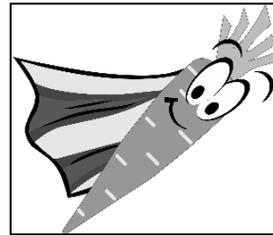


The Dreyer Flyer

A Weekly Harvest of Fantastic InFARMation



Harvest Week 17

Pizza Dough

Mozzarella

Basil

Justine's Garlic

Tomatoes

Cherry Bombs

Kale

Corn

Cottage Bacon-Med

Market Box

Pizza Doughs

Mozzarella

Chicken Sausage

Marinara

Kale or Lettuce

Garlic

EVENT CALENDAR

9/13 Trapeze Yoga

9/22 Boulevard 572

Dinner in the Field

In Memory of Henry Dreyer Jr.

call 908.709.1200

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



How lucky we are to have these wonderful farmers working so hard to bring us such amazing FOOD!

Our Garlic Goddess Justine



Exclusive Battenkill Milk & Cream (Seth)



Cottage Bacon-Heather



EGGS/Chicken/Sausage George & his family



We thank you for making our bellies happy and our heart healthy!

Charred Kale with Garlic Pizza

Ingredients

- 1 pound [homemade](#) or store-bought pizza dough, divided into two 8 ounce balls
- 6 to 8 ounces roughly chopped trimmed kale leaves (about 2 quarts)
- 3 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 6 ounces shredded Fontina, Jack, or Gruyère cheese
- 8 ounces fresh mozzarella cheese
- 6 medium garlic cloves, thinly sliced
- Pinch red pepper flakes

Directions

Place each ball of pizza dough in a lightly oiled bowl and cover tightly with plastic wrap. Set aside at room temperature for 1 hour.

Combine kale and olive oil in a large bowl. Season with salt and pepper. Toss, massaging with hands until every surface of the kale is coated in oil. Set aside while the pizza dough rests. Meanwhile, adjust oven rack to top position under broiler and place a Baking Steel or pizza stone on top. Preheat oven to maximum heat setting.

When ready to bake, transfer one ball of pizza dough to a bowl of flour and turn to coat. Transfer to a lightly floured wooden pizza peel and stretch or roll into a thin circle. Top with half of grated cheese and half of mozzarella torn into small chunks. Sprinkle half of garlic and half of pepper flake over surface.

Turn broiler on to high and launch pizza onto baking steel. Bake, rotating occasionally, until

cheese has melted and edges are barely starting to brown, about 2 minutes. Remove from oven with a metal pizza peel, distribute half of kale evenly over surface, and return to oven. Bake, rotating occasionally, until kale is charred and crisp and edges of pizza are browned, about 2 minutes longer. Serve immediately, then repeat with remaining pizza



Tomato Basil & Corn Pizza

Cooking Light

Ingredients

- 1 pound refrigerated fresh pizza dough
- 1 tablespoon plain yellow cornmeal
- 1/2 cup Dreyer Farms Marinara
- 1 large tomato, thinly sliced
- 2/3 cup fresh corn kernels (from 2 ears)
- 3 1/2 ounces fresh mozzarella cheese, torn (about 1 cup)
- 2 garlic cloves, thinly sliced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup loosely packed basil leaves, torn
- 1/4 teaspoon crushed red pepper
- 1 teaspoon olive oil
- 1 tablespoon balsamic glaze

How to Make It

Step 1

Place a rectangular pizza stone in the oven, and preheat to 500°F. (Do not remove the pizza stone while the oven preheats.)

Step 2

Place the dough in a microwave-safe bowl. Cover with plastic wrap, and microwave at HIGH 30 seconds, until the dough is slightly warmed. Place the dough on a lightly floured surface, and roll out into a 15- x 12-inch rectangle. Sprinkle cornmeal on a large piece of parchment paper; place the dough rectangle on the cornmeal. Let stand 5 minutes.

Step 3

Place the parchment and dough on a flat baking sheet. Bake at 500°F for 3 minutes. Spread marinara sauce on the crust. Top evenly with tomato, corn, cheese, and garlic. Sprinkle with salt and black pepper. Gently slide the pizza onto the preheated pizza stone. Bake at 500°F for 12 minutes or until crust is browned and edges are crispy. Sprinkle basil and crushed red pepper evenly over top; drizzle with oil and balsamic glaze. Cut into 6 slices.

