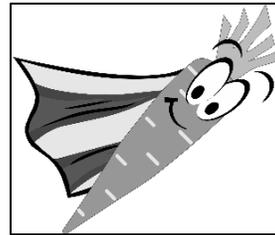


The Dreyer Flyer

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



2018

Asparagus & Leeks

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

My Pal Justine & I have been obsessed with watching documentaries on Netflix...some I have already seen, and I just wanted to watch again. We encourage you to watch one or more as they most certainly make you think about your food choice!

Rotten

<https://www.netflix.com/title/80146284>

“The series has a pretty clear message: **“Food needs to get a lot smaller and more local if we want it to be sustainable for producers and consumers and the planet at large.”**-
pastemagazine.com

Fed Up! With Katie Couric
<http://fedupmovie.com/#/page/home>
my Sofia dropped her Goldfish
<http://www.fatsickandnearlydead.com/>

FRIDGE CHALLENGE



*You ever feel like you want to dump everything out of your closet and start all over? Maybe it's a room in your house-or even the entire house!!! I was assigned to take a photo of my fridge and I thought this should be easy because I am generally proud of what I put in there....but a public photo makes you **SERIOUSLY RECONSIDER***

*Although I thought I liked what was in there, some items (which shall remain nameless) were terrible -400mg of sodium for 1 serving and my son would have 2 or 3 servings at a time- so I filed that **BOX yes BOX** under G and I will not ever buy them again. This very small promise to myself is not inconsequential because then I started to look at my pantry. Items that I buy for my kids with feelings of-“it's a treat, they don't eat it all the time” why does a treat have to be an unhealthy food? Is it bc I have an Italian and Jewish upbringing? Who knows! However, I am determined to have better conversations with my children and keep on keepin' on the path of wellness!*

What's YOUR story?

On page four I am sharing my ultimate fried & pantry staples...yes I do buy Goldfish Crackers but after watching Fed Up I will be doing a little more portion control!

Ann Burrell's
**Asparagus, Pecorino and
Red Onion Salad**



Ingredients

- 1 bunch pencil asparagus, tough bottom stems removed
- 1 small red onion, finely diced
- 1 cup coarsely grated aged pecorino
- 1/2 cup red wine vinegar
- Extra-virgin olive oil
- Kosher salt

Directions

Cut the asparagus, including the tips into very thin slices, crosswise and place in a medium bowl. Add the red onion and pecorino and toss to combine. Dress with the vinegar, olive oil and salt and toss again. This salad should be fairly heavily dressed. The vinegar will sort of "cook" or tenderize the asparagus. It is best to do this about an hour or so in advance to let the flavors "marry".



<https://www.youtube.com/watch?v=jbNvPoumEVU>



The Only Eggs & Chicken to use in our recipes...WHY?? Small Farm, Pasture Raised, Well Cared For, We Visit Often!

Asparagus & Leek Lemon Pasta



Author my Bottomless Boyfriend

Ingredients

- 1/2 pound whole grain penne
- 1 bunch thin asparagus trim and discard bottom 2-3 inches, the remainder cut into 1-inch long pieces
- 1.5 TB unsalted butter
- 1 leek ends trimmed, with light green and white parts quartered and thinly sliced
- 1 1/2 tablespoons all-purpose flour
- 3/4 cup 2% milk room temperature
- 1/2 tablespoon freshly grated lemon zest
- 1/8 teaspoon nutmeg
- Salt to taste
- Freshly ground black pepper to taste

- 4 ounces soft goat cheese I used herbed goat cheese
- 1/4 cup freshly grated Parmigiano-Reggiano
- Lemons for garnish

Instructions

1. Cook the pasta according to package directions. Use a slotted spoon to transfer the pasta to a large bowl. Let the water return to a full boil and add the asparagus, cooking until just tender and still bright green, about 3 minutes. Drain the asparagus and add it to the pasta.
2. Meanwhile, melt the butter in a small saucepan over medium heat. Add the leek and saute until aromatic and soft, about 4 minutes. Whisk in the flour until it disappears, about 1 minute. Add the milk, lemon zest, nutmeg, salt, and pepper and let simmer, whisking occasionally until thick, about 4 minutes. Add the cheeses, whisking until melted and the sauce is smooth.
3. Pour the sauce over the pasta and asparagus and toss until evenly coated. Add a squeeze of fresh lemon juice if desired and garnish with lemon wedges.

Leek is a type of vegetable that belongs to the lily family. ... Interesting Leek Facts: ... Great Roman emperor Nero was also known as "Porophagus" or "leek eater".

www.softschools.com

Savory Ham & Asparagus Quiche



www.jessicagavin.com

Ingredients

Pie Crust-

- 1 1/4 cups all-purpose flour, *plus more for rolling dough, spooned and leveled*
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 8 tablespoons unsalted butter, *(cold), cut into pieces, 1 stick*
- 2 tablespoons ice water, *plus 2 more, if needed*

Quiche Filling-

- 1 tablespoon unsalted butter
- 1 1/2 cups leeks, *halved and thinly sliced, then well washed, white and light green parts only*
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper, *ground*
- 1 cup asparagus, *tough ends removed, thinly sliced on the diagonal*
- 8 ounces ham steak, *(1 1/2 cup) cut into 1/4-inch dices*
- 4 large eggs
- 1 1/4 cups half-and-half

- 1 pinch nutmeg, *ground*
- 1 tablespoon chives, *chopped*
- 1 cup swiss cheese, *or gruyere cheese, (4 ounces) shredded*

Instructions

Pie Crust-

1. In a large bowl, whisk together flour, salt, and sugar. Add butter pieces and cut into the flour mixture using your hands or a dough cutter, until mixture resembles coarse meal, with just a few pea-size pieces remaining.
2. Sprinkle with 2 tablespoons ice water. Combine with your hands until the dough holds together when squeezed with fingers (if needed, add up to 2 tablespoons more ice water, 1 tablespoon at a time). Do not over knead.
3. Turn dough out onto a work surface; form dough into a 3/4-inch-thick disk. Wrap tightly in plastic, and refrigerate until firm, at least, 1 hour or freeze for 30 minutes. The dough can be made up to 3 days in advance, tightly wrapped in plastic wrap and stored in a plastic bag.



