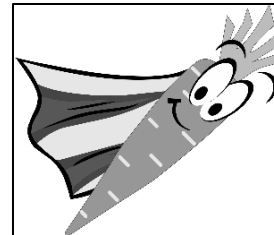


The Dreyer Flyer

Clean & Green in 2018...eating, laughing, moving&loving-



2018

Bok Choy, Spinach, &
MORE

EVENT CALENDAR

3/ 22 Grand Re-Opening Party

4/8 1pm **5 Ways to get the most out of your Veggies

4/24 Greenhouse Garden Tour

5/ 19 **4-4.30 Family Farming-
How to Select the Best Plants to
Teach your family how to farm

What is filling you up BESIDES food & drink?

You ever reach for something like, cookies, candy, wine, beer, fries, chips (the list is deliciously endless right!?) But you never stop and really think about WHY?

I challenge you this season to
STOP
THINK
DISCOVER

Unlock the cravings! This is the key. Understanding why you want to do the things you know you should is an integral part of your overall health equation

My Story

In a nutshell..5pm WINE PLEASE!! I discovered I was grabbing the wine bc I was so totally tired and frustrated at dinner time. WHY? Because not only would I not get any help, I'd get a lot of, should I say, "constructive criticism" about what I prepared.

...continued on last page

How excited are you for 2018 CSA? If you are reading this I sure hope you are signed up already. Note: Beginning this Summer I will be providing health coaching as part of the CSA!

What course of action do you want to take?

🍷🍷🍷🍷 Less take out

More Physical Activity 🏃🏃🏃🏃🏃🏃🏃

Quality Time with Family/Friends/Significant Other 🧑🧑🧑

Laugh More 😄😄😄😄😄😄😄😄

!!!!NOW LET'S GET COOKING!!!!

BABY BOK CHOY SALAD

Adapted from -geniouskitchen.com

Ingredients-

- Dressing-enough for several batches of salad
- 1cup vegetable oil
- ½cup balsamic vinegar
- ¼cup [soy sauce](#) you can also use coconut aminos if you are not into soy!
- 2teaspoons [caster sugar](#) (or more, depending on your sweet tooth) you can replace this with honey if you want a natural sweetener with added health benefits
- SALAD
- 1bunch [baby bok choy](#)(about 1 pound)
- 4 -6[green onions](#) (or more, depending on your love of onions)
- ¼cup slivered almonds or other nuts of your choice
- ¼cup [pine nuts](#)
- ½-1cup crisp chow mein noodles (Chang's Original Fried Noodles in Australia) I used Jade Pearl Ramen

Directions-

1. Combine all dressing ingredients in a jar with a tight-fitting lid. Shake well. Set aside until needed.
2. Toast slivered almonds in a small pan. After about 1 minute, add the pine nuts and continue to toast both ingredients. Stir constantly so these don't burn. When nice browned, remove from pan and set aside to cool.
3. Chop bok choy in 1-inch pieces. Wash well to remove grit. Spin dry, or roll in a tea towel to dry.
4. Trim green onions and chop (on the diagonal) into 1-inch pieces (use both white and green bits).
5. Toss together bok choy, sliced onions, toasted nuts and several very generous sloshes of dressing. Try to dress this at least an hour before it will be served.
6. Sprinkle crisp chow mein noodles on top, stir well &serve.



day! In case you've never used them, give them a try. Chia seeds are rich in Omega-3 fatty acids and high in fiber, which helps lower cholesterol levels. They are rich in antioxidants, which helps protect the body from free radicals. They are also gluten-free and can be used as a replacement for eggs.

I usually feel fuller when I have chia seeds in my breakfast or smoothie. The texture is wonderful and so yummy! Paired with a green smoothie and fresh fruit, it is a delightful treat. Your body will thank you big time for incorporating this into your diet.

I hope you will enjoy your chia seeds experience with this recipe. The green smoothie is very thick and creamy, which is important when making layer desserts. Runny and thin smoothies will not work as well because the layers might fade into each other.

Vanilla Chia Pudding – Green Smoothie Parfait

This recipe requires some advanced preparation, as the vanilla chia pudding will need to sit overnight in the refrigerator.

