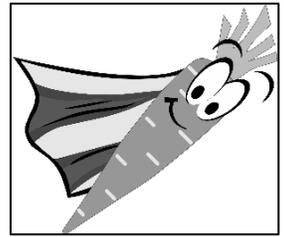


# The Dreyer Flyer

A Weekly Harvest of Fantastic InFARMation



## Harvest Week 16

Liege Waffle

Cabbage

Tomatoes

Peppers-Med Only

White Nectarines

Pickles

Radish

Arugula

Corn

## B2S-Market Box

Nut Butter-cup

Apples

Bean Dip

Grape Tomatoes

Arugula

Peach Preserves

Breadsmith Bread

Olive Tapenade

Pasta

Pickles

Nectarines

## EVENT CALENDAR

9/13 Trapeze Yoga

10/14 Art Show & 5k walk

10/25 Tomasello & Nearly

NewYorkers Celebrate the Fall  
Event

11/2 Thanksgiving Dinner @  
Dreyer Farms

11/9 The Great Pumpkin Plyoga  
Event



CABBAGE can even serve as a Halloween Costume! Can you guess who this is??

\*\*\*\*\*

## Liège Waffles



OUR WAFFLES WERE VOTED BEST WAFFLES IN THE HUDSON VALLEY BY *HUDSON VALLEY MAGAZINE*. TASTING IS BELIEVING! OUR AUTHENTIC LIÈGE WAFFLES ARE YEAST BASED AND CONTAIN CARAMELIZED CHUNKS OF PEARL SUGAR. Pika is handing them out to CSA Members STARTING at 9.30

## The Origin of Liège Waffles

Liège waffles were most likely a French invention. Not only had the French used brioche as a basis for waffles/wafers (as is done with the Liège waffle) since at least the mid-1700s, but by the 1810s-1820s, they had among the first recorded recipes where large pieces of sugar (pearl sugar) were mixed into or used to top waffles. The Belgians would have had limited access to affordable pearl sugar, until 1836, when the famous Tirlmont factory opened outside of Liège.

The popular legend of these waffles being invented by an 18th-century chef to the prince-bishop of Liège is highly questionable, at best. Yet even if these waffles were not invented in Liège, the bakers of the city certainly helped to popularize this style.

## Cabbage and Corn Slaw

This crunchy slaw is sweet, spicy and creamy thanks to corn, cayenne and sour cream.

**TOTAL TIME:** 0:05

**PREP:** 0:05

**LEVEL:** Easy

Ingredients

- 2 tbsp. sour cream
- 2 tbsp. lime juice
- 1/8 tsp. cayenne
- 2 c. shredded green or red cabbage
- 1/4 c. corn kernels (from 1/2 ear)
- 1 green onion, sliced
- 2 tbsp. cilantro, chopped

Directions

1. In bowl, whisk together sour cream, lime juice, cayenne and 1/4 teaspoon salt. Toss with shredded green or red cabbage and corn kernels.
2. Let stand, tossing often, for 10 minutes. Stir in green onion and cilantro.

## Nectarine, Prosciutto, and Arugula Bundles

Cooking Light.com

Ingredients

- 4 cups lightly packed trimmed arugula
- 1 teaspoon extravirgin olive oil
- 1/8 teaspoon freshly ground black pepper
- 12 (1/2-ounce) slices prosciutto, each cut in half lengthwise
- 3 nectarines, each cut into 8 wedges (about 3/4 pound)

## How to Make It

Combine first 3 ingredients in a large bowl; toss gently to combine. Arrange 3 or 4 arugula leaves at 1 end of 1 prosciutto strip. Place 1 nectarine wedge on top of arugula; roll up. Place bundle, seam side down, on a serving plate. Repeat procedure with remaining arugula, prosciutto, and nectarines.

## Raw Summer Squash Salad with Arugula, Feta, and Herbs

kalyn'skitchen.com

Ingredients:

3 T [fresh squeezed lemon juice](#) (or a bit less)  
4 T good quality extra virgin olive oil  
zested skin from one whole lemon (or a bit less)  
2-3 medium sized yellow or green summer squash (about 3-4 cups sliced squash)  
4-6 oz. arugula leaves (3-4 handfuls)  
1/2 cup sliced or chopped fresh herbs (basil, mint, or parsley would be my choice)  
1/4 cup crumbled [feta cheese](#)

Instructions:

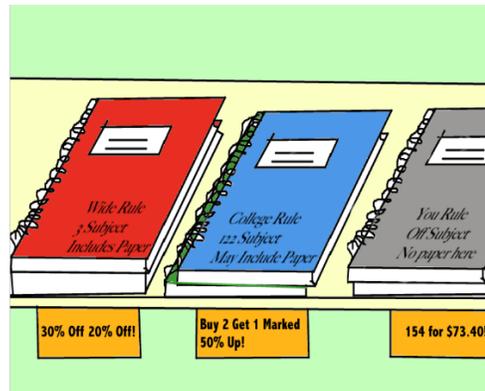
Zest the lemon and place the zest in a bowl or glass measuring cup. Squeeze the juice from the zested lemon, then add more juice as needed to make 3 T lemon juice. (I'm a big lemon fan, so if you're not that crazy about lemon 2 T might be enough for you.) Add lemon juice to the zest, then whisk in the olive oil.

