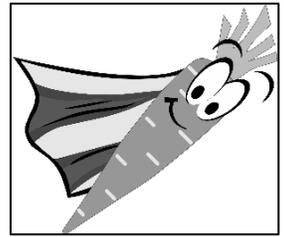


The Dreyer Flyer

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



2018

Week #2

THE HARVEST

Beets/Lettuce/Kale/Leeks/
Broccoli Rabe/ Rhubarb/
Pizza Dough

BAM BOX

Broccoli Rabe/Lettuce/
Dough/Ricotta/Mozzarella

Market Box

Broccoli Rabe/Lettuce/Leeks/3
Pizza Dough/Mozzarella/
Ricotta/Walnuts/Parmesan
Cheese/
Dreyer Farms Marinara

EVENT CALENDAR

5/25 Meat CSA
5/26 Springhouse Dairy Field
Trip-
5/28 & 29 Week 1 of 4 Weeks 2
Wellness w/ Patty & Dawn
5/30 Yoga in the Field

RIVER BEND

Griller's Delight
Meat CSA
Pick Up 5/25 & meet the Farmer
After 1.15pm

What's Included:

16 Angus Beef Burgers
8 No-nitrate Hot Dogs
8 No-nitrate Cheddar Jalapeno
Hot Dogs
4 Sweet Italian Berkshire Pork
Sausage
4 Chorizo Sausages
4 Beer Cheddar Bratwurst
\$95 (about \$2 per item!)

SIGN-UP FOR YOGA IN THE FIELD ASAP

May 30th 6.30-8.30

\$20pp

Bring your own mat



ATHLETA

is giving away goodies

Light Dinner Included in the price

Go to www.alluem.com or call 908.276.9642

Taking Control of your schedule is the first step of taking control of your health and well-being.

AND

"Love yourself enough to live a [healthy](#) lifestyle." Jules Robson

"Health is the greatest gift." Buddha

WHAT ARE YOU WORKING ON NOW, TO KEEP YOURSELF HEALTHY?

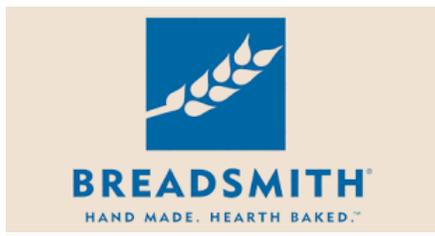
Are you still working on developing a love affair with Kale?



How to Cook Kale

Now try this method from Tony Conte, owner of a pizza restaurant in Gaithersburg, Maryland: Boil the leaves in water with dashes of salt and sugar. Then quickly transfer them to an ice bath to keep them firm.

When you're ready to eat, warm the kale in a dry skillet, toss it on a pizza or breakfast sandwich, and relish in the fact that you're finally eating like an adult.



Remove the dough from the refrigerator and let it come to room temperature on the counter.

Prepare your stone, pan (lightly sprayed), or parchment paper (non-waxed).

Carefully stretch or roll the dough to the desired size. If the dough is at room temperature, it should not tear.

Let the stretched dough rise for 10 to 15 minutes if thicker crust is desired.

Cover the dough with your favorite toppings.

Bake at 400 to 425 degrees for approximately 15 to 25 minutes.

Let cool slightly before cutting. Serve and enjoy!

Leek, Ricotta, and Walnut Pizza

Myrecipes.com

Leeks and ricotta share a natural sweetness that contrasts with the richness of toasted walnuts. You can also use pine nuts or pecans.

Ingredients

- [1/2 recipe Pizza Dough](#)
- Cooking spray
- 1 tablespoon cornmeal
- 1 teaspoon olive oil
- 4 cups thinly sliced leek (about 3 large)
- 1/2 cup part-skim ricotta cheese
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 1/4 teaspoon salt

- 1/4 teaspoon black pepper
- 1 garlic clove, minced
- 2 tablespoons coarsely chopped walnuts

How to Make It

Step 1

Preheat oven to 450°.

Step 2

Roll dough into a 12-inch circle on a lightly floured surface. Place the dough on a (12-inch) pizza pan or baking sheet coated with cooking spray and sprinkled with cornmeal. Crimp the edges of the dough with fingers to form a rim.

Step 3

Heat oil in a large nonstick skillet over medium heat. Add leek; sauté for 10 minutes. Cool to room temperature.

Step 4

Combine cheeses, salt, pepper, and garlic in a bowl. Spread the cheese mixture over pizza crust, leaving a 1-inch border. Top with the leek mixture, and sprinkle with walnuts. Bake at 450° for 15 minutes or until lightly browned. Cut into 8 wedges.

