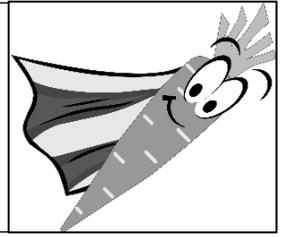


The Dreyer Flyer

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



2018

Week#9

THE HARVEST

Small & Medium

Breadsmith Dough

Eggplant

Lettuce

Radish-small only

Marinara-Medium Only

Arugula

Basil

Kabocha

Red Onion

Bam/Farm to Fiber

Arugula

Basil

Breadsmith Dough

Eggplant

Mozzarella

Market Box

Arugula

Basil

Breadsmith Dough

Eggplant

Mozzarella

Ricotta

**"Waiter, will my
pizza be long?"**



**"No sir, it will be
round."**

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

FRIDAY: July 20th 7PM \$15pp Light Food to follow
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, who has spoken to audiences as far afield as France, Italy, Hong Kong and Taiwan. Master Meng's teachings will guide each person towards living a thoughtful and ethical life in the modern world. This workshop will be presented in both Mandarin Chinese& English. RSVP at the farm pay when you come!

HOW TO PREPARE KABOCHA SQUASH

Kabocha squash, also known as Japanese pumpkin, has a firm green skin and a bright orange flesh. When cooked this sweet flesh softens and fluffs easily and has a flavor and texture akin to a sweet potato. Kabocha has a lower water content than most squash and the thin green outer skin is edible.

PREPARATION

Wash the squash and dry before cutting. It may be challenging to slice the raw squash. If you are not comfortable or capable of slicing the whole raw squash, which will often require a large sharp knife, an easier method is to wrap the squash in aluminum foil and bake at 400 F for 15 minutes. Allow the squash to cool before slicing in half vertically near the stem. If the squash has a protruding stem, remove it prior to slicing. Quarter the squash by slicing each half down the middle vertically again.

Using a large spoon, remove the seeds, pulp and fibre from the core of the squash. The seeds can be saved and used later but will need to be washed and dried if you intend on using them. The quartered squash can easily be sliced into smaller pieces depending on your recipe. The skin is edible but you may choose to remove it.

STORAGE

Store kabocha at room temperature in a cool, dry and dark place for up to 1 month. Refrigerate cooked and cut kabocha and use within 2-3 days. Store sliced kabocha in plastic wrap, foil or a sealed plastic bag.

Eggplant Pizza Epicurious

Ingredients

1 large eggplant (1 1/4 pound)
About 3 tablespoons olive oil
1/2 teaspoon salt
2 tablespoons olive oil
3 ounces grated mozzarella
(3/4 cup)
3/4 ounces grated Asiago or
Parmesan (1/4 cup)
2 tablespoons olive oil
2 tablespoons minced garlic
1/2 teaspoon dried hot red
pepper flakes

PREPARATION

Broil eggplant:

Cut eggplant into 1/3-inch-thick rounds and arrange in 1 layer on a foil-lined large baking sheet. Lightly brush both sides with oil and season with salt. Broil 2 to 3 inches from heat until golden brown and tender, 3 to 8 minutes on each side.

While dough is rising, put a pizza stone on lowest rack of oven (remove other racks) and preheat oven to 500°F.

Dust dough with flour on a floured surface, then shape and stretch into a 12- to 13-inch round. Sprinkle a baker's peel generously with flour and carefully transfer dough to it.

Jerk peel; if dough sticks, lift it and sprinkle flour underneath.

Assemble pizza:

1. Toss together cheeses and sprinkle 1/4 over dough. Cover with eggplant, overlapping it, and sprinkle with remaining cheese. Heat oil in a small skillet over moderate heat until hot but not smoking, then cook garlic and red pepper, stirring, until just fragrant, 30 to 40 seconds.

Spoon evenly over eggplant.

2. Line up far edge of peel with far edge of stone and tilt peel, jerking it gently. When edge of pizza touches stone, quickly pull back peel to transfer to stone (do not move pizza) and bake until dough is crisp and browned, 12 to 15 minutes. Slide peel under pizza to remove from oven.

