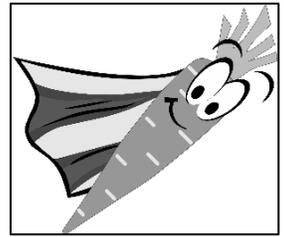


The Dreyer Flyer

A Weekly Harvest of Fantastic InFARMation



The Harvest Week 12

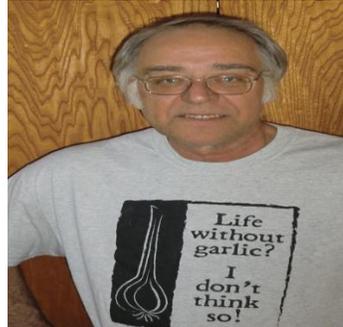
Peaches
Kale
Corn
Garlic
Bunched Onions
Carrots
Honey

Medium-get everything
from above PLUS
Honeydew!

Market Box

Peaches
Dino Kale
Honey Bear
Granola
Corn
Carrots
Rice Balls (2)
Yogurt
Sunflower Seeds
Sunflower Oil

Valley Fall Farm - Gourmet Garlic



Roman Osadca and his wife own a family farm on the border of Warren and Sussex County.

Roman was a pharmaceutical engineer by day, but about 25 years ago got bit by the Garlic Bug.

Since then he has grown over 500 varieties from all over the world and a lot of it !

Store bought garlicks are always Softnecks, which have a soft paper top and several layers of small cloves which are difficult to peel.

Hardneck garlicks, like German White, have a stick coming out the top of the bulb, with one layer of huge cloves.

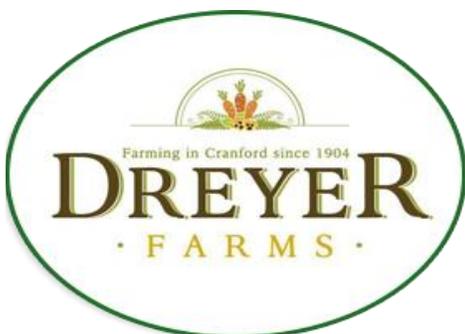
Hardnecks have 3 to 4 times the sulfur content of softnecks, so they are far more healthier and tastier.

We are constantly looking for BETTER more LOCAL sources of farm fresh food and we are simply thrilled to be working with Roman, his garlic is a bit more expensive but we feel it is totally worth it!

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

Call 908.276.2474 7pm-8.30 \$30 pp +tax



Damndelicious.com
Garlic Roasted Carrots

INGREDIENTS:

- bunch of carrots, tops trimmed to 2 inches
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 5 cloves garlic, minced
- 1 teaspoon dried thyme
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped parsley leaves

DIRECTIONS:

1. Preheat oven to 375 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Place carrots in a single layer onto the prepared baking sheet. Add olive oil, balsamic vinegar, garlic and thyme; season with salt and pepper, to taste. Gently toss to combine.
3. Place into oven and bake for 35-40 minutes, or until tender.
4. Serve immediately, garnished with parsley, if desired.



Grilled Kale, Peach, and Corn Salad with Basil Honey Balsamic Vinaigrette

Yield: serves 4-6 from Let Them Eat Kale by Julia Mueller

Ingredients:

For the dressing:

- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- 1 teaspoon stone-ground mustard
- 1 teaspoon honey
- 1 teaspoon fresh basil leaves, finely chopped (about 4 basil leaves)
- Salt and pepper to taste

For the salad:

- 1 ear corn, shucked
- Olive oil
- 3 ripe (but firm) peaches, halved
- 1 to 2 tablespoons grapeseed or coconut oil (or high- temperature cooking oil of choice)
- 1 head dino kale
- Feta cheese
- Salt and pepper to taste

Preparation:

To prepare the dressing, add all dressing ingredients to a small bowl and whisktogether until well combined. Set aside (or refrigerate).

Heat your grill to medium-high or high.

Lightly coat the ear of corn with olive oil. Place on the grill and cook for about a minute, then turn 90° and cook another minute. Keep cooking and rotating until you reach the doneness you like. Yes, you can go all the way to black. Remove from the grill and cut off the kernels.

Lightly coat each of the kale leaves (including stems) in high-temperature oil of choice.

Lightly coat the cut-side of the peaches with oil.

If desired, sprinkle peaches with salt, cinnamon, and/or brown sugar. Place peaches on the grill and cook until softened, golden

brown, and juices are seeping out.

Add kale leaves to the grill and cook on each side about 30 seconds to 1 minute, just until kale begins to brown and slightly soften.

Place whole kale leaves and halved peaches on a platter. Sprinkle with feta cheese, salt, and pepper. Top with the corn. Drizzle the dressing and serve.

