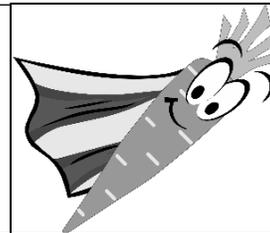


# The Dreyer Flyer

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



**2018**

Week #11

## THE HARVEST

### Small & Medium Shares

Cubanelles

The Cubanelle, also known as "Cuban pepper" and "Italian frying pepper"

Beets

Lettuce

Kale

Blueberries

Tomatoes

Pickling Cucumbers

Goat Cheese

### BAM

Lettuce

Beets

Goat Cheese

Cubanelles

Griggstown Eggs

Quinoa

Black Beans

### Market Box

Lettuce

Beets

Goat Cheese

Cubanelles

Griggstown Eggs

Quinoa

Black Beans

Breadsmith Bread

Mozzarella

## KALE, BEET, & GOAT CHEESE STRATA

(from lovebeets.com)

2 tablespoons avocado oil

1/2 cup pine nuts, toasted

2 shallots, chopped

6 leaves kale, destemmed and chopped

8 cups cubed bread, we used challah

1 bunch Cooked Beets, chopped

1 1/2 cup mozzarella cheese, shredded

3/4 cup goat cheese, crumbled

4 cups milk, we used unsweetened plain almond milk

12 large eggs

1 tablespoon Dijon mustard

1 teaspoon fresh thyme, chopped

1 teaspoon sea salt

1/4 teaspoon black pepper

### WHAT TO DO

1. Toast pine nuts in a dry pan over medium heat until golden. Remove from pan and set aside
2. Add 1 tablespoon oil and shallots to pan, cooking over medium heat until lightly caramelized, about 5 minutes.
3. Add kale to pan with shallots and continue cooking until kale is gently wilted, but still vibrant, about 2 minutes. Remove from heat.
4. Grease 13x9" baking dish well with 1 tablespoon oil.
5. Mix together cubed bread, Love Beets, pine nuts, shallot-kale mixture, 1 cup mozzarella and 1/2 cup goat cheese in dish.
6. Whisk together milk, eggs, mustard, thyme, salt and pepper until well combined.
7. Pour the egg mixture over the bread mixture in pan and top with remaining cheeses (1/2 cup mozzarella and 1/4 cup goat cheese).
8. Let the strata soak for 30 minutes while you preheat oven to 350°F.
9. Cover your strata with foil and bake for 35 minutes.
10. Remove the foil from your strata and continue baking until egg custard is set, 40-45 minutes, until the center doesn't jiggle when shaken and cheese on top is melty.
11. Let cool 5 minutes before slicing and serving.

## **Study: Fruits, veggies will make you happy. No, really**

By [JOE DZIEMIANOWICZ](#)  
| NEW YORK DAILY NEWS |  
JUL 11, 2016

*The adage of "an apple a day" has new bite.*

*Everybody knows that eating fruits and vegetables is good for you in the long run as it reduces risks for cancer and heart attacks. But a [new study](#) (ok maybe not so new anymore but still totally relevant!) found that munching produce **boosts happiness** even quicker. The associated feel-good factor kicks in within two years. Granted, that's still not fast as other things will make you feel better, like, say, a bag of Doritos or a vodka and tonic. But yeah, dive into that kale.*

*So urge researchers who followed 12,385 randomly selected subjects as they kept food diaries and had their psychological well-being monitored. The collaborative effort was by the University of Warwick, England, and the University of Queensland, Australia.*

*Subjects were observed in 2007, 2009 and 2013. Changes in their income, employment and personal factors were figured into findings.*

*Happiness benefits were detected for each extra daily portion of fruit and vegetables — "tinned, frozen, dried and fresh," per the study — up to eight portions per day. The fruits and vegetables do not have to be prepared in any special way." Warwick researcher Andrew Oswald told the Daily News. "However, **French fries will not count.**"*

*Many experts suggest eating 5-9 servings of fruits and vegetables on a daily basis.*

**The more produce that was consumed, the bigger the feel-good increase.**

*Subjects who changed from eating almost no fruit and vegetables to munching eight portions a day experienced an increase in life satisfaction equivalent "to moving from unemployment to having a job."*

*Veggies are a source of a "more immediate" feel-good boost. "Eating fruit and vegetables apparently boosts our happiness far more quickly than it improves human health," said Oswald.*

*"People's motivation to eat healthy food is weakened by the fact that physical-health benefits, such as protecting against cancer, accrue decades later," Oswald added. "Well-being improvements ... are closer to immediate."*

*Further study is needed to explain why eating fruits and veggies makes people feel good. A possible explanation is that fruits and veggies are rich in antioxidants, substances in the body that other research has linked with optimism.*

