, or your favorite brand)
Olive oil
1 1/2 cups (8 ounces or 225 grams) cherry tomatoes, chopped small, plus more to taste
8 ounces (225 grams) small cucumbers, washed, unpeeled, chopped small
1/4 medium red onion, chopped small
Juice of half a lemon
Salt and freshly ground black pepper
Sumac and/or za'atar (optional)

1 to 2 tablespoons finely chopped parsley, or a mix of parsley, mint, and chives, plus more for garnish

Spread hummus on a large plate with the back of a spoon, creating swirls and cavities. Drizzle it lightly with olive oil, just to freshen it up.

Mix tomatoes, cucumbers, onion, lemon, about 1 1/2 tablespoons olive oil, plus salt and pepper to taste in a bowl. If you have sumac, add about 1/4 teaspoon. Stir in herbs. Heap salad on hummus, arrange pita wedges all around. Finish with additional za'atar, sumac, and/or fresh herbs.

Ethereally Smooth Hummus

Recipe adapted from [Ottolenghi's stunning new dream of a book](#);

technique is my own madness
This is probably where you expect me to give you a soapbox speech about why it is so important that you soak your own chickpeas. And you know, think they taste wonderful, especially if you treat yourself to some of [the best](#). But, I also make it with canned chickpeas quite often (Goya is my favorite, for perfectly cooked, intact canned beans, each time) and it's perfectly excellent. Below, I've included instructions for both.
Makes 1 3/4 cups hummus
1 3/4 cups cooked, drained chickpeas (from a 15-ounce can) or a little shy of 2/3 cup dried chickpeas (for same yield)
1/2 teaspoon baking soda (for dried chickpeas only)
1/2 cup tahini paste
2 tablespoons freshly squeezed lemon juice, or more to taste
2 small cloves garlic, roughly chopped
3/4 teaspoon table salt, or more to taste
Approximately 1/4 cup water or reserved chickpea cooking water

Olive oil, paprika or [sumac](#), pita wedges (brushed with olive oil and sprinkled with [za'atar](#), or a combination of sesame seeds and sea salt), and/or carrot sticks [optional] to serve

If using dried chickpeas: There are multiple methods to cooking them, and you can use whichever is your favorite, or Ottolenghi's, or mine. Ottolenghi's is to put the chickpeas in a large bowl and cover them with at least twice their volume of cold water, leaving them to soak overnight. The next day, drain them, and saute them in a medium saucepan with the baking soda (which many find reduces the gassy effects of fresh beans) for about three minutes. Add 3 1/4 cups water and bring it to a boil. Skim any foam that floats to the surface. They'll need to cook for 20 to 40 minutes, sometimes even longer, depending on freshness, to become tender. When tender, one will break up easily between your thumb and forefinger. My method is similar, but I often put mine in a slow-cooker on high with the baking soda for approximately three hours, so I don't have to monitor them as much.

Drain the chickpeas (saving the chickpea broth for soups or to thin the hummus, if desired) and cool enough that you can pick one up without burning your fingers.

Whether fresh or canned chickpeas: Peel your chickpeas. I find this is easiest when you take a chickpea between your thumb and next two fingers, arranging the pointy end in towards your palm, and "pop!" the naked chickpea out. Discard the skin. I get into a rhythm and rather enjoy this, but it's also already established that I'm a weirdo. In a food processor, blend the chickpeas until powdery clumps form, a full minute, scraping

down the sides. Add the tahini, lemon juice, garlic and salt and blend until pureed. With the machine running, drizzle in water or reserved chickpea cooking water, 1 tablespoon at a time, until you get very smooth, light and creamy mixture. I find I need about 4 tablespoons for this volume, but you may need slightly more or less.

Taste and adjust seasonings, adding more salt or lemon if needed. I do recommend that you hold off on adding more garlic just yet, however. I find that it "blooms" as it settles in the fridge overnight, becoming much more garlicky after a rest, so that even if it doesn't seem like enough at first, it likely will be in the long run.

Transfer the hummus to a bowl and rest it in the fridge for at least 30 minutes, longer if you can. To serve, drizzle it with a little olive oil, and sprinkle it with paprika. Serve it with pita wedges or carrot sticks.

Ingredients

- 1 (9-ounce) package refrigerated linguine, uncooked
- 2 medium leeks
- 1 small green bell pepper, chopped
- 2 tablespoons olive oil
- 1 (14.5-ounce) can crushed tomatoes
- 1 (14.5-ounce) can diced tomatoes with basil, garlic, and oregano
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons chopped fresh Italian parsley
- 1/2 cup crumbled feta cheese
- Garnish: fresh Italian parsley sprigs

How to Make It

Step 1

Cook linguine according to package directions; drain and set aside.

Step 2

Remove and discard green tops from leeks. Cut white portions in half lengthwise, and cut into 1/4-inch slices.

Step 3

Sauté leek and bell pepper in hot oil in a large skillet 5 to 6 minutes or until tender. Stir in tomatoes, salt, and pepper; cook over medium heat, stirring occasionally, 2 minutes. Stir in linguine and parsley; cook over medium-high heat, stirring occasionally, until thoroughly heated. Sprinkle with cheese. Garnish, if desired. Serve immediately.

So what's so great about ?Saturn' peaches?

1. They taste better than other peaches. They're sweeter, with almond overtones.
2. They are lower in acid than other peaches.
3. The pit doesn't cling to the flesh, so it's easy to pop out with your thumb.
4. The fruit's thin, red skin has little or no fuzz, so it doesn't have to be peeled.
5. Their small size lends itself to being eaten out of hand.
6. The frost-hardy, highly pest- and disease-resistant trees are easy to grow in most areas.
7. You can count on ?Saturn' peach trees to produce an abundant harvest ? up to twice as many peaches as other varieties.
8. The trees bloom earlier in the spring than other varieties, and put on an absolutely spectacular show of pink blossoms.
9. Most of the nursery stock is now grafted to dwarf roots, making easy work of pruning and harvesting.
10. By planting a rarer variety of peach, you are helping to preserve biodiversity and maintain diverse seed stocks for generations to come.



Q. What is blue and goes up and down?

A. A blueberry in an elevator!

Q. What is the difference between an elephant and a blueberry?

A. They're both blue, except for the elephant.

Q: What do you get when 354 blueberries try to go through the door at the same time?

A: A blueberry jam!

Q. What do you get when you merge IBM and Apple

A. Blueberry Macs



Mr. Spock: "What is the formula for PI?"

Chekov: "Er...apple or blueberry, sir?"



A: Why do elephants wear blue shoes?

B: Why?

A: So they can hide in blueberry bushes.

B: Oh.

A: Have you ever seen an elephant in a blueberry bush?

B: Well, no.

A: Then it works!

YOU PICK FLOWERS

!!!UPDATE!!!

for those who qualified. That is, if you paid in FULL or if you are a Farm Clubber you can begin picking flowers NEXT WEEK!!!