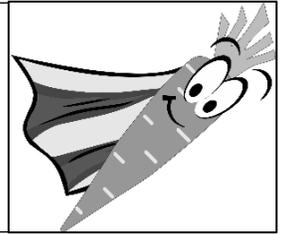


The Dreyer Flyer

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



2018

Week#6

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THE HARVEST

Finicky & Fanatic

Spinach, Cabbage, Bunched Onions, Mushroom, Cherries, Vanilla Bean Ice Cream, Pickle/Kirby Cucumbers-medium only

BAM

Cherries/Spinach/Mushrooms/Vanilla Bean Ice Cream

Market Box

Cherries/Bunched Onions
Spinach/Baby Bello Mushroom
Vanilla Bean Ice Cream
Kirby Cuc with Pickling Spice
Griggstown Maple Turkey Sausage
Cheese

Choice of

Pasta or Grain

PLEASE TAKE PICS of what you create with your farm share and post to either FB and tag us or join the CSA Farm-ily Facebook group where you can get more recipes and more inspiration!



When you eat cherries, you enjoy much more than just their amazing taste. They're packed with antioxidants and offer many health benefits, including help with insomnia, joint pain and belly fat. Cherries could be just what the doctor ordered. From www.care2.com

Have you ever decided to REALLY start drinking WATER? I mean all day...give up coffee throughout the day, soda, sweetened beverages and JUST drink water? If you do it and stick to it...you can literally feel more energy and less hungry as well these other great benefits from www.bodybuilding.com

WATER SOURCE

It is difficult for the body to get water from any other source than water itself. Soft drinks and [alcohol](#) steal tremendous amounts of water from the body. Other beverages such as coffee and tea are diuretics therefore stealing precious water from the body.

A VITAL ROLE

Water plays a vital role in nearly every bodily function. Lack of water is the #1 trigger of daytime fatigue. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

WATER TRANSPORTS AND METABOLIZES

Water is essential for proper digestion, nutrient absorption and chemical reactions. The [carbohydrates](#) and [proteins](#) that our bodies use as food are metabolized and transported by water in the bloodstream. No less important is the ability of water to transport waste material out of our bodies.

REMOVES TOXINS

Water helps remove toxins from the body, in particular from the digestive tract. Water suppresses the appetite naturally and helps the body metabolize stored fat. [Studies](#) have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.

REGULATES COOLING SYSTEM

Water regulates the body's cooling system. Sports drinks are useful when consumed after or during vigorous and prolonged exercise in high heat. But most experts agree that water works better than carbohydrates or sugared beverages for moderate exercise. For instance, if you drink 12 ounces of plain water, your body will absorb 8 ounces of it within 15 minutes.

Cherry Ice Cream

A beautiful egg and sugar free ice cream. Adapted

from [Tartlette](#)

Course Dessert

Servings 12

Author Jennifer Schmidt

Ingredients

- 500 g of cherries stones removed
- 1 tbs of honey
- 1 tbs of water
- 1 [vanilla bean](#) split and seeds scraped
- 1 cup of cream
- 1 cup of full fat milk
- 1 cup [of coconut milk](#)
- 1/3 cup of honey
- 2 tbs of vodka optional

Instructions

1. Place the cherries, honey, water, vanilla seeds and bean in a saucepan and place over a medium heat. Bring to a simmer and reduce to low and cook until the cherries soften and the syrup begins to thicken. Set aside to cool completely.
2. Combine the cream, milk, coconut milk and honey in a saucepan over a medium heat. Bring to the verge of boiling and remove from the heat and set aside to cool before refrigerating until cold.
3. Remove the vanilla bean from the cherry mixture and process the cherries in a food processor until roughly chopped. Remove the milk and cream mixture from the refrigerator and stir the cherry mixture through. Add the vodka

and stir through as this will help prevent the mixture from freezing completely and make for a softer ice cream straight from the freezer. Pour into your ice cream maker and churn according to the manufacturers instructions. Remove the mixture from the ice cream maker and freeze in a resealable container. Freeze for 3 to 4 hours before serving.

Spinach & Cremini Quiche

www.jamesandeverett.com

Hot or cold, for breakfast, lunch, or dinner, this spinach and cremini mushroom quiche is the answer for a light summer treat. Served with a side salad or fresh fruit, this “egg pie” makes a complete meal.

