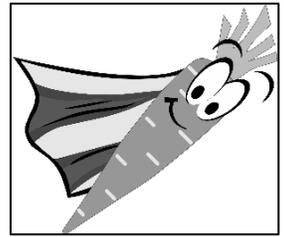


The Dreyer Flyer

A Weekly Harvest of Fantastic InFARMediation



Harvest Week 14

SMALL SHARE

Peppers

Corn

Nectarines

Lettuce

Cucumber

Green Beans

Radish

Plum Tomatoes

Medium -more of
everything from above
PLUS a cantaloupe

Market Box

Pepper

Tomato

Lettuce

Corn

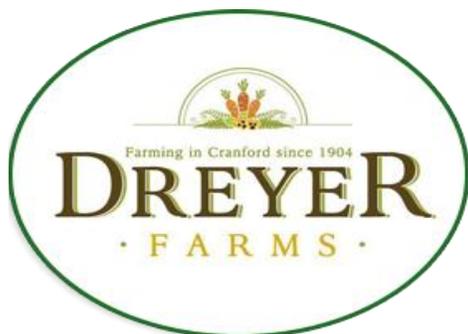
Shredded Cheese

Riverbend Beef (2)

Taco Spice

Sour Cream

Tortillas



If you are anything like your CSA Director, you are totally into all things KALE. You may have even felt blahhh about lettuce BUT it really is so good for your BOD! Look at all these amazing benefits!

From realfoodforlife.com

Health Benefits:

1. Low Calorie Content and almost no fat.

Lettuce has only 12 calories for 1 shredded cup.

This is why it is so good for weight loss.

2. High in Fiber and Cellulose

Another reason it is good for weight loss.

This fiber also helps remove bile salts from the body. When the body replaces these salts it breaks down cholesterol to do so. This is why lettuce is also good for your heart!

3. Heart Healthy

Lettuce's vitamin C and beta-carotene work together to prevent the oxidation of cholesterol. This prevents the build up of plaque.

4. Omega-3 Fatty acids.

Romaine lettuce has a 2/1 ratio of omega-3 to omega-6. That's a great ratio.

The fat content in lettuce is not significant UNLESS you eat a lot but we actually suggest you do.

5. Complete Protein

Romaine lettuce has 20 % of its calories in protein. Like all whole foods, much of this protein is complete but that amount can be increased by combining with balancing proteins.

6. Helps with Insomnia

The white fluid that you see when you break or cut lettuce leaves is called lactucarium.

This has relaxing and sleep inducing properties similar to opium but without the strong side effects. Simply eat a few leaves or drink some lettuce juice.

7. Lettuce is Alkaline Forming

The minerals in lettuce help to remove toxins and keep your acid/alkaline balance in order. Once you are balanced on this level there are a host of benefits including greater energy, clearer thinking, deep restful sleep, and youthful skin.

8. Low Glycemic Index

Lettuce has an average glycemic index of 15 but because it has so few calories its glycemic load is considered zero. For anyone watching their blood sugars for medical reasons this is great. Low glycemic index also is great of weight management.

PS!!! If you missed the fancy schmancy Stage Left Dinner and you want to do Dinner in the Field with Boulevard STAY TUNED it is happening in a few weeks!!!

Corn Stuffed Peppers

From tasteofhome.com

Ingredients

- 4 medium peppers
- 1 can (10-3/4 ounces) condensed cream of celery soup, undiluted (I KNOW!!!)
- 2-1/2 cups frozen shredded hash brown potatoes, thawed (AGAIN...)
- 2 cups fresh or frozen corn
- 1/2 cup shredded cheddar cheese
- 1/4 cup chopped onion
- 1 jar (2 ounces) diced pimientos, drained
- 2 tablespoons minced chives
- 1/2 teaspoons salt

Directions

Slice tops off peppers and reserve; remove seeds. In a large bowl, combine the remaining ingredients. Spoon filling into peppers and replace tops. Place in an 8-in. square baking dish. Cover and bake at 350° for 45-60 minutes. Yield: 4 servings

You definitely shouldn't put those tomatoes in the refrigerator. They need to stay at room temperature, ideally in a single layer out of direct sunlight. And most importantly for keeping them fresher longer, store them stem side down while they finish ripening.

Rachel Ray's Tomato &

Cucumber Salad

Ingredients

- 5 medium plum tomatoes, halved lengthwise, seeded, and thinly sliced (you can really substitute any type of tomato here)
- 1/4 red onion, peeled, halved lengthwise, and thinly sliced
- 1 (take out the seeds) cucumber, halved

lengthwise and thinly sliced

- A generous drizzle of extra-virgin olive oil, about 2 tablespoons
- 2 splashes red wine vinegar
- Coarse salt and black pepper

Directions

Dress the tomatoes, onions, and cucumber with olive oil, red wine vinegar, salt, and pepper.