*"Perhaps our results will be more effective than traditional messages in convincing people to have a healthy diet," said researcher Redzo Mujcic.*

*"There is a psychological payoff now from fruit and vegetables, not just a lower health risk decades later." Good luck with that.*

*Americans, at any rate, [aren't anywhere close to eating fruits and veggies](#) in recommended numbers. And, again, French fries don't count.*

## **Poached Eggs with Cubanelle Pepper Puree**

[August 2008](#)

Cubanelles are long, sweet peppers that are usually light green

### **Ingredients**

- 4 Cubanelles or Italian frying peppers
- 1/4 cup plus 1 tablespoon extra-virgin olive oil, plus more for brushing
- 1/2 pound mixed wild mushrooms, thickly sliced
- 1 shallot, minced
- 1 garlic clove, minced
- 1 tablespoon minced marjoram
- Salt and freshly ground pepper
- 1 teaspoon jalapeño hot sauce
- 4 large eggs

### **How to Make It**

#### **Step 1**

Preheat the oven to 400°. On a baking sheet, brush the peppers with olive oil and roast for 20 minutes, turning once, until lightly browned and softened. Transfer the peppers to a bowl, cover with plastic wrap and let cool for 10 minutes.

#### **Step 2**

Meanwhile, in a medium skillet, heat 2 tablespoons of the olive oil. Add the mushrooms and cook over moderately high heat, stirring, until lightly browned, 4 minutes. Stir in the shallot, garlic and marjoram and cook until fragrant, 2 minutes. Season with salt and pepper and keep warm.

#### **Step 3**

Peel, core and seed the peppers. Transfer the peppers to a blender and puree. With the machine on, add the remaining 3 tablespoons of oil and the hot sauce and puree. Season with salt and pepper.

#### Step 4

Bring a large saucepan filled with 3 inches of water to a simmer. Crack each egg into a cup, then slide it into the water. Poach the eggs over low heat until the whites are set and the yolks are runny, 4 minutes. Using a slotted spoon, lift the eggs out of the water and blot them dry.

#### Step 5

Spoon the pepper puree onto plates and top with the mushrooms. Set the eggs on the mushrooms, season lightly with salt and pepper and serve.

#### Serve With

Toasted peasant bread.

#### Beet Hash with Eggs

Marthastewart.com

- 1 pound beets, peeled and diced
- 1/2 pound Yukon Gold potatoes, scrubbed and diced
- Coarse salt and freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- 1 small onion, diced
- 2 tablespoons chopped fresh parsley
- 4 large eggs

Directions-

In a high-sided skillet, cover beets and potatoes with water and bring to a boil. Season with salt and cook until tender, about 7 minutes. Drain and wipe out skillet.

Heat oil in skillet over medium-high heat. Add boiled beets and potatoes and cook until potatoes begin to turn golden, about 4 minutes. Reduce heat to medium, add onion, and cook, stirring, until tender, about 4 minutes. Adjust seasoning and stir in parsley.

Make four wide wells in the hash. Crack one egg into each and season egg with salt. Cook until whites set but yolks are still runny, 5 to 6 minutes.



#### Quinoa Beet Kale Apple Walnut Goat Cheese Salad

<http://jeanetteshealthyliving.com>

Ingredients

- 1 cup quinoa
- 2 cups water
- 4 cups lacinato kale cut into strips
- 2 teaspoons extra virgin olive oil
- juice of half lemon
- a few dash of salt
- 1/2 pounds roasted beets chopped
- 1/4 cup dried cranberries
- 1 apple diced
- 1/4 cup toasted walnuts
- 4 ounces goat cheese crumbled
- 2 scallions chopped

Dressing

- 2 tablespoons flax seed oil
- 2 tablespoons extra virgin olive oil
- 2 teaspoons raw honey
- 1/4 cup unfiltered apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon prepared horseradish
- 1 clove garlic minced
- 1/2 teaspoon sea salt

- 1/4 teaspoon freshly ground black pepper

Instructions

1. Rinse quinoa and place in saucepan with 2 cups water. Bring to a boil, then reduce heat to medium low, cover, and cook for 15-20 minutes until liquid is absorbed. Whisk together dressing ingredients and add to cooked quinoa; let quinoa cool to room temperature.
2. Combine kale, olive oil and salt in a bowl and massage until soft, about 3-4 minutes.
3. When ready to serve, toss together quinoa, kale, beets, cranberries, apple, walnuts, goat cheese and scallions.

Recipe Notes

If cranberries are very dry, rehydrate them in hot apple juice or orange juice.

