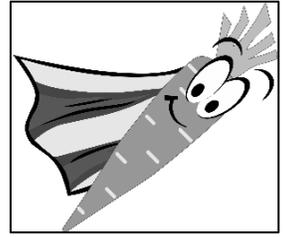


# The Dreyer Flyer

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



## 2018

Week#4

### THE HARVEST

#### Small & Medium Shares

Zucchini/Pickles(Kirby cucumbers)/Savory Spice Pickling Spice/Kohlrabi-BABY/Beets/Dino Kale/Peas (pod not edible)/Cabbage

#### **BAM BOXS**

Peas/Zucchini/Beets/Meadow Butter

#### **Market Box**

2lbs Griggstown Ground Meat, Savory Spice Taco Seasoning/Tex Mex Shredded Cheese/Tortillas/Sour Cream/Cilantro/Lime/Cabbage/Zucchini/Kohlrabi

#### **How to Use Kohlrabi-**

*cookingontheweekends.com*

- **Roast it** – As I mentioned above, if you've never worked with this interesting vegetable, I think Simple Perfect Roasted Kohlrabi, is the place to start. The result of this super easy recipe is a very, naturally sweet treat.
- **Purée it** – It's delicious in soups and sauces.
- **Sauté it** – this will have a similar result to roasting, as it will caramelize nicely bringing all of the natural sugars to the surface.
- **Eat it raw** – It's wonderful in slaws, salads, or as a vehicle for delicious dips!
- **Spiralize it** – A pretty way to serve it raw or cooked.

#### **Pesto Caprese Zucchini Noodle Salad**

*From my favorite site EVER*

*Inspiralized.com*

#### **Ingredients**

- For the pesto:
  - 2 teaspoons pine nuts
  - 1 packed cup of basil
  - 1.5 tablespoons extra virgin olive oil
  - 1 small garlic clove
  - salt and pepper, to taste
  - For the zucchini noodles:
  - 1 medium zucchini, Blade D, noodles trimmed
  - For the caprese:
  - 2 half-thick slices of tomato
  - 2 quarter-inch thick slice of mozzarella cheese (2oz each)
  - 2 teaspoons extra virgin olive oil, to drizzle
  - salt and pepper, to taste
  - 1 pinch red pepper flakes
  - 2 basil leaves, sliced thinly
1. Place all of the ingredients for the pesto into a food processor and pulse until creamy. Taste and adjust, if necessary.
  2. In a large mixing bowl, add in the zucchini noodles and pour in the pesto. Toss together until fully combined.
  3. Plate the zucchini noodles into two dishes and top each with a tomato slice. Top the tomato with a slice of mozzarella and drizzle with olive oil (about 1 teaspoon) and season with salt and pepper. Garnish with red pepper flakes and basil.

#### **Sweet Sesame-Lime Cabbage Salad**

*From thedetoxonista.com*

12 oz. shredded cabbage  
1 cup shredded carrots  
1/4 red onion, thinly sliced  
2 tablespoons fresh chives, chopped  
large handful of fresh cilantro, chopped  
1/4 cup fresh lime juice  
2 tablespoons diced shallot  
2 tablespoons raw honey, or to taste  
1 teaspoon raw apple cider vinegar  
1/4 teaspoon ground ginger  
1/4 teaspoon sea salt  
1/2 teaspoon of toasted sesame oil, or to taste  
Combine all of the dressing ingredients into a high-speed blender and blend until completely smooth. Adjust flavors to taste. (I only used 1/2 teaspoon sesame oil in my dressing, but feel free to increase the amount for a stronger sesame flavor. A little goes a long way!)

## Market Box Meal:

Taco Night!!

Brown your Griggstown ground meat with the Savory Spice Taco Seasoning. Divide taco meat into flour tortillas, top with tex mex cheese, sour cream, slaw...maybe even zoodles!!! I would mix the zoodles with the meat to really stretch the meal out!!  
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## Harissa & Kale Zucchini skillet with Feta

From [inspiralized.com](http://inspiralized.com)

### Ingredients

- 1/2 tbsp olive oil
- 1 garlic clove, minced
- 1/4 cup diced shallots
- 1 cup diced tomatoes (or half a 14oz can of diced tomatoes)
- 2 tbsp Mina Harissa Spicy Red Pepper Sauce
- 1/2 tsp cumin
- 1 small pinch of saffron
- salt and pepper, to taste
- 1.5 cups chopped kale
- 3/4 cup chickpeas
- 2 medium zucchinis, Blade C
- 2 whole eggs
- feta and chopped parsley, to garnish

### Instructions

1. Place a medium cast iron skillet over medium-low heat and add in the olive oil. Once the oil heats, add in garlic and shallots. Cook for 30 seconds and then add in the diced tomatoes, harissa sauce, cumin, saffron and season with salt and pepper. Stir to combine and let cook for 1 minute.
2. Add in the chopped kale, stir to combine and let cook until sauce

is reduced. Once sauce is reduced, add in the zucchini noodles and chickpeas. Toss the noodles around until covered in the sauce.

3. Move the mixture around to create two pockets for the eggs. Crack one egg into each pocket. Cover the skillet and let cook for about 5 minutes or until egg whites have fully set.
4. Remove the cover, garnish with parsley and feta. Enjoy!

## Winter Kale Bowl with Beets and Goat Cheese

From [Inspiralized.com](http://inspiralized.com)

### Ingredients

- 1 large beet, peeled, Blade D, noodles trimmed
- 2 tablespoons + 2 teaspoons extra virgin olive oil
- 1.5 tablespoons apple cider vinegar
- 1 teaspoon honey
- salt and pepper
- 3-4 cups chopped kale
- 2-3 tablespoons crumbled goat cheese
- 2 tablespoons chopped walnuts
- 2 tablespoons pomegranate arils

### Instructions

1. Preheat the oven to 425 degrees. Line a baking sheet with parchment paper and lay out the beet noodles. Drizzle with 2 teaspoons of the olive oil and season with salt and pepper. Massage the oil into the beet noodles. Roast for 6-8 minutes or longer, if you want a softer noodle.

2. Meanwhile, prepare the kale. In a large mixing bowl, add the remaining olive oil, apple cider vinegar, honey, salt, and pepper. Whisk together. Add in the kale and using your hands or tongs, massage the kale for 30 seconds to 1 minute to soften up.
3. Once the beet noodles are done roasting, build your bowls: divide the kale into two bowls. Top with the beet noodles, goat cheese, walnuts, and pomegranates. Serve.

### Directions

1. Cut cabbage into four wedges.
2. Place each wedge on a piece of doubled heavy-duty aluminum foil.
3. Spread cut sides with butter.
4. Mix spices together in a small container and sprinkle all of the mixture equally over each wedge.
5. Wrap bacon around each wedge.
6. Fold foil around cabbage, sealing each wedge tightly.

Spring Peas and Meadow Butter! BAM Box members this is a special week!

If you are making zoodles remember the key to success is not to OVER cook them. Actually, just heating them a tiny bit is all you need.