Let stand while you prepare dinner, about 20 minutes. Retoss and serve salad with crusty bread for mopping up juices and oil.

From: thesecretseedsociety.com
Why did the Tomato go out with a prune?

Because he couldn't find a date!
What did the father tomato say to the baby tomato whilst on a family walk? Ketchup.

Cucumber Melon Salad

Myrecipes.com

Ingredients

- 2 tablespoons olive oil
- 1 teaspoon lime zest
- 3 tablespoons fresh lime juice
- 1 teaspoon chili-lime seasoning
- 1 cucumber, seeded & cut into half moons
- 2 cups chopped cantaloupe
- 6 radishes, thinly sliced
- 1 bunch cleaned arugula

How to Make It

Stir together olive oil, lime zest, fresh lime juice, and chili-lime seasoning. Gently toss with cucumber, cantaloupe, and radishes. Cover and chill 30 minutes to 2 hours. Serve over arugula.

Q: Where did the radish go to have a few drinks?

A: The Salad Bar!

Cucumber Salad

Eating Well

Ingredients:

- 2 medium cucumbers, or 1 large English cucumber
- 1/4 cup rice vinegar
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 2 tablespoons sesame seeds, toasted (see Tip)

Preparation

1. Peel cucumbers to leave alternating green stripes. Slice the cucumbers in half lengthwise; scrape the seeds out with a spoon. Using a food processor or sharp knife, cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess moisture.
2. Combine vinegar, sugar and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesame seeds; toss well to combine. Serve immediately.
- Tip: To toast sesame seeds, heat a small dry skillet over low heat. Add sesame seeds and stir constantly until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.

Fine Cooking's Chopped Mexican Salad w/ Roasted Peppers, Corn & Tomatoes

Ingredients

For the peppers and corn

- 2 large orange or red bell peppers
- 2 ears fresh corn
- 1 Tbs. extra-virgin olive oil
- Kosher salt and freshly ground black pepper

For the honey-lime-cumin vinaigrette

- 1 small clove garlic
- Kosher salt
- 3 Tbs. fresh lime juice
- 3 Tbs. fresh orange juice
- 2 tsp. finely chopped shallot
- 1 Tbs. honey; more to taste
- 3/4 tsp. cumin seeds, toasted and finely ground
- 1/4 cup extra-virgin olive oil
- Freshly ground black pepper

To assemble

- 2 large firm-ripe tomatoes, cored, seeded, and cut into 1/4-inch dice (about 1-3/4 cup)
- 1 small jícama, peeled and cut into 1/4-inch dice (2 cups) if you have left over radish sitting in your fridge you can substitute
- 2 large firm-ripe avocados, peeled, pitted, and cut into 1/4-inch dice (about 2-1/2 cups)
- 1 15-oz. can black beans, drained and rinsed (or 1-1/2 cups home-cooked black beans)
- 1/4 cup coarsely chopped fresh cilantro

Preparation

Roast the peppers and corn

- Position a rack in the center of the oven and heat the oven to 425°F. Line a heavy-duty rimmed baking sheet with foil. Cut the peppers in half lengthwise and remove the stem, seed core, and ribs. Put the pepper halves on the baking sheet cut side down. Husk the corn and put the ears on the baking sheet. Drizzle the oil over the peppers and corn and rub it around to coat the

pepper skins and corn kernels evenly. Sprinkle the corn with salt and pepper. Roast in the oven until the peppers are soft and slightly shriveled and browned and the corn kernels are lightly browned in a few spots, about 20 minutes (rotate the corn occasionally as it roasts).

- When the vegetables are done, let them rest until cool enough to handle. Scrape away the pepper skin and cut the flesh into 1/2-inch dice. Cut the corn kernels from the cob. You should have about 1-1/2 cups kernels.

Make the vinaigrette

- Mince and mash the garlic to a paste with 1/4 tsp. kosher salt. In a medium bowl, whisk the garlic paste with the lime and orange juices, shallot, honey, and toasted ground cumin. Slowly add the oil in a thin stream, whisking until well blended. Season to taste with black pepper and more salt and honey, if you like.

Assemble the salad

- Artfully arrange the corn, tomatoes, peppers, jícama, avocado, and black beans in stripes or piles on a small platter or other wide, shallow serving dish. Sprinkle with the chopped cilantro. Serve the vinaigrette in a pitcher. Encourage guests to spoon elements of the salad onto their plates and drizzle on some of the vinaigrette. Or drizzle the vinaigrette over the salad platter just before serving.

What's the difference between a muskmelon and a cantaloupe?

