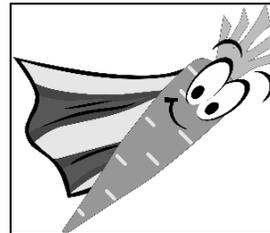


The Dreyer Flyer

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



2018

Week#1

THE HARVEST

Asparagus

Spinach

Arugula

Radish

Griggstown Eggs

Shiitake Mushrooms

BAM BOX

Asparagus/Spinach/Eggs

Shiitake

Market Box

Asparagus/Spinach/

Shiitake/Sausage/Eggs/

Milk/Cream/Cheese/

Pasta/Onion/Garlic

EVENT CALENDAR

5/ 19 4-4.30 Family Farming

5/28 & 29 Week 1 of 4 Weeks 2

Wellness w/ Patty & Dawn

5/30 6.30-8.30 Yoga in the field
with Alluem

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>

Fed Up! With Katie Couric

<http://fedupmovie.com/#/page/home>

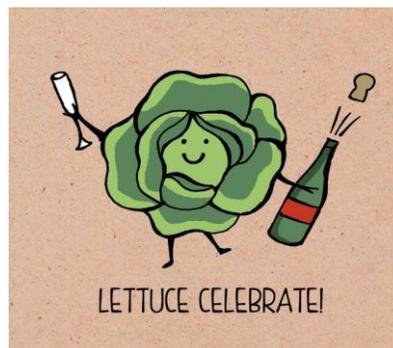
<http://www.fatsickandnearlydead.com/>

Have you already taken the-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 is not inconsequential because it can carry over to the 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!*



Jokes from RD.com

I exercised once, but found I was allergic to it. My skin flushed and my heart raced. I got sweaty and short of breath. Very dangerous.

Shiitake Mushroom Asparagus Spinach Soup Savorylotus.com

- 1 pound asparagus, ends trimmed off and cut into 1/2 inch pieces
- 2 cups shiitake mushrooms, fresh and chopped into thin slices
- 4 big handfuls of spinach, washed well and roughly chopped
- 1 small onion, finely chopped
- 4 cloves garlic, minced
- 4 cups homemade broth (chicken, beef, or veggie)
- 1/2 tsp tarragon, dried
- 1 bay leaf
- 1 cup homemade nut milk of choice
- 1/4 cup fresh parsley, finely chopped
- juice of 1 lemon
- salt and pepper, to taste
- 2 TBS butter, ghee), or coconut oil

1. Melt fat of choice in medium soup pot and saute onion until translucent and beginning to brown
2. Add minced garlic and saute from about a minute
3. Add asparagus and shiitake mushrooms and saute for 3-4 minutes until veggie start to sweat

4. Pour in 4 cup of broth and add bay leaf, tarragon, and spinach
5. Simmer soup for about 30 minutes on low-medium until asparagus is nice and soft
6. Turn off heat, add nut milk, lemon juice and fresh parsley, cover and let sit on stove top for at least another 30 minutes (I usually let it sit for longer to let flavors meld)
7. Before serving, add salt and pepper to taste and gently reheat.



Roasted Asparagus wheat berry salad with arugula pistachio pesto

Abeautifulplate.com

Wheat Berries:

- 1 cup hard red wheat berries, rinsed
- 3 and 1/2 cups cold water
- 1/2 teaspoon kosher salt
- extra virgin olive oil

Roasted Asparagus:

- 1 bunch of fresh (thick) asparagus, tough ends trimmed
- extra virgin olive oil
- kosher salt
- freshly ground black pepper

Arugula Pistachio Pesto:

- 2 medium garlic cloves, peeled
- 2 ounces arugula
- 1 and 1/2 ounces fresh basil (set aside 1-2 leaves for garnishing)
- 1/4 cup raw or toasted shelled pistachios, plus more for garnishing
- 1/3 cup extra virgin olive oil
- 1 tablespoon freshly squeezed lemon juice
- kosher salt
- freshly ground black pepper

Garnishes:

- fresh basil leaves, chiffonade
- roughly chopped raw or toasted shelled pistachios
- freshly grated lemon zest
- shaved aged Manchego or Parmigiano-Reggiano cheese

1. Preheat the oven to 450 degrees Fahrenheit (230 degrees Celsius) with a rack in the center position.
2. In a saucepan, combine the rinsed wheat berries, cold water, and kosher salt. Bring to a boil, reduce to a simmer, cover, and cook for 50 minutes to 60 minutes, or until the wheat berries are tender and cooked through – the exact cooking time will vary by brand and age, similar to dried lentils. Drain the wheat berries in a fine-meshed sieve and spread into a thin layer onto a clean sheet pan (alternatively, you can place them in a

large mixing bowl – the goal is to cool them down quickly). Drizzle and toss with a small amount of olive oil. Cool completely at room temperature, or place them in refrigerator for 10 to 15 minutes to speed this process up.