Cut off the ends of squash, then wash and dry. Cut lengthwise, then use a mandoline or chef's knife to cut into very thin slices. (I used the 1.5 mm blade on the mandoline.) Layer the sliced squash into a flat dish and pour over about 2/3 of the dressing and season with a generous amount of salt and fresh ground black pepper. Let squash marinate 15-30 minutes while you prep other ingredients.

Wash arugula leaves and spin dry or dry with paper towels. (I pinch off the big stems, but this is optional unless you're taking photos!) Wash herbs of your choice and spin dry or dry with paper towels, then either slice or

coarsely chop herbs.

Combine arugula and herbs in bowl large enough to hold all the salad. Add marinated squash slices, toss to combine, and taste to see if you want to add more dressing, salt, or fresh ground black pepper. (I added a bit more dressing.) Arrange salad on individual salad plates, sprinkle each with 1 T crumbled feta cheese, and serve.



Try some of Pika's famous Olive Tapenade

**Here are some ways to work this tasty olive tapenade into your daily eats:**

1. Make olive aioli by mixing into mayonnaise. ...
2. Thin it out with extra virgin olive oil and use it as a flavorful dipping oil for bread.
3. Mix a small amount into spaghetti, tossing to coat the strands. ...
4. Mix into hummus.

## Arugula, Peach, Radish & Corn Salad

Theherbalacademy.com

Salad Ingredients

10 cups baby arugula or spring mix  
1 1/2 cups fresh or cooked corn  
4-5 radishes, sliced thin  
1-2 peaches or nectarines, sliced  
1 red bell pepper, chopped  
1/2 cup green onions, chopped  
1/2 cup sliced almonds  
1/3 cup fresh cilantro, minced  
1/3 cup fresh basil, minced

## Cumin Lime Dressing

### Ingredients

- 1/4 cup fresh lime juice
- 1/3 cup olive oil
- 1 date
- 1/2 tsp cumin
- 1/2 tsp sea salt

### Directions

- Blend together all dressing ingredients until smooth
- Toss together all salad ingredients and serve portions with dressing



My Crunchy Pickled Salad is vegan, pareve, kosher for Passover (if you use a KFP vinegar) and gluten free (if you use a certified GF vinegar). If you really love the pickled flavor, you can add up to 2 tbsp more vinegar to increase the tartness. Enjoy!

## Crunchy Pickled Salad

### INGREDIENTS

- 2 lbs Persian cucumbers (you can use your PICKLES)
- 1/2 lb radishes (red or white)
- 1/2 white cabbage, shredded
- 1/2 cup fresh minced dill
- 6 tbsp white wine vinegar (or more to taste)
- 1/2 cup extra virgin olive oil
- 2 tsp salt (or more to taste)

Total Time: 20 Minutes

Servings: 8-10 side salad servings

Kosher Key: Pareve, Kosher for Passover

Slice the cucumbers into small rounds about 1/4 inch thick. Do not peel them. Discard stems. Remove the leaves from the radishes and slice them into thinner rounds.

Place the cucumbers and radishes in a salad bowl along with the shredded white cabbage.

In a small bowl, whisk together fresh minced dill, white wine vinegar, olive oil and salt. Add more vinegar to taste for a more pickled flavor, and/or more salt if desired.

Pour the dressing over the salad and toss to blend.

Refrigerate the salad for 30 minutes to let the flavors marinate. Serve cold.

If you use red radishes, the red color may “bleed” a little and cause the radishes to turn pink. This does not affect the flavor of the salad, but if it bothers you, use white radishes instead.

## PICKLED CUCUMBER AND RADISH

[GOURMET](#) MAY 2001

Makes 4 servings

### INGREDIENTS

- 1 medium English cucumber
  - 1/4 cup seasoned rice vinegar
  - 1/4 cup water
  - 3 tablespoons sugar
  - 1/2 teaspoon salt
  - 1 cup thinly sliced radish
- Halve cucumber lengthwise, then slice crosswise 3/4 inch thick.
  - Bring vinegar, water, sugar, and salt to a boil in a saucepan, then cool to room temperature.

- Combine cucumber, radish, and vinegar in a bowl and chill, covered, until cold.

- Drain vegetables before serving.