Posted on [8.25.11](#) by [Courtney @ hisandhershomesteading](#) |

I am so glad you asked. I just learned the difference myself. Lately I have seen ads for muskmelons and sales on cantaloupes but I couldn't figure out the difference. They looked the same to me. Plus I can't stand cantaloupe so I never took much interest in learning anything about the melon family. That all changed in that last few weeks though. Maybe it's the pregnancy or maybe the excellent quality of produce we get at our CSA, but I have had a slight obsession with the cantaloupe. An when I say obsession I mean that in the most pregnant way. For instance, last week we (mainly me) at 3 of them!! Several times Robert would reach for a slice and realize that I had already eaten the entire plate. For dessert I often find myself deliberating between a piece of dark chocolate or a slice of cantaloupe. Yikes, that's bad. So needless to say learning everything I can about this orange melon has been a top priority as of late. Yesterday at our CSA pickup I asked the farmer himself what the difference is between the musk melon and the cantaloupe. Personally I think the name musk melon should go, it sounds like something a hunter rubs on himself to camouflage his own scent. The farmer told me that the muskmelon is more of an East Coast thing and the cantaloupe a West Coast thing. That explains why I know little to nothing about musk melons, I'm a Californian. But he also said that there are minor differences in the flavor. The musk melon is often not quite as

sweet and has a stronger “muskier” (for lack of a better term) flavor. It is also heavily ribbed, whereas the cantaloupe lacks these deep grooves. Our CSA farmer was so nice when he heard about my sudden interest in cantaloupes that he slipped an extra one into my bag. I didn’t have the nerve to tell him that I already had one chilled in the fridge for when I got home. Plus having three in the house makes me feel just a little more secure.

Corn, Cucumber and Cantaloupe Salsa

Themom100.com

Ingredients:

- 1 cup corn kernels (fresh or frozen)
- 1 cup diced seedless or European cucumber
- 1 cup diced cantaloupe
- ½ cup chopped tomato
- ¼ cup minced parsley or cilantro
- 1 teaspoon extra virgin olive oil
- ½ teaspoon cumin
- Kosher salt and freshly ground pepper to taste

1. Fill a small pot with water and bring to a boil over high heat. Add the corn (either fresh or frozen), simmer for 2 minutes, then drain in a colander and rinse well with cold water to stop the cooking. Pat the corn dry with a dishtowel.

2. In a medium bowl, add the corn, cucumber, cantaloupe, tomato, parsley or cilantro, olive oil, cumin, and salt and pepper, and stir to combine well.

Cucumber Radish Slaw

Bhg.com

Ingredients

- ¼cup cider vinegar
- 2tablespoons extra-virgin olive oil
- 1teaspoon sugar
- ¼teaspoon salt

- ¼teaspoon ground black pepper
- 4cups thinly sliced English cucumber
- 2cups radishes, trimmed and thinly sliced
- 1cup red sweet pepper strips
- ¼cup finely chopped [green onion](#) (2)

Directions

1. In a large bowl whisk together vinegar, oil, sugar, salt, and black pepper. Add cucumber, radishes, sweet pepper, and green onion; toss gently to coat. Serve immediately or cover and chill for up to 2 hours.

A Short History of New Jersey

http://www.nj.gov/nj/about/history/short_history.html

Delaware Indians

The first people to live on the land now known as New Jersey were the Delaware Indians. They lived here starting at least 10,000 years ago. Anywhere from 8,000 to 20,000 Delaware Indians lived in the area when the first Europeans arrived. Their name means "original people" or "genuine people." They spoke an Algonquian dialect.

Though they were considered one tribe, the Delaware Indians didn't act as one unified group.

Instead, they lived in small communities made up mostly of extended family members. The men would hunt or fish during the day. Depending on the season they might search for clams off the Jersey shore or hunt in the woods. The women worked in the gardens. They grew squash, beans, sweet potatoes, and corn.

*What vegetables are a sailors enemy?
leeks!*

Why did the tomato blush?

Because he saw the salad dressing...

Want your Winter Self to give your Summer Self a HUGE HI-5?

1. UNBLANCHED WHOLE COBS.

This is the easiest and quickest method:

- Shuck, add to freezer bags, extract air, and toss in the freezer.

Pro: It takes literally minutes, which is why there’s always a few corn cobs in our freezer.

Cons: The cobs aren’t as easy to use as cut kernels in recipes or to sauté. And the cooked corn on the cob, while picture-perfect (right photo above) and fun to have in the depths of winter, is a little chewy and watery.

Best way to cook frozen whole cobs*:

1. Bring a large pot of water to boil.
2. Drop frozen ears of corn into boiling water.
3. Cook for 3-5 minutes or until done to your liking.

*A reader suggested this cooking method as a way to keep the cobs from getting soggy, and though we still found they were a bit watery, it is the best way to cook them I think.

<http://anoregoncottage.com>

PLEASE DO NOT FORGET TO RETURN YOUR CSA BOXES WE DO USE THEM AS MANY TIMES AS WE CAN!!!

ALSO, REMEMBER YOUR CLIPPERS IF YOU ARE PICKING FLOWERS!!!