Whole Wheat Broccoli Rabe & Ricotta White Pizza

TheSkinnyFork.com

Ingredients:

Pizza:

- 1 Tbsp. Extra Virgin Olive Oil, *Divided*
- 4 Garlic Cloves, *Minced*
- 1 Bunch Broccoli Rabe, *Stemmed & Chopped*
- 1 C. Mozzarella Cheese
- 1/2 C. Ricotta Cheese
- Salt & Pepper to Taste
- Pinch Crushed Red Pepper (Optional)

Directions:

Preheat the oven to 425 degrees F. and lightly coat a pizza pan with non-stick cooking spray; set aside.

Roll the dough out to form your crust.

Carefully transfer the crust to the prepared pizza pan; set aside.

Fill a large pot with water and bring it to a boil. Place the broccoli rabe into the pot to cook for 1-2 minutes or until it starts to become tender and turn bright green.

Immediately transfer to a colander to drain and rinse with cold water.

Squeeze the broccoli rabe with a paper towel to remove any excess water and transfer to a small skillet along with the minced garlic and 1 tsp. of extra virgin olive oil.

Saute over medium heat for another 1-2 minutes. Once done, remove from the heat and set aside.

Top your prepared crust with the remaining 2 tsp. of extra virgin olive oil.

Evenly top with the shredded mozzarella cheese and broccoli rabe.

Scoop the ricotta out onto the pizza and season with salt, pepper, and crushed pepper flakes (if desired.)

Place the pan into the preheated oven and bake for 12-15 minutes or until the cheese is melted and the edges of the crust are brown and crisp.

I actually like to take mine off the pan to set directly on the oven rack for the last couple of minutes because I like a very crisp crust!

Cut evenly into 10 slices and serve right away. Enjoy!

Simple Easy Rhubarb Pie

Ingredients

- 4 cups chopped fresh rhubarb
- 2 eggs, slightly beaten
- 4 tbsp all-purpose flour (GF Option: use gluten free flour blend and 1 teaspoon xanthan gum)
- 1 1/8 cup granulated sugar
- 1 store-bought or homemade pie crust (GF Option: use gluten free pie crust)

Instructions

1. Wash and cut rhubarb stalks into bite-size chunks.
2. In a small mixing bowl combine eggs, flour and sugar.
3. Pour mixture over chopped rhubarb, stir until rhubarb chunks are coated.
4. Pour rhubarb into pie crust.
5. Bake in a preheated 375 degree F oven for 1 hour, or until center is set. Cool.
6. Serve w/ Vanilla Bean Ice Cream Available in the Freezer! Or Make the best whipped cream ever using non other than Battenkill Valley Creamery Cream!

Honey-Rhubarb Chicken

Asparagus & Fingerling Potatoes

- 2 Boneless, Skinless Chicken Breasts
- 2 cloves Garlic
- 1 stalk Rhubarb
- 3/4 lb Fingerling Potatoes
- 1/2 bunch Asparagus
- 1 bunch Thyme
- 2 Tbsps Butter
- 1 Tbsp Honey
- 1 Tbsp White Wine Vinegar

Remove the honey from the refrigerator to bring to room temperature. Preheat the oven to 475°F. Wash and dry the fresh produce. Halve the potatoes lengthwise. Cut off and discard the tough, woody stem ends of the asparagus; cut into thirds on an angle. Cut off and discard any leaves or woody stem ends from the rhubarb; thinly slice the rhubarb crosswise.

Place the potatoes, whole thyme sprigs, and unpeeled whole garlic cloves on a sheet pan. Drizzle with 1 tablespoon of olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer, with the potatoes cut side down, on 1 side of the sheet pan. Roast 10 to 12 minutes, or until the potatoes are lightly browned. Leaving the oven on, remove the roasted potatoes from the oven.

While the potatoes and garlic roast, pat the chicken dry with paper towels and season with salt and pepper on both sides. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook 5 to 7 minutes per side, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a cutting board and set aside in a warm place.

Place the asparagus in a bowl; drizzle with olive oil and season with salt and pepper. Toss to thoroughly coat.

Carefully remove the roasted garlic cloves from the sheet pan; transfer to a small bowl. Add the seasoned asparagus to the other side of the sheet pan in a single, even layer. Return to the oven and roast 5 to 7

minutes, or until the asparagus is lightly browned and the potatoes are tender when pierced with a fork. Remove from the oven; carefully discard the thyme sprigs.