Sweet Corn Pudding

Ingredients

- 6 ears sweet corn
- 1/2 cup milk
- 1/2 cup heavy cream
- 1/2 cup white cheddar cheese, shredded
- 1/2 teaspoon cayenne pepper
- 2 eggs, beaten
- Salt and freshly ground black pepper

Directions

Preheat oven to 350 degrees F. Grease casserole dish.

Shuck the corn and cut all kernels off with a knife into a bowl, making sure to keep all of the runoff juice from the corn. Reserve.

Mix together the milk, heavy cream, cheese, cayenne pepper and eggs. Add in the reserved corn, cheese, cayenne, salt, and pepper. Pour mixture over reserved corn.

Pour into casserole dish and bake for 35 minutes or until set.

Corn, Bacon and Parmesan Pasta

- SERVINGS: 3 TO 4
- TIME: 30 MINUTES

Think of this as a close cousin to the [bacon corn hash in the archives](#). I think this would also be delicious with farro or another grain instead of pasta. If you'd like a creamier pasta, a big spoonful of mascarpone stirred in at the end would be

otherworldly; use a little less pasta cooking water if so.

- 8 ounces dried pasta (I used [spirals](#) here and [radiatore](#) in the past)
- 1/4 pound bacon, ideally thick-cut, diced
- 2 ears corn, shucked and kernels cut from cob
- Salt and freshly ground black pepper or red pepper flakes
- 3 scallions, thinly sliced
- 1/3 cup finely grated parmesan
- Fistful of fresh basil and chives, chopped

If you're hoping to pull this all off in one pan, cook your pasta in a large deep saute pan* until al dente, or 1 to 2 minutes before it is done. Reserve a cup of pasta cooking water and drain. Wipe pan dry if using for the next steps, otherwise, you can get started in a large frying pan. Scatter bacon in pan over medium-high heat, no need to heat the pan first. Cook, stirring, until evenly browned and crisp. Use a slotted spoon to transfer bacon bits to paper towels to drain. Pour off all but 1 tablespoon bacon fat from pan (save for other fun stuff, like frying eggs) and add corn to it. Season corn with salt and pepper and cook, stirring for 1 to 2 minutes, until crisp-tender. Add pasta and a couple splashes of the cooking water and half the parmesan and toss, toss, toss the pasta with the corn, seasoning with more salt and pepper if needed and adding more cooking water if it doesn't feel loose enough. Add scallions and stir to warm. Stir in bacon and transfer to a serving bowl. Sprinkle with remaining cheese and fresh herbs. Dig in.

Bacon Corn Hash

Note: I used 3 small ears corn, which yielded 2 cups but wanted more corn. So, the recipe below reflects the suggestion that you use more than you'll see in the photos. Raw potatoes cubes can take a bit of time to cook in a pan, about 20 minutes, but you can speed the process up microwaving or steaming the cubes for a couple minutes before adding them to the pan. I never bother, since I'm always trying to use as few dishes as possible.

Makes 4 to 5 cups

1/2 pound thick-cut bacon, cut into small dice

1 pound red potatoes, scrubbed clean and diced into 1/4- to 1/2-inch cubes (about 3 to 3 1/4 cups)

Salt and freshly ground black pepper

4 medium-large ears corn, kernels cut from the cob (2 1/2 to 3 cups)

1 bundle scallions, thinly sliced

Toss bacon into a large skillet over medium heat, no need to heat the pan first. Let rest for a few minutes until it starts sizzling, then move the bits around so that they begin to brown evenly. Again, wait a couple minutes before shuffling the pieces around; you're looking for them to get evenly golden and crisp. This should take about 10 minutes. Remove the bacon bits with a slotted spoon, leaving the drippings in the pan and transferring the bacon to paper towels to drain.

If your bacon is like mine, you'll be left with a spectacular amount of fat behind. You'll be tempted to drain it off. May I ask you not to? The potatoes that cook in this will be gorgeous and you will have a chance to remove this extra in a bit. It will mostly stay in the pan.

Heat the pan to

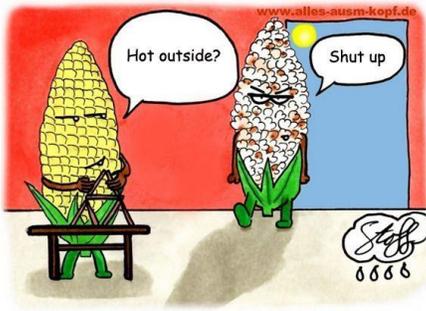
medium/medium-high, making sure the bacon fat is nicely sizzly,

then add your potatoes all at once in a single layer. Sprinkle them with 1/2 teaspoon table salt and several grinds of black pepper. Let them cook for a few minutes in one place and get a bit golden underneath before turning them over and moving them around. Repeat this process until the potatoes are browned on all sides; this takes about 20 minutes.