Course: Breakfast, Brunch

Cuisine: French

Servings: 8

Ingredients

- 1 basic pie crust from scratch, or ready-made
- 6 eggs or 4 whole eggs and 2 egg whites
- 1 cup milk
- 2/3 cup half-and-half
- 1 cup cheese grated (Swiss, Cheddar, Gruyère or crumbled Feta)
- 1 cup spinach rough chopped
- 1 cup mushroom sliced
- pinch of grated nutmeg
- salt and pepper to taste

Method

- Heat oven to 350° F.
- Roll [pie crust](#) on a lightly floured board

into a circle several inches larger than your pie dish.

- Use your rolling pin to transfer the crust from your board into your baking dish.
- Shape the edge of the crust however you like. Crimp with your fingers or a fork, or create fluted edge for something different.
- Place the spinach, mushrooms, and cheese, into the crust, adding them in alternating layers.
- Break the eggs in to a large bowl. Add the milk, half-and-half, nutmeg, and salt and pepper. Whisk together thoroughly and pour over the spinach mixture.
- Place quiche on a parchment-lined baking sheet in the center of the oven and bake for 45 – 55 minutes (cooking times will vary based on your oven and amount of ingredients, if crust begins to burn cover edges with foil).
- Check for doneness by shaking the quiche to see if the center is set.
- Remove from oven and allow to stand for at least 15 minutes before cutting.

Cooks Notes

Slightly sauté the spinach and mushroom to reduce amount of liquid before adding to quiche.

Red Cabbage and Warm Spinach Salad

Epicurious.com

For balsamic vinaigrette

- 1 garlic clove, minced
- 1/8 teaspoon salt
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon honey
- 1 1/2 tablespoons balsamic vinegar
- 2 1/2 tablespoons extra-virgin olive oil

For salad

- 1/4 cup pine nuts
- 2 oz sliced pancetta (Italian unsmoked cured bacon), chopped
- 1 lb red cabbage, cut into 1/4-inch-thick slices
- 1 (5-oz) bag baby spinach, any tough stems discarded

PREPARATION

Make vinaigrette: Mash garlic with salt to a paste. Whisk together garlic paste, mustard, honey, and vinegar, then add oil in a stream, whisking until emulsified.

Make salad:

Toast pine nuts in a dry large heavy skillet over moderate heat, stirring frequently, until beginning to turn golden, about 2 minutes. Add pancetta and cook until browned and crisp, about 2 minutes. Add cabbage, tossing to combine, and cook, covered, until wilted and just tender, 8 to 10 minutes. Reduce heat to low and add spinach, stirring gently until it just begins to wilt. Remove pan from heat. Add vinaigrette and toss. Serve immediately.

Egg Roll In A Bowl

Wholenewmom.com

Ingredients

- 1 1/2 lbs organic ground beef

- 2 med onions (finely chopped / minced)
- 1 1/2 Tbsp [organic unrefined sesame oil](#) (Use another oil for AIP)
- 1 1/2 tsp [organic ginger](#) (powdered)
- 1/2 tsp black pepper
- 1 tsp [organic garlic granules](#) (or 4 cloves garlic, minced)
- 1/2 tsp [natural salt](#) (or to taste)
- 1/16 tsp [organic stevia extract](#) (optional)
- 1/2 Tbsp [organic crushed red pepper](#) (optional. Omit for AIP)
- 2 Tbsp organic white wine (omit or substitute more broth for AIP)
- 1/3 cup [organic beef broth](#)
- 9 cups shredded cabbage
- 1 1/2 cups shredded carrot
- 4 tsp [organic tamari](#) (or to taste)
- Green onion for garnish (optional)

Instructions

1. Place meat in large pan and cook until browned.
2. On medium high heat, add the onions and sesame oil. Cook until lightly browned.
3. Reduce heat to medium.
4. Add spices, sweetener, red pepper, wine, and broth to the pan and stir well.
5. Add the cabbage and stir to coat.
6. Cook, stirring frequently until the cabbage slightly wilts.
7. Add carrots and cook for 2-3 minutes until soft.
8. Add tamari to taste and adjust flavorings as desired.
9. Serve plain or over rice or cauliflower rice.
10. Garnish with green onions if desired.