Homemade Pizza with Kale Caramelized Red Onion, Bacon & Gorgonzola

francesjanisch.wordpress.com
Encouraged by the abundance of Kale on the menus of New York restaurants these days, I thought it would be great to share this recipe with you. It's from a shoot I did with my friend Paul Lowe, also known as [Sweet Paul](#), and if you know me by now, you'll know I'm a big fan of his work. There is nothing better than homemade pizza. Even if you don't want to make the dough yourself, and you use the store bought variety, it still beats the taste and quality you'd find in

most pizza parlours. And not only that, it will make your home smell amazing too!

This pizza has crispy bits of bacon, caramelized red onions, and plenty of melted cheese interlaced with the kale. Paul never uses tomato sauce, and he likes to use gorgonzola, but if you don't like gorgonzola, replace it with fontina, gruyere or any other cheese that melts easily.

let dough rise at room temperature for about one hour

Ingredients for the

Toppings:

2 tablespoons olive oil

pinch of sugar

6 rashers of bacon -use

COTTAGE BACON

1 medium red onion, sliced thinly

1 bunch of kale, ribs removed and roughly chopped

5 oz crumbled gorgonzola or gruyere

3 oz grated good quality mozzarella

half a cup of fresh parsley

salt and pepper to taste

Method:

– Preheat the oven to 450 F / 230 C and place a pizza stone (if you have one) inside.

– if you don't have a pizza stone, use an inverted baking tray/cookie sheet

– Put the onions, olive oil, and sugar into a pan over medium heat and cook, stirring frequently, until the onions are wilted and brown, about 15 to 20 minutes.

Reduce the heat if the onions are browning too quickly. Set aside to cool a bit.

– In the same pan, cook the bacon until crispy (or to your liking).

– Remove and add to the onions. Pour off all but one tablespoon of the fat.

– Now place the kale in the same pan and cook until it wilts slightly, but not completely.

Add a few tablespoons of water and cover, if necessary.

– Roll out the dough, and place on the heated pizza stone* (it will be VERY HOT! Please be careful!)

– *Sprinkle some corn meal on the stone/baking sheet to prevent sticking

– loosely place the bacon, onions and kale on the dough, making sure to get an even mix.

– sprinkle gorgonzola and mozzarella on top

– drizzle with olive oil

– place in oven and cook until cheese melts, about 12 to 15 minutes

– pull the pizza out, and let cool for 5 minutes.

– Sprinkle the chopped parsley on top, along with some coarse sea salt and black pepper

Cut the pizza up into as many slices as you like, and, for an added bonus, add half of a sliced avocado. You won't regret it!



Balsamic Kale & Chicken Sausage Pizza

Realfoodbydad.com

Serves: one 12 inch pizza

Ingredients

- For the pizza
- 1 teaspoon coconut oil
- 1 cup (70 g) diced de-stemmed kale
- 1 teaspoon balsamic vinegar
- 1 teaspoon basil paste or 6 fresh basil leaves
- 2 chicken sausages, sliced

- ¾ cup pizza sauce or Dryer Farms Marinara
- 2 cups (240 g) shredded mozzarella cheese

Instructions

1. Preheat the oven to 425 degrees F. Spray a baking sheet with nonstick or place a pizza stone (I used my steel pizza stone) in the oven to preheat.
2. *To make pizza:* Turn the dough out onto a floured surface and knead it 10 times. Use a rolling pin to flatten out the dough to 12 to 14 inches in diameter and ½ inch thick. Transfer to the prepared baking sheet or use a peel to transfer it to the hot pizza stone. Bake the crust for 10 minutes.
3. Meanwhile in a medium skillet over medium heat, melt the coconut oil. Add the kale, balsamic vinegar, basil paste and sliced chicken sausage. Saute for approximately 5 minutes, or until kale is softened and the sausage is heated through and lightly browned.
4. Remove the partially baked dough from the oven, spread the pizza sauce to within 1 inch of the edge, sprinkle on the cheese and top with sauteed kale and chicken sausage. Bake for an additional 10 minutes, or until the cheese is melted and slightly browned. Slice and serve hot.