4. Before baking, unwrap dough; place on a large piece of floured parchment paper. Roll dough to a 14-inch round. Using paper, lift and wrap dough around rolling pin (discarding paper); carefully unroll over a 9-inch pie plate. Gently fit into bottom and up sides of the plate.
 5. Trim overhang to 1 inch; fold overhang under itself. Pinch between thumb and forefinger to make a straight edge around the rim. Crimp edge; refrigerate until chilled, about 1 hour or 30 minutes in the freezer. The crust can be rolled out 1 day in advance, wrapped tightly in plastic wrap.
- #### Quiche Filling-
1. Preheat oven to 350°F, with rack in lowest position. In a large skillet, melt butter over medium. Add leek and asparagus; season with salt and pepper. Cook, occasionally stirring, until asparagus is crisp-tender and bright green, 5 minutes; let cool.
 2. In a large bowl, whisk together eggs, half-and-half, 1/2 teaspoon salt, 1/2 teaspoon pepper, a pinch of nutmeg and chopped chives. Place pie crust on a rimmed baking sheet. Evenly sprinkle with ham, the leek and asparagus mixture, and then cheese. Pour egg mixture on top.

- Bake until center of quiche is just set, 50 to 60 minutes, rotating sheet halfway through. Let stand 15 minutes before serving.

Jess Dreyer's Pizza Pie

Breadsmith Dough

Simple...dough, saute' leeks, cook bacon (she used piggery deli ham) and mozzarella. Roll, Top, Bake, Enjoy-Voila!



My Staples for Wellness

Non-Food-Kinda

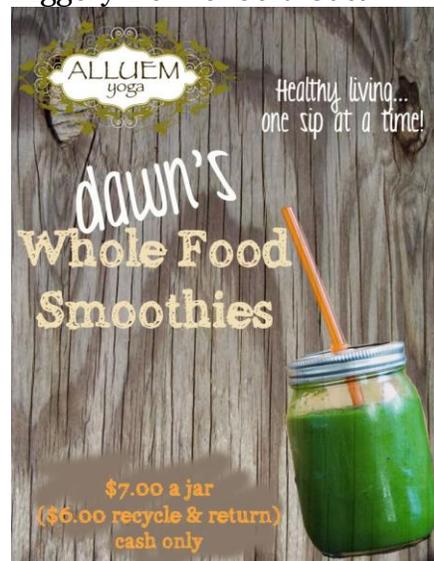
Date Night
20 Minutes for Dinner with Family
Yoga &/or Running/Walking

Food

Fridge & Pantry Items
Greens
Kale-all kinds
Endive
Radicchio
Red Onion
MUSHROOMS!
Vidalia Onion
Avocado
Original Goldfish Crackers..I can't help it, my late Grandma LOVED them and we think of her when we see the box!
Cucumbers-all kinds but pickles/Kirby kind are my favorite
LEMONS & lime
Apples-GOT TO HAVE THEM
Celery
Carrots

Sprouts-when I can get them fresh
Parmesan Reggiano
Pecorino Romano
Plain Greek Yogurt from a good source (I am going to start making it from Battenkill Cream Top)
Kombucha!!!!
Yogi Teas various kinds..but I am looking for a local tea source!
Almond & Coconut Milk Unsweetened
Steel Cut Oats
Breadsmith Dough-Whole Wheat and Regular for those picky kids!!
Frozen Spinach & Peas
Bananas
Sprouted Ezekiel Bread
NUTS-Raw, Unsalted
Dark Chocolate-70% or higher
Love the brand Chocolive

Beans in
Beans in a Box
Dry Beans
Nut Butters-only nuts nothing added
Zoup-Veeggie & Chicken
Griggstown Eggs & Chicken
Piggery-Pork & Cold Cuts



Ball Jars (I **used to** do this)
Quinoa
Farro
Whole Grain Pasta
Dreyers Marinara

Canned Crushed, Diced & Fire Roasted Tomatoes
Kimchi
Balsamic
Olive Oil
Sesame Oil
Toasted Flax Seeds
Raw Cacao Nibs
Chia
Kreimheld Butter
Trappers Honey-RAW, It's al RAW
Finding Home Maple Syrup
Garlic
Berries-fresh & frozen
Corn for POPPING!!!
Cleaning Supplies are are Meyers Clean Day-I'm Totally Obsessed
After reading the article below I think I will only buy Kind Bars (I gave them up a while ago but my family loves a granola bar...I'd rather munch on a apple with almond butter)

<http://www.healthy-holistic-living.com/granola-bars-healthy-unhealthy.html>

The 80/20 Rule
Eat wonderful, nutritious food 80% of the time and 20% eat what you want...you may find after a certain amount of time that you crave healthy, nutritious food!!

Things like
Ice Cream
Cakes/Cookies/Donuts
Candy
Chips/Pretzels/Dips
Things in bags, boxes, packaging