At this point, you can push aside the potatoes and pour or spoon off all but a small amount of the fat. I won't tell you how much I was able to remove but it rhymes with shmoo to shmee shmablespoons. If you save it, you can use it to fry an egg in a bit.

Bump up the heat a little and add the corn to the skillet. Saute the potatoes and corn together until the corn gets a bit brown but stays fairly crisp, about 4 to 5 minutes. Add the drained bacon, and stir the mixture together until it's evenly warm, about 1 more minute. Remove the skillet from the burner and sprinkle the scallions (reserving a couple spoonfuls if you'd like to use them as fried egg garnish) over the hash. In two minutes, they should be warm and mellowed. Season with more salt or pepper to taste, if needed.

Add a fried egg to it: Heat a small skillet over medium-high heat and swirl in one to two teaspoons bacon fat or butter. Crack one egg into the skillet and reduce heat to medium. I like to cover the skillet with a small lid at this point, as it seems to help the egg cook faster and more evenly. In one minute, you should have a perfect sunny-side-up egg. Season with salt and pepper, serve on top of a pile of bacon corn hash.



CHIA CHE BAP – VIETNAMESE COCONUT AND CORN CHIA PUDDING

April 6, 2014 by [Kate Hackworthy](#)

[Hackworthy](#)

Serves: 4

INGREDIENTS

- ¼ cup chia seeds
- 400ml (13.5oz) coconut milk
- 200g (1 cup) sweetcorn kernels (fresh, frozen or canned)
- 3 tablespoons sugar
- 1 teaspoon vanilla extract

To garnish

- 2 tablespoons shredded coconut
- 1 tablespoon sesame seeds
- 1 teaspoon chia seeds

INSTRUCTIONS

1. Soak the chia seeds in the coconut milk for at least four hours or overnight. It will turn thick and gelatinous.
2. Pour the thick chia seed coconut milk into a pan, along with all remaining ingredients, and heat over a very low heat until hot, stirring occasionally.
3. For the garnish, place the shredded coconut and sesame seeds in a dry frying pan over a medium heat and stir until golden.
4. Serve warm or cold, topped with the toasted coconut and sesame seeds as well as the extra chia seeds.

Grilled Kale Salad with Roasted Carrots and Yogurt Dressing

Yogurt Herb Dressing

- large handful of mixed herbs (parsley, basil, thyme, oregano)
- 1/2 small onion, minced
- juice from 1/2 lemon
- 1/3 c. sunflower oil
- 1/4 c. white wine vinegar
- 2 T. honey
- salt and pepper to taste
- 1 -6oz plain yogurt

Combine all ingredients in a small bowl and mix well.

- 1 bunch of carrots
 - 1 bunch of kale
 - 1 clove of garlic, minced
 - salt to taste
 - 4 T. sunflower oil, divided
 - yogurt dressing
 - large handful sunflower seeds
1. Peel carrots and cut into quarters, lengthwise and then across. Toss carrots in 2 T. sunflower oil and a large pinch of salt. Roast for 30 min. in 425 oven.
 2. Remove ribs from kale and clean well to remove sand. Toss kale with 1 clove minced garlic and 2 T. sunflower oil. Grill for 1-2 min. per side over low heat, just until the leaves are wilted and have a slight char.
 3. Chop the kale into ribbons and arrange on a platter. Top with roasted carrots. Drizzle with yogurt herb dressing and then top with a large handful of sunflower seeds.

Sweet Corn Pudding with Grilled Peaches and Granola

- 3 cups whole milk
- 1/3 c. honey
- 3 c. fresh corn, removed from cob (about 6 ears)
- 2 T. butter
- vanilla bean (optional)
- 4 egg yolks
- 3 T. cornstarch
- 2 large peaches
- 1 T. sunflower oil
- granola
- honey to serve

1. Heat milk over medium low heat, careful not to boil. When milk is steaming and beginning to froth, stir in honey. If you desire, add insides of 1 vanilla bean or 1 tsp. of vanilla extract.
2. Cut corn from cob. This is easy if you stick the tip of the cob in the hole of a Bundt pan and slice downward, allowing the kernels to fall into the pan.
3. Sauté corn in 2 T. of melted butter for 5 min.
4. Meanwhile, separate 4 egg yolks and whisk yolks only with 3 T. cornstarch. Whisk this mixture into the milk and allow to simmer for 3 min.
5. Remove to a bowl and chill for 2 hours in the refrigerator.
6. Quarter peaches and brush with sunflower oil
7. Grill over low heat for 3 min. on all three sides.

Slice and serve over chilled pudding. Top with a small handful of granola and a drizzle