Ingredients

Vanilla Chia Pudding (Make this a day ahead)

3 tablespoons Chia seeds
 1 cup of plant based milk of your choice such as almond, soy, rice, hemp (I used coconut-rice milk)
 sweeten with agave and add 1 tsp of vanilla extract for more flavor

Directions

Make this a day ahead

In a medium bowl, add all ingredients and let it sit in your fridge overnight. It will be a gel like consistency!

Thick & Creamy Green Smoothie



1 cup of water or milk
 1 to 2 handfuls spinach
 2 big leaves from turnip cabbage (Kohlrabi) or just use MORE spinach
 4 – 7 leaves of beet greens-or MORE spinach (LOL)
 very small handful of carrot green

1 frozen banana

1/2 avocado

10-12 grapes

1 orange

1 kiwi

rice syrup or agave to taste

Directions

1. Place all of your greens and liquid (a little less, you can always add more later) in your blender and blend until very smooth and creamy.
2. Add all other ingredients besides the rice syrup and blend until smooth and creamy. Tweak flavors to taste, adding the rice syrup or any other sweetener.*

*If you are using Ramen Noodles, break them up and let the salad sit for a least an hour tossing a few times in between to let the Ramen absorb the noodles. Also...for a little color add any or all of the following-thinly sliced red pepper, baby corn, oranges!

Vanilla Chia Pudding with Thick & Creamy Green Smoothie

<https://www.blendtec.com/blog/vanilla-chia-pudding-green-smoothie/>

By [Niner](#) of [niner bakes](#)



Hello everyone!

This is Niner from [niner bakes](#), and I will be sharing a sweet green smoothie parfait with you today!

It contains the best ingredients, including the superfood chia seeds! I love chia seeds and I use them in my smoothies and cereal every

3. To serve, pour in a mason jar or glass and enjoy! Make sure to leave some for the vanilla chia pudding!

*With every recipe you are blending, I recommend tasting and tweaking it as you go. Feel free to tweak/sweeten your smoothies until you are satisfied with the outcome.

How to assemble your Vanilla Chia Pudding – Green Smoothie Parfait

Layer any jar/glass/mug starting with the vanilla chia pudding.



Next, add a layer of the creamy, thick green smoothie



Add another layer of chia pudding and top with fresh fruit (I used strawberries, blueberries, and raspberries) to make it even more delicious.



Crisp Baby Bok Choy Greens in Tangy-Sweet, Sesame-Soy Vinaigrette

Salad ingredients: (serves 4)
8 Baby Bok Choy, rinsed and dried then thinly sliced (including leafy greens)
1/2 cup shredded carrot
1 tablespoon toasted sesame seeds, for garnish

This is what farmer Jess made on the video



Preparation:

-Place sliced Bok Choy and carrot into a large bowl and into refrigerator while vinaigrette is prepared.

Sesame-Soy

Vinaigrette ingredients:

1 clove fresh garlic, pressed through garlic press
2 teaspoons toasted sesame seeds
1 tablespoon honey
1 tablespoon low-sodium soy sauce
3 tablespoons rice wine vinegar
1 tablespoon toasted sesame oil
3 tablespoons vegetable oil

Preparation:

-In a small bowl, add all of the vinaigrette ingredients and whisk together until well combined.

-Pour the vinaigrette over the Bok Choy greens and carrot, toss together well to coat, and divide equally among plates, piling the greens high; sprinkle with about a teaspoon of the sesame seeds to garnish.

Spinach Chimichurri Shrimp with Rice

From *delish.com*

Ingredients

- 1 c. spinach, tightly packed
- 1 c. fresh cilantro, tightly packed (about 1 bunch cilantro)
- 1/2 c. Chopped red onion
- 3 garlic cloves, chopped
- kosher salt
- 1/2 tsp. crushed red pepper flakes
- 1/4 c. red wine vinegar
- 1/2 c. plus 1 tablespoon extra-virgin olive oil
- 1 c. rice pilaf
- 1 lb. medium shrimp, peeled and deveined

Directions-

1. In a small food processor, combine spinach, cilantro, onion, garlic, salt, red pepper flakes, and vinegar. Pulse a few times and scrape down sides. With motor running, drizzle 1/2 cup olive oil into mixture and process until almost smooth.
2. In a medium pot, cook rice pilaf according to package instructions; keep covered.
3. In a large skillet over medium-high heat, heat remaining tablespoon olive oil. Sauté shrimp until cooked and pink in color, about 5 minutes. Turn off heat and toss shrimp well with half of chimichurri.
4. Serve shrimp over rice pilaf, topped with remaining chimichurri sauce.