Sweet Potato, Kale + Feta

Iquitsugar.com

This meal-in-a-muffin from our friend, [Nicole Joy](#), is chock-a-block full of veggies and protein. Perfect for breakfast as you're running out the door or to stash

in the kids lunchbox for a nutritious morning tea.

Ingredients

Dry

- **2 cups** white spelt flour.
- **1 teaspoon** fine salt.
- **1/2 teaspoon** black pepper.
- **1 teaspoon** baking soda.
- **1 cup** kale, stalks removed, roughly chopped.
- **2 tablespoons** parsley, finely chopped.

Wet

- **3** eggs, lightly beaten.
- **125 ml** extra virgin olive oil.
- **1/2 cup** full-fat plain or Greek yoghurt.
- **1 cup** sweet potato puree.
- **100 g** feta.

Directions

1. Preheat your oven to 200°C/400°F/Gas Mark 6 for at least 20 minutes before baking (a hot oven will help the muffin to rise). Line a 12-hole muffin tray with muffin liners and set aside.

2. Mix the dry ingredients together in a large bowl, ensuring there are no clumps. In a separate smaller bowl, mix together the wet ingredients (except for the feta).

3. Make a well in the centre of the dry ingredients and pour the wet mixture into the dry. With a wooden spoon, fold together until just combined (over mixing will result in a dense and chewy muffin).

4. Spoon batter evenly into the prepared tray and crumble feta over the tops of each muffin. Reduce the temperature to 180°C/350°F/Gas Mark 4 and bake in the centre of the oven for 25 minutes or until a skewer inserted into the muffins comes out clean.

5. Allow to cool for 10 minutes in the tin and then remove and continue cooling on a wire rack.

Sweet potato puree: dice up 1kg of peeled sweet potatoes. Place into a pot of boiling water and cook for 10 minutes until soft. Drain and then place into the blender and blitz until you form a smooth puree. Measure out 400g for this recipe. Place the rest in ziplock bags and freeze to use in other recipes.

Years ago a friend of mine showed me how to roast garlic whole and eat the warm, toasty cloves right out of the head. How wonderfully simple! And perfect for garlic lovers. Roasting garlic changes the chemical makeup of the garlic so that it's easier to digest. You can eat a lot more garlic if it is completely cooked, with fewer side effects than you would get from eating raw garlic. (If you're into chemistry, you can read more about this process in the [Wikipedia](#).)

Eat the caramelized roasted cloves directly out of the heads, or add them to pasta dishes, mash them up and spread them over toast, or mix them with sour cream for a dip. If you are sensitive to raw garlic, you may find that you can much more easily eat roasted garlic.

Roasted Garlic Recipe

Simplyrecipes.com

Ingredients

One or more whole heads of garlic

Method

1 Preheat your oven to 400°F (205° C). (A toaster oven works great for this.)

2 Peel and discard the papery outer layers of the whole garlic bulb, leaving intact the skins of the individual cloves of garlic. Using a sharp knife, cut 1/4 to a 1/2 inch from the top of cloves,

exposing the individual cloves of garlic.

3 Place the garlic heads in a baking pan, cut side up. (A muffin pan works great for this, as it keeps the garlic bulbs from rolling around.) Drizzle a couple teaspoons of olive oil over each exposed head, using your fingers to rub the olive oil over all the cut, exposed garlic cloves. Cover the bulb with aluminum foil. Bake at 400°F (205°C) for 30-35 minutes, or until the cloves feel soft when pressed.

4 Allow the garlic to cool enough so you can touch it without burning yourself. Use a small small knife cut the skin slightly around each clove. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins.

Eat as is (I love straight roasted garlic) or mash with a fork and use for cooking. Can be spread over warm French bread, mixed with sour cream for a topping for baked potatoes, or mixed in with Parmesan and pasta

Cherry Bomb Pepper

Pepper Category: Mediums

Scoville Heat Scale

Orange Habanero 150000 Scovilles

This Pepper 3500 Scovilles

Jalapeño 5000 Scovilles

Typical Heat Rating in Scovilles 2500 - 5000

Cherry Bomb Peppers are about 2" nearly round peppers that mature quickly from green to brilliant red. Moderately hot with thick walls which makes them ideal for pickling and stuffing. This early-bearing, disease-resistant, hybrid chile explodes with flavor and bears as much as 50 percent more fruit per plant than its traditional, open-pollinated relatives.