*Cooks' note:*

*Pickled vegetables may be chilled up to 3 hours.*

## Pasta with Arugula and Tomatoes

*Seriouseats.com*

### Ingredients

- 1 pound pasta
- 3 cups cherry tomatoes (about 1 pound), rinsed
- 1/4 cup olive oil
- 4 cloves garlic, thinly sliced
- 1/4 teaspoon red pepper flakes
- 1/2 pound arugula
- 1/2 cup Pecorino Romano
- salt

### Directions

Chop the tomatoes up into half-inch pieces. Pour the olive oil into a large skillet over medium high heat. Add the garlic and red pepper flakes. Cook until fragrant, about one minute. Add the chopped tomatoes. Cook until the tomatoes until they have softened, about five minutes.

Meanwhile, bring a large pot of water to boil. Sprinkle in a few tablespoons of salt. When boiling, add the pasta and cook according to the direction on the box. With about six minutes left in the time, add the arugula to the pot. Reserve half a cup of pasta water, and drain the pasta and arugula.

Turn the skillet with the tomatoes back to medium high, and then toss in the pasta and arugula. Stir together, and cook for a minute or so, adding some of the reserved pasta water if it is too dry. Season with extra salt and freshly grated cheese.

THIS IS SO STINKIN' CUTE I HAD TO SHARE IT!!!!



Go to [lunchboxdad.com](http://lunchboxdad.com)

## Year 2, First Day of School:

Today is my daughter's first day of school, so I made her a special school supplies lunch complete with chalkboard sandwich, cheese pencil, watermelon erasers, and of course apples! I made the lunch in a [Planetbox Rover](#) and the note in the middle is from [Lunchbox Love](#). I can't believe she is in 1st grade, the past year went by so fast. If you have kids you know you have to show up the first day with all the school supplies, so I wanted my daughter to be prepared. I hope the school year has started off well for you and your kids. We will be back on Monday so check in for a really fun lunch that my daughter and I came up with!

### Ingredients:

- Slice of watermelon cut up into squares
- Handful of dried apples
- 1 serving of carrot sticks
- Handful of spinach
- 1 stick of string cheese
- 1 peanut butter and honey sandwich (or whatever type of sandwich your child likes)
- 1 piece of white cheese
- 1-2 pieces of nori (dried seaweed snack)

### Directions:

- 1) Place sandwich in container and put dried seaweed on top of it to make the chalkboard. Fill in space around it with baby carrots.

- 2) Cut numbers out of white cheese and place on top of the seaweed.

- 3) Arrange dried apples in a side dish. Put spinach in another side dish. Trim string cheese with a knife so that it makes a point. Dip the end in black food coloring and use a toothpick to draw the details as shown. Drop it on top of the spinach.

- 4) Take your watermelon squares and trim the edges at an angle to form an old school pink eraser shape. Place watermelon erasers in the last side dish.

- 5) If you want to add a finishing touch you can include a note from Lunchbox Love.



## DREYER FARM LUNCH BOX

Always have a Breadsmith Freshly made loaf on hand!

Using Nutty Novelties nut butters with a slice of apple of peach preserves to make the most special sandwich-if you are lucky enough that your child

likes egg whites make it look like the owl below!!! So CUTE!!!

How about apple slices with a cup of nut butter? That's fun and nutritious!!!

Arugula and nectarine simple salad with dressing on the side!

Tomatoes & Sliced Kirby's with a side of Dreyer Farms Bean Dip

Have you tried the OLIVE Tapenade with PASTA....oooooo

### Stuffed Peppers

- 4 bell peppers (any color)
- 1 tbsp extra-virgin olive
- 1/2 large yellow onion, chopped
- 3/4 lb ground turkey thigh
- 1/2 tsp sea salt
- 2 tsp garlic powder
- 1 cup brown rice, cooked (approx. 1/3 cup uncooked)
- 1 - 25oz jar pasta sauce
- STEP 1 Preheat oven to 350 degrees F.
- STEP 2 Cut the tops off the bell peppers and scoop out the seeds with a spoon. Gently poke 4 tiny holes in the bottom of each pepper to help let juices drain.
- STEP 3 Add the 4 peppers to a large pot of boiling water and cook for about 5 minutes, until just softened. Set aside in a 9x9 baking dish.
- STEP 4 In a large sauté pan over medium heat, add the olive oil and onions. Stir and cook until fragrant and onions begin to soften
- STEP 5 Add in the ground turkey and cook until meat is browned.
- STEP 6 Add in the brown rice, pasta sauce, salt and garlic powder, stirring until everything is combined. Allow to simmer for a few minutes before removing from heat.
- STEP 7 Carefully spoon meat mixture into bell peppers, filling to heaping.
- STEP 8 Bake for 30 minutes.