TAKE AWAY THOUGHT-

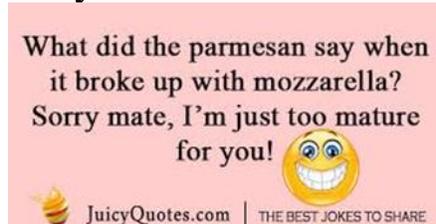
We are not our thoughts...

We really are NOT our thoughts...we are just the ones thinking them so be CAREFUL what you choose to think about!



How Much Water Did You Drink Today-

Most studies say 64 ounce a day or MORE



DID YOU JOIN THE CSA FARM-ILY FACEBOOK GROUP YET? It is a source for extra recipes and inspiration!



Kabocha Squash Pizza

Squash Pizza Sauce

2 cups cubed kabocha squash, uncooked

1/4 cup unsweetened milk (dairy or nondairy of your choice)

1/4 tsp garlic powder
1/4 tsp onion powder
2 tbsp nutritional yeast or grated cheese

1/2 tsp salt
1/4 tsp pepper

Pizza Toppings

1 cup fresh arugula
1/4 cup chopped walnuts
1 avocado

1/4 of 1 kabocha squash

Almond Feta Cheese

(or use regular feta)

1/2 cup blanched almonds
juice of 1 lime

2 tbsp nutritional yeast

1 clove garlic

1/2 tsp salt

Directions:

Turn the dough out onto a lightly floured surface. Knead until smooth and elastic, about 5 minutes, dusting with more flour if necessary. Form into 2 balls. Cover tightly with plastic wrap and set aside at room temperature.

4. Meanwhile, cut a kabocha squash in half. Cut 3/4 of the halved piece in cubes and the

rest of the squash into 1/2 inch long peices. You can keep the skin on! Season squash with salt and pepper.

5. Bake in the oven for 35 minutes at 400 degrees F.

SKIP THIS STEP IF YOU ARE USING REGULAR FETA!

6. Meanwhile place all almond feta ingredients into a high speed blender and blende until well combined. You may need to pulse and scrape down sides throughout the process. Scoop out into a bowl until read to use.

7. Once the kabocha squash is done, remove from oven and place into a food processor with garlic powder, onion powder, nutritional yeast and soy milk. (or grated cheese & milk)Blend until smooth and scoop into a bowl until ready to use.

8. Once everything is ready and dough has risen for atlas 1 1/2 hours, cover a clean working surface with flour and roll out half the dough. The dough makes two medium sized pizzas.

9. Roll our pizza dough until you reach the desired thickness. Fold in half and then fold again and transfer to a baking sheet lined with parchment paper.

10. Unfold dough and begin to assemble by first spreading a generous layer of squash sauce.

11. Scoop small spoonfuls of vegan feta or regular feta and place throughout pizza.

12. Sprinkle chopped walnuts over pizza, then the kabocha slices and bake for 10 minutes at 450 degrees F.

13. Once pizza is out of the oven, Sprinkle over fresh arugula and slices of avocado. ENJOY.

BEAUTY COMES IN ALL SHAPES AND SIZES. SMALL, LARGE, CIRCLE, SQUARE, THIN CRUST, THICK CRUST, STUFFED CRUST, EXTRA TOPPING.

Easy Recipe: Classic Margherita Pizza

Makes 2 (10-inch) pizzas; serves 4 to 6

For the sauce:

4 cloves garlic
1 (14.5 ounce) can diced tomatoes
2 tablespoons olive oil
1 teaspoon granulated sugar
1 teaspoon balsamic vinegar
3/4 teaspoon salt
1/8 teaspoon freshly ground black pepper

For the pizzas:

1 pound pizza dough, at room temperature for 1 hour
All-purpose flour, for dusting
Finely ground cornmeal, for dusting
2 tablespoons extra virgin olive oil, divided
1/4 cup loosely packed fresh basil leaves, sliced into ribbons if large, divided
8 ounces fresh mozzarella cheese, sliced and divided
1/4 cup

grated Parmesan cheese, divided

Arrange a rack in the bottom third of the oven. Place a heavy rimmed baking sheet upside-down on the rack, and heat the oven to 450°F.