3. As the wheat berries are cooking, place the trimmed asparagus spears on a second sheet pan. Drizzle with olive oil, sprinkle with kosher salt, and freshly ground black pepper, toss, and distribute into an even layer on the sheet pan, setting them apart slightly. Roast at 450 degrees F (230 degrees C) for 12 to 16 minutes, or until lightly caramelized and tender. Remove and allow to cool on a rack while you prepare the rest of the salad.
4. Prepare the arugula pistachio pesto. In a large processor, pulse the garlic cloves until finely minced. Add the arugula and basil leaves and pulse until coarsely chopped, scraping down the sides of the bowl as necessary. Add the raw pistachios and slowly pour in the olive oil, processing until mostly smooth. Transfer to container, stir in the lemon juice, and season to taste with salt and pepper.
5. Once the wheat berries have cooled, place in a large mixing or serving bowl and generously toss with the arugula

pistachio pesto (*you will most likely have some leftover pesto). Season the salad to taste with salt and pepper. Cut the asparagus spears on a bias into 1-inch pieces, add to the wheat berries, and toss gently.

6. Serve at room temperature or cold. Garnish the salad with chiffonade basil, coarsely chopped pistachios, freshly grated lemon zest, and shaved Manchego cheese (or Parmigiano-Reggiano, if using) as desired.
7. Leftover salad can be stored in an airtight container in the fridge for up to 5 days.

This salad would also work perfectly with farro, an Italian grain similar in appearance to wheat berries. Use the same method above but reduce the cook time to 25 to 35 minutes total.

JOKES from rd.com

I only seem to remember I want to lose weight after eating 9 cookies.



Asparagus & Shiitake Mushroom Egg Cups

From *fitfoodiefinds*

So Market Box Members..you can do this as a breakfast/lunch/snack ooooo...such an amazing combination!

Ingredients

- 6 eggs, large
- 1 tablespoon olive oil
- 1/2 tablespoon garlic, minced
- 1/2 cup shiitake mushrooms, sliced
- 1/2 cup chopped asparagus, quartered
- salt and pepper to taste
- 2 tablespoons milk, any kind
- 3 tablespoons grated cheese (your favorite kind!)

Instructions

1. First, preheat oven to 350F and spray a 6 tin muffin tin with nonstick cooking spray.
2. Next, in a large sauce pan, heat 1/2 tablespoon of garlic in 1 tablespoon of EVOO. Then, sautee asparagus for about 4 minutes, then add in mushrooms for an additional 3 minutes or until they have both softened up a bit.
3. While the vegetables are cooking, whisk together 6 eggs and 2 tablespoons of milk.
4. Next, divide out out the veggies into the muffin tin. Then, pour egg on top, filling about 3/4 of the way. Season with salt and pepper to taste and sprinkle on your favorite kind of cheese.

5. Bake at 350 for about 25 minutes or until the eggs have set.

Chicken Sausage Spinach & Mushroom Pasta

Delish.com

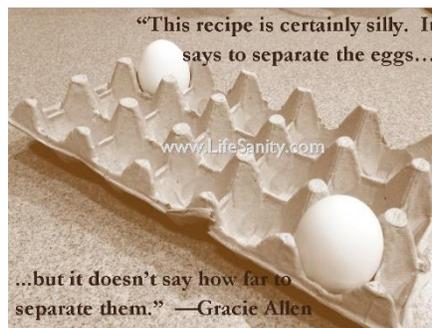
Ingredients

kosher salt
 1 lb. pasta
 1 tbsp. extra-virgin olive oil, plus more for drizzling
 1 12-oz. package chicken sausage
 12 oz. mushrooms, cut into 1/4" slices
 Freshly ground black pepper
 1/2 c. diced onion
 3 cloves garlic, minced
 1/4 c. dry white wine
 1 c. low-sodium chicken stock
 1/4 c. heavy cream, at room temperature
 1 1/2 c. freshly Asiago/Parmesan & Roman Blend is great or you can use just Parm!
 5 oz. spinach
 1/4 c. chopped fresh parsley, plus more for garnish