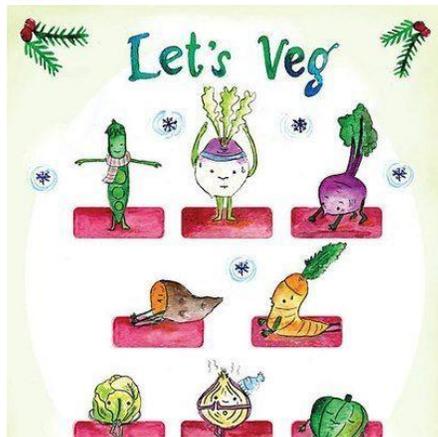
#### Rachel Ray's Stuffed Cubanelle Peppers

- 12 cubanelle peppers (frying peppers)
- 1 tablespoon olive oil
- 2 pounds sweet Italian sausage with fennel seed, removed from casings
- 1 small onion, chopped
- 2 red finger chiles or Fresno chiles, seeded and thinly sliced
- 5 - 6 cloves garlic, chopped
- 1 teaspoon cumin
- 2 tablespoons tomato paste
- 1 cup chicken stock
- 1/2 cup flat-leaf parsley, chopped
- 2 cups crumbled feta or sharp provolone, shredded

Preheat the broiler. Broil the peppers, turning occasionally,

until blistered and softened, about 8 minutes. Let cool slightly, then cut a long strip out of one side of each chile; chop up the trimmings. Gently seed the peppers to make charred pepper boats.

In a large skillet, heat the oil, one turn of the pan, over medium-high. Add the sausage and cook, breaking up with a spoon and stirring occasionally, until browned, about 5 minutes. Add the onion and chiles and cook, stirring occasionally, until softened, about 5 minutes. Add the garlic, cumin and chile trimmings. Cook, stirring often, until aromatic, about 1 minute. Add the tomato paste; stir until the color darkens, about 1 minute. Add the stock, reduce the heat to low and simmer until slightly thickened, 1 to 2 minutes. Stir in the parsley. Divide the mixture among the chiles, top with the cheese and broil until golden, about 2 minutes.



Ever try YOGA? If not ask me about all the amazing places in our area. GOT QUESTIONS ABOUT CSA call or text 908.477.0105 -dawn  
**roasted beet and kale salad with maple candied walnuts**

endlessmeal.com

This healthy Roasted Beet and Kale Salad is ridiculously delicious. It's tossed in a maple

balsamic dressing and dotted with roasted beets, maple candied walnuts, and goat cheese. When I make this for friends, they always ask for the recipe. You DEFINITELY want to make this one!

- 1.5 lb. beets, peeled and quartered (or cut into bite sized pieces if you're using large beets)
- 1 teaspoon extra virgin olive oil
- 1 cup walnut halves
- 3 tablespoons pure maple syrup
- ¼ teaspoon sea salt
- ⅛ teaspoon fresh cracked pepper
- 4 packed cups of curly kale, washed and torn into bite sized pieces
- Optional: ¼ cup goat or Boursin cheese (a diced avocado makes a great vegan and paleo alternative to creamy cheeses in salads!)

Dressing-

- 3 tablespoons apple cider vinegar
- 2 tablespoons honey (use maple syrup for vegan)
- 1 teaspoons balsamic
- ½ teaspoon Dijon mustard
- 1 garlic clove grated on a [Microplane](#) or very finely minced
- A pinch of sea salt
- ¼ cup extra virgin OO

Preheat the oven to 425 degrees. Line a baking sheet with [parchment paper](#).

Place the beets on the prepared baking sheet and drizzle the oil over top. Use your hands to toss them in the oil. Cover the baking sheet with aluminum foil and bake in the oven for 30-40 minutes, or until they can be pricked using some pressure with a fork.

WHILE THE BEETS ARE ROASTING PREPARE THE REST OF THE SALAD

Add the walnut halves to a small frying pan over medium-high heat. Let them cook until they are fragrant and start to brown in places, shaking the pan frequently. Pour over the maple syrup and sprinkle with sea salt and fresh cracked pepper. Let them cook, stirring constantly, until the maple syrup has almost evaporated, about 1 minute. Remove the walnuts from the pan and place them on a piece of [parchment paper](#), separating them from each other as much as possible.

Add the kale, candied walnuts, and, if using, the cheese or avocado to a large bowl. When the beets come out of the oven let them cool slightly then add them to the bowl too. Pour the dressing over top and toss well so that everything is coated.

TO MAKE THE DRESSING:

1. Combine all the ingredients EXCEPT the oil in a medium-sized bowl. Slowly add the oil in a thin steady stream while whisking the dressing constantly. If the oil starts to build up at all stop pouring it and whisk the dressing vigorously. It will take you about 1 minute to whisk in the oil. Taste the dressing, season it with extra salt, to taste.