Make the sauce: Place the garlic in a food processor fitted with the blade attachment and pulse until coarsely chopped, 2 to 3 pulses. Add the tomatoes and their juices, olive oil, sugar, vinegar, salt, and pepper and process until puréed or to desired consistency, 20 to 30 seconds; set aside.

Divide the pizza dough into two equal pieces. If the dough is sticky, dust with a little bit of all-purpose flour. Dust a 12-inch piece of parchment paper with cornmeal and place the dough on it. Use the heel of your hand to press the dough flat. Work from the middle out to shape it into a 10-inch round with your hands or a rolling pin. The dough will stick to the parchment; if it starts to shrink back, wait a few minutes to let it relax and continue shaping.



Brush the dough with 1 teaspoon of the olive oil, then spread 1/4 cup of the sauce into a thin layer onto dough, leaving a 1/2-inch border. Carefully remove the preheated baking sheet from the oven and use the parchment paper to slide the

pizza onto the back of the baking sheet.

Bake for 4 minutes. Top the pizza with half of the mozzarella, leaving some space between the slices. Bake until the crust is golden brown and crisp and the cheese melts, 6 to 7 minutes more. Remove the pizza from the oven. Immediately drizzle with 2 teaspoons of the olive oil. Scatter half of the basil on the pizza and sprinkle with half of the Parmesan. Cool for 2 minutes before slicing and serving. Repeat with the remaining dough & toppings.

Storage: Refrigerate leftovers in an airtight container for up to 4 days.

Extra sauce: This recipe makes enough sauce for 5 (10-inch) pizzas. Refrigerate extra sauce for up to 1 week, or freeze in 1/4-cup portions in a standard muffin pan for up to 3 months.

Shaping pizza rounds

without parchment: Dust your work surface with flour and shape the pizza into rounds using the heels of your hands as described above. Check frequently to make sure the dough is not sticking to the work surface and use more flour as needed. If it shrinks bake, wait a few minutes to let it relax and continue shaping. Once shaped, scatter some cornmeal on top of a pizza peel or the back of a baking sheet and transfer the pizza round on top. Cover with toppings and slide the dough onto the preheated baking stone or baking sheet to bake.
If you don't have white wine vinegar on hand, substitute red wine vinegar or champagne vinegar.

- 1 (12-inch) thin pizza crust (such as Boboli)-of course we recommend using your Breadsmith Dough instead
- 2 tablespoons extra-virgin olive oil, divided
- 1 1/2 cups skinless, boneless rotisserie chicken breast, shredded
- 1/3 cup part-skim ricotta cheese
- 1.5 ounces goat cheese, crumbled (about 1/3 cup)
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper
- 2 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- 1 1/2 cups arugula
- 1/2 cup thinly sliced radishes

Step 1 Place a baking sheet in the oven. Preheat oven to 475° (keep baking sheet in oven as it preheats).

Step 2 Brush crust with 1 tablespoon olive oil; top pizza evenly with shredded chicken and ricotta cheese. Sprinkle with goat cheese, black pepper, and red pepper. Carefully place pizza on preheated baking sheet; bake at 475° for 10 minutes.

Step 3 Combine white wine vinegar, remaining 1 tablespoon olive oil, and Dijon mustard in a medium bowl, stirring with a whisk. Add arugula and radish slices; toss to coat. Top pizza with arugula mixture. Cut the pizza into 8 wedges.

Kabocha Gohan

Ingredients

1 1/2 cups short-grain white rice, preferably Japanese (if using rice cooker measuring cup, use 2 cups)
1 1/4 teaspoon salt
1 1/2 tablespoon mirin or sake
12 ounces kabocha squash, peeled, seeded and cut into 1-inch chunks