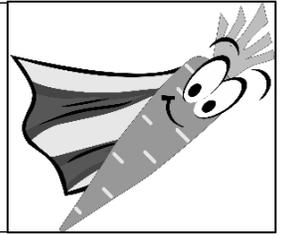


# The Dreyer Flyer

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



**2018**

**Week #10**

## **THE HARVEST**

What the heck is a scape?

It is the flower bud of the **garlic** plant, farmers trim them because they draw energy away from the forming bulbs. They taste sweet, like a chive or scallion with a milder but familiar garlicky zing.

### **Small & Medium Shares**

Cantaloupe  
Blueberries  
Yellow Squash  
Corn  
Tomato  
Onions  
Broccoli  
Garlic Scapes

### **Market Box**

2 Griggstown Chickens-yes 2!!/  
cook once, eat 2 or hopefully 3  
times  
Garlic Scapes  
2 Lemons  
Kale  
1 tomato  
1/2 dozen donuts

### **BAM**

Corn  
Tomato  
Kale  
Blueberries  
Garlic Scapes  
Riding Hood Dressing  
Blueberry Granola

### **Grilled Scapes**

Another great, and very different, way to showcase scapes is to grill them, tossed with a little olive oil, salt, and pepper, over direct heat for about two minutes. Flip them once, halfway through, and finish with an extra sprinkle of flaky salt and maybe a bit of lemon juice and zest. They'll be charred in spots and just soft enough, and their flavor will have sweetened and mellowed dramatically. Grilled scapes are surprisingly reminiscent of asparagus, and surprisingly different from raw scapes.

### **Scape Pesto**

1/4 cup pine nuts

- 3/4 cup coarsely chopped garlic scapes
  - Juice and zest of 1/2 lemon
  - 1/2 teaspoon salt
- A few generous grinds of black pepper
  - 1/2 cup extra virgin olive oil
- 1/4 cup grated Parmigiano Reggiano cheese
- Or use 1/2 scapes and half herbs such as basil, dill, chervil

In a small, dry pan set over very low heat, lightly toast the pine nuts, stirring or tossing occasionally until just beginning to brown, about 2-3 minutes. Remove from the heat and let cool for a few minutes.

Combine the scapes, pine nuts, lemon juice and zest, salt, and pepper in the bowl of a food processor fitted with the blade attachment. Pulse about 20 times, until fairly well combined.

Pour in the olive oil slowly through the feed tube while the motor is running. When the oil is incorporated, transfer the pesto to a bowl and stir in the grated cheese. If you plan to freeze the pesto, wait to add the cheese until after you've defrosted it.

**MASTER MENG** is coming to the farm to give a talk  
you won't want to miss!!!

**THIS FRIDAY: July 20th 7PM** \$15pp Light Food  
Master Meng lived as a hermit for over a decade in Northern  
China

This is a special opportunity to learn about techniques for mindfulness from someone who possesses a deep understanding of these matters. Master Meng, has spoken to audiences as far afield as France, Italy, Hong Kong and Taiwan. RSVP at the farm pay when you come!

## Brick Chicken with Garlic Scapes and Lemon.

From food52.com

### Serves: 4-8

- 2 whole chickens, about 2.5 to 3 lbs each, backbone removed and cut in half
  - 2 lemons, washed and sliced 1/4 inch thick
  - 1/2 cup garlic scapes, minced or 4 garlic cloves minced
  - Kosher salt and fresh ground white pepper
  - 1 1/2 cups unsalted chicken stock
  - 1/2 cup dry white wine
  - 1/4 cup unsalted butter, chilled
  - 2 tablespoons canola oil
1. Pre-heat the oven to 425 degrees. Season the chickens with salt and pepper.
  2. Place a large skillet over high heat and add the canola oil. When it shimmers carefully place the chicken, skin side down, into the oil. Place another skillet, I used a pizza round on top of the chicken and then put your brick or weights on top.
  3. Adjust the heat to medium and let the chickens brown deeply. Remove the weights and turn and brown the other side. All in all the chicken should be in the pan about 30 minutes.
  4. Remove the chicken from the pan and place it on an ovenproof tray. And place in the oven. Set your timer for 15 minutes.
  5. Add the garlic scapes to the saute pan and wilt them.

Deglaze the pan with the white wine. Reduce the wine to a glaze and then add the stock and the lemons. Reduce the sauce to about 3/4 cup. Taste and season if necessary. Turn off the heat and add the butter and stir it into the sauce to combine.

6. Remove the chickens from the oven. Place them on a platter and top with the lemons. Then pour the sauce over and serve.

## Chicken with Garlic Scapes and Capers from KV Farm

*4 boneless, skinless chicken breasts*

*2 T. unsalted butter*

*2 T. vegetable oil*

*1/4 C. dry white wine*

*2 T. lemon juice*

*3 - 4 chopped garlic scapes*

*1 T. drained capers*

- Flatten chicken slightly between 2 sheets of plastic wrap.
- In a large skillet, heat 1 T. butter and the oil over medium heat. Saute the chicken until cooked through. Season with salt and pepper and remove to a plate and keep warm.
- Pour off fat from skillet. Add remaining butter, wine, lemon juice and scapes. Bring to a boil. Stir in capers and salt and pepper, to taste. Spoon sauce over chicken.

## Balsamic Blueberries and Peaches

From Epicurious.com

Truly outstanding recipe.

Great way to show off summer's bounty.

Sophisticated and easy, this recipe is a show-stopper. I made it to take to work, some

30 people raved about it. Served with Elvis' Favorite Pound Cake, this site, it was utterly marvelous. Second time I made it, I had just the finer berries, blueberries, red and black berries and not the peaches, everything the same, though, vinegar and black pepper, was terrific and beautiful. So since I had all those people to help me do the judging, I asked everyone if they recognized the surprise ingredient, no one guessed the black pepper, everyone loved the fruit, it is simply lovely--- you gotta try it.

### Ingredients.

- 3 tablespoons sugar, or to taste
- 2 tablespoons balsamic vinegar
- 3 cups blueberries (about 1 lb)
- 1 lb peaches or nectarines, sliced
- 1/2 tsp black pepper optional

Boil 3 tablespoons sugar with vinegar, and 1 cup blueberries in a 1- to 1 1/2-quart heavy saucepan, stirring, 1 minute. Remove from heat.

Combine remaining 2 cups blueberries with peach slices in a large bowl. Toss with hot blueberry syrup and black pepper, then add sugar to taste. Let stand, tossing occasionally, 30 minutes.

NOTE: You can do this with JUST blueberries or hang on to this recipe and maybe freeze your blueberries on a sheet pan in your freezer!