Make the sauce: While the potatoes and asparagus roast, when cool enough to handle, using your fingers, carefully squeeze the roasted garlic cloves out of their skins; transfer to the pan of reserved fond. Add the rhubarb and vinegar; season with salt and pepper. Cook on medium-high, stirring frequently and scraping up any fond from the bottom of the pan, 1 to 2 minutes, or until the rhubarb is slightly softened. Add the honey (kneading the package before opening) and 1/4 cup of water. Cook, stirring occasionally, 2 to 3 minutes, or until slightly thickened. Turn off the heat and add the butter; stir until melted. (If the sauce seems too thick, gradually stir in up to 2 tablespoons of water.) Season with salt and pepper to taste. 6 Slice the chicken & plate your dish: Cut the cooked chicken crosswise into 4 equal-sized pieces. Divide the roasted vegetables and sliced chicken between 2 dishes. Top the chicken with the sauce. Enjoy!

Simple Roasted Beets

Superhealthykids.com

Ingredients

- 1 bunch – beets
- 3 tablespoon – olive oil
- 1/8 teaspoon – salt

Directions

1. Preheat the oven to 425 degrees and line a baking sheet with parchment paper.
2. Wash the beets and use a vegetable scrubber to wash the outside.

Remove the stem and root end with a sharp knife. Use a vegetable peeler or pairing knife to peel the beets. Slice the beets into 1/4 inch thick rounds and place them in a small bowl.

3. Drizzle the olive oil over the sliced beets and then toss to combine.
4. Place the sliced beets in a single layer on your prepared baking sheet.
5. Roast in the hot oven until the beets are fork tender, 10-15 minutes, remove from the oven and sprinkle with salt.
6. Enjoy right away.

Garlicky Kale Salad

Serves 2

1 bunch kale (about 10 ounces)
2 tablespoons sesame [tahini](#)
2 tablespoons apple cider vinegar
2 tablespoons fresh lemon juice
1 tablespoon tamari or Bragg's amino acids (see text to the right if you don't know what Bragg's is)
2 teaspoons minced garlic
1/4 cup Kalamata olives
1/4 cup chick peas
1 tablespoon nutritional yeast

Break the kale up into bite sized pieces and massage down into a bowl. Add the chick peas and olives. Puree the tahini, apple cider vinegar, lemon juice, tamari or Bragg's amino acids, and minced garlic in a blender and process until smooth.

Pour the dressing over the kale, chickpeas, and olives and toss well. Let sit for about 30 minutes in the fridge. Top with nutritional yeast and enjoy!

Red Velvet Pancakes

(with beets!)
teacheatlive.com

Ingredients:

1 1/2 c. all purpose flour
1/2 c. whole wheat flour
1/2 tsp. salt
2 tsp. baking powder
1/8 tsp. cardamom
1/8 tsp. cinnamon
1 tsp. cocoa (NOT dutch process)
1 c. milk
2 T. butter, melted, plus more for cooking
1/4 c. cane sugar
2 eggs
1/2 c. beet*

Directions:

1. In a blender or food processor, puree the beet with the milk. Stir the eggs, sugar, and butter into the beet mixture.
2. In a medium sized bowl, stir together the dry ingredients. Pour the liquid beet mixture into the dry mixture, and stir gently.
3. In a heated skillet, melt a tablespoon of butter over medium low heat. Drop heaping spoonfuls of batter onto the skillet; flip when the pancakes get a few bubbles and some of those bubbles begin to pop. Top with syrup, butter, and enjoy!

* I roast my beets with the skin on at 425 and peel when cool; alternatively, you can steam/cook them in a covered pot with about 2 inches of water. Do this the night before

If you've ever taken the time to peruse the shelves of a health food store or local food co-op, chances are you've come across [Bragg](#). The company itself has been around for more than one hundred years — founded in 1912 —

The enterprise was started by Paul Bragg, whose scare with tuberculosis early on in life led him on a dedicated health-food path. One of the many things he preached was that table salt was bad, describing the use of it as a "[deadly salt habit](#)." That's where Bragg Liquid Aminos comes into play.

Bragg Liquid Aminos is exactly what it sounds like: liquid amino acids. But what you can't guess from the name is that it tastes a whole lot like soy sauce. Made from soybeans, Liquid Aminos has found a cult following among some vegans and vegetarians — more so in the '60s and '70s but still true today — who were anxious to include more protein into their diet. Aside from being a source of protein, Bragg Liquid Aminos has also been used as a substitute for soy sauce and tamari, being marketed as a "healthy, gourmet alternative." It is gluten-free so it has been a good option for those with Celiac disease.

Bragg can be added to just about any food — it even comes in a squirt bottle. Those who love it recommend it in salad dressings, on rice and as a salt alternative for popcorn.

Nutritional yeast is a deactivated **yeast**, often a strain of *Saccharomyces cerevisiae*, which is sold commercially as a food product. ... **Nutritional yeast** has a strong flavor that is described as nutty, cheesy, or creamy, which makes it popular as an ingredient in cheese substitutes.