Spinach and Cheese Stuffed Mushrooms

Beachbodyblog.com

Ingredients

- 2 tsp. olive oil
- 24 large mushrooms cleaned, stems removed and finely chopped
- 1/2 medium onion finely chopped
- 3 cups raw baby spinach
- 4 cloves garlic finely chopped
- 1 dash crushed red pepper flakes
- 1/2 tsp. finely chopped fresh rosemary
- sea salt or Himalayan salt to taste; optional
- ground black pepper to taste; optional
- 1/2 cup part-skim ricotta cheese
- 1/2 cup shredded mozzarella cheese

Instructions

1. Preheat oven to 350° F.
2. Heat oil in a large skillet over medium-high heat.
3. Add mushroom stems, onion, and spinach; cook, stirring frequently, for 5 to 6 minutes until tender.
4. Add garlic, red pepper, and rosemary. Season with salt and pepper (if desired); cook, stirring frequently, for 1 minute.
5. Add ricotta cheese; mix well.
6. Evenly fill mushrooms with spinach mixture.
7. Place mushrooms on large baking sheet. Evenly top with mozzarella cheese. Bake for 20 to 25

minutes, or until bubbly.

Southern Fried Cabbage with Bacon, Mushrooms, and Onions

Allrecipes.com

- 1 pound bacon
- 1 large head cabbage, chopped
- 1 large onion, chopped
- 1 (8 ounce) package sliced fresh mushrooms
- salt and ground black pepper to taste

Directions

1. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on paper towels; crumble when cooled. Drain all but 3 tablespoons of bacon drippings from skillet.
2. Cook and stir cabbage, onion, and mushrooms in the remaining bacon drippings until tender and lightly browned, about 20 minutes. Fold bacon into cabbage mixture. Season with salt and black pepper.

Serve with a quick cabbage slaw: Combine 4 cups thinly sliced green cabbage, 1/4 cup coarsely chopped fresh flat-leaf parsley, 1 tablespoon olive oil, 1 tablespoon cider vinegar, 1/4 teaspoon kosher salt, and 1/4 teaspoon freshly ground black pepper.

Ingredients

- 2 tablespoons canola oil, divided
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground cinnamon
- 1 (1-pound) pork tenderloin, trimmed
- 3 large shallots, quartered
- 8 ounces fresh cherries, pitted and halved
- 1/4 cup unsalted chicken stock
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon brown sugar
- 1 tablespoon butter
- 1/4 cup coarsely chopped fresh flat-leaf parsley

Step 1

Preheat oven to 425°.

Step 2

Heat a large ovenproof skillet over medium-high heat. Add 1 tablespoon oil; swirl to coat. Combine 1/2 teaspoon salt, pepper, cumin, and cinnamon. Rub pork evenly with spice mixture. Add pork to pan; sauté 4 minutes. Turn pork over; place pan in oven and bake at 425° for 15 minutes or until a thermometer registers 140°. Remove pork from pan; place on a cutting board (do not wipe out pan). Let pork stand 10 minutes. Cut into thin slices.

Step 3

Add remaining 1 tablespoon oil to pan; swirl to coat. Add shallots and cherries; sprinkle with remaining 1/4 teaspoon salt. Place pan in oven; bake at

425° for 10 minutes (do not turn cherries). Carefully remove pan from oven; place over medium-high heat. Stir in stock, vinegar, and sugar; bring to a boil. Cook 4 minutes or until liquid is syrupy. Remove from heat; stir in butter. Serve cherry mixture with pork; sprinkle with parsley.

From webmd.com

What difference could an extra hour of [sleep](#) make in your life? Maybe quite a lot, experts say. Studies show that the gap between getting just [enough sleep](#) and getting too little sleep may affect your health, your mood, your [weight](#), and even your [sex](#) life.

If you're getting less than the recommended seven or eight hours of sleep a night, here are nine reasons that you should shut down your computer, turn off the lights, and go to bed an hour early tonight.

1. Better health. Getting a good night's sleep won't grant you immunity from disease. But study after study has found a link between insufficient sleep and some serious health problems, such as [heart disease](#), [heart attacks](#), [diabetes](#), and [obesity](#).

From #9 of the list-

People who got seven hours of sleep a night or less were almost three times as likely to get sick as the people who got at least eight hours of sleep a night. More research is needed to establish a real link; this study was small and other factors may have influenced the results. Still, you can't go wrong getting eight hours of sleep when possible.

<https://www.webmd.com/sleep-disorders/features/9-reasons-to-sleep-more#3>

to read the entire article!!!