1. Bring an 8-quart stock pot of water to a boil and generously season with salt. Cook pasta according to package directions until al dente. Reserve 1/2 cup pasta water and set aside.
2. In a large sauté pan over medium-high heat, drizzle oil and sear chicken sausage until golden brown on all sides, 2 to 3 minutes. Transfer to a plate to cool; cut into 1/4" slices and set aside.
3. Meanwhile, add 1 tablespoon oil and spread out mushrooms

evenly in the pan; let brown on one side for 3 minutes. Season with salt and pepper. Add onions and garlic and sauté until softened, 3 to 4 minutes. Add wine, chicken stock, and heavy cream; simmer until slightly thickened and reduced, 5 to 7 minutes. Toss in sausage with any leftover juices, then add Parm, spinach, and parsley.

4. Drain pasta and stir into sauce. (Add additional pasta water in small increments as needed if sauce is too thick.) Garnish with parsley and serve immediately.



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".

You know what's hard to beat for breakfast? A boiled egg.

Wheatberry Salad with Radishes, Asparagus, Walnuts, and Spring Onions

Food52.com

Serves: 4

- 1cup hard spring wheat berries
- Sea salt
- 1pound asparagus, trimmed and chopped into 1 1/2-inch pieces, tops and stems separated
- 5white or red radishes, sliced very thinly into rounds
- 1/2cup walnuts pieces
- 2spring onions, white and green parts included, chopped
- 2tablespoons sherry vinegar
- 5tablespoons olive oil (plus more, as needed)
- 1teaspoon lemon juice

- 1teaspoon Dijon mustard
 - Black pepper, to taste
1. To begin, rinse the wheat berries and place them in a large pot, along with a generous pinch of salt and 3 cups of water. Bring the water to a boil and then reduce it to a simmer and cover it. Simmer the wheat berries for 35 to 45 minutes, or until they're tender, but they still retain some chew. Drain them, return them to the pot, and toss them with a drizzle of olive oil to keep them from sticking together.
 2. While the wheat berries cook, toast the walnuts in a large skillet for a few minutes, or until they smell fragrant and nutty. Transfer them to a paper towel or a plate as soon as they're browning lightly (they'll keep cooking after they're removed from the heat).
 3. Bring a pot of water to a boil and blanch the asparagus stems for 2 minutes. Add the tops and allow them to cook with the stems for another minute, or until all pieces are tender but still crispy. Plunge the pieces into cool water, then transfer to a strainer and set them aside.
 4. Whisk together the vinegar, oil, lemon, mustard, and salt and pepper to taste.
 5. Mix the wheat berries with the radishes, the

cooked asparagus, the walnuts, and the onions. Add the dressing and combine everything well. Adjust seasonings and serve.

everything is well coated.

Arugula Radish Salad *Naturallyella.com*

- **Salad**
 - 4 cups arugula
 - 2 sliced radishes
 - 1 bunch scallions
 - 1 cup quinoa, cooked and cooled
 - 1/4 cup sunflower seeds
 - 1 ounce feta
 -
 - **Dressing**
 - 3 tablespoons olive oil
 - 2 tablespoons lemon juice
 - 1 tablespoon minced dill
 - 2 teaspoons honey
 - 1/4 teaspoon black pepper
 - 1/4 teaspoon sea salt
1. Wash and lightly dry arugula. Place in a large bowl and set aside. Remove the tops from the radishes and cut in half. Set the flat half on the cutting board and cut into thin, half moon slices. Add to arugula. Trim the ends from the scallions and dice through part of the greens. Place in the bowl with the radishes. Finally, add the quinoa, sunflower seeds, and feta.
 2. In a jar with a tight fitting lid, combine the ingredients for the dressing and shake vigorously. Pour over the salad and toss until

Thanks so much for joining the CSA for a Clean & Green 2018. If you could bring a re-usable tote and leave the box behind we would greatly appreciate it. Please remember it is YOUR feedback that enables us to be awesome. Call or text with any questions, comments or suggestions!

*Your Farmasict
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