Justine's Amazing-Bok Choi!

Rinse and chop - remove core use 2-3 heads of Bok Choi
Put in a wok with olive oil, minced garlic and minced ginger about a tablespoon of each.
Chop your favorite kind of mushroom and add to wok
Sprinkle with salt and pepper
Add 1 tablespoon of honey

This side is DELICIOUS with couscous and Salmon cooked with Dijon mustard and brown sugar on top.



BUTTERBALL-Farm to Family

This is NUTS! Do you agree? Everyone is trying to be like us. I guess we should feel honored. I don't because I think some people do not actually stop and think about the marketing. Everyone is working hard to look so small.

Breath....I do hope this means we are creating the awareness that small, family owned, local, farms are where we should all be shopping....right?

GOT QUESTIONS?

Call me
908.477.0105
I love talking to you guys
-dawn

Sesame-Ginger Forbidden Rice Bowl -the stingyvegan.com



- 150 grams (5.25 oz) shiitake mushrooms - \$2.15
- 3 1/2 tablespoons soy sauce or tamari, divided - \$0.18
- 2 1/2 tablespoons rice vinegar, divided - \$0.27
- 1 teaspoon sugar - \$0.02
- 1 teaspoon sesame oil - \$0.11
- 2 baby bok choy, sliced in half lengthwise - \$0.54
- 1 medium carrot, in matchsticks - \$0.06
- 1/4 of a small cabbage, shredded - \$0.57
- 50 grams (1.8 oz) bean sprouts - \$0.25
- 6 tablespoons tahini - \$0.90
- 6 tablespoons warm water - \$0.00
- 2 teaspoons sambal oelek (or sriracha) - \$0.27
- 30 gram (1 oz) chunk of ginger, peeled and minced (about 2 1/2 tablespoons) - \$0.15
- 1 clove of garlic, minced - \$0.08
- 3 cups cooked forbidden rice (from 1 cup dried) - \$0.70
- 1 green onion, sliced (optional) - \$0.10
- 1 teaspoon sesame seeds (optional) - \$0.07

Remove the stems from the shiitake mushrooms and place them gill side up in a dish. In a small bowl mix together 2 tablespoons soy sauce, 1/2 tablespoon rice vinegar, the sugar and the sesame oil. Pour this marinade into the mushroom caps and leave to marinate while you prepare the veggies.

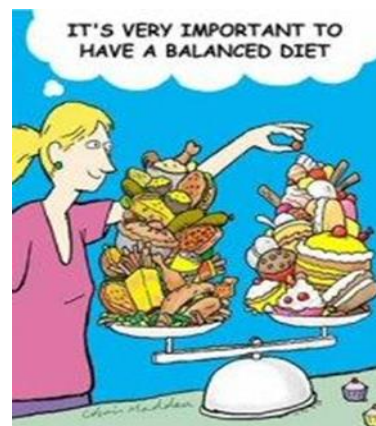
Heat a non-stick pan over medium high heat. Place the bok choy sliced side down and sear until just

browned. Add a tablespoon or two of water to the pan and cover. Allow the bok choy to steam for a couple of minutes until bright green and the stems are tender.

3
Meanwhile, prepare the sauce by mixing together until smooth the remaining 1 1/2 tablespoons soy sauce, 2 tablespoons rice vinegar, tahini, warm water, sambal, ginger and garlic.

4
Toss the mushrooms to coat in the marinade and pour out any residual water from the pan you used to cook the bok choy. Sear the mushrooms for a few minutes on both sides until brown and crispy. Pour a bit of the remaining marinade over them as you fry them.

5
Finally, divide the forbidden rice between two bowls and top with the vegetables. Garnish with some sliced green onions and sesame seeds, if desired, and serve with the sesame-ginger sauce.



How did I stop feeling frustrated and alone? I asked for help. I got it the 1st day and then I think the 4th day and now....you can probably guess! But even though the enthusiasm for helping has waned, there still is HELP, even a little understanding. For me, I have clarity. REALLY. I don't need the wine, I put some awesome music on and think about the 20 minutes I have made an absolute MUST at the dinner table (instead of 5-10 crazy minutes) and even though...it takes me over an hour of preparing, shopping, cooking, & cleaning, those 20 minutes are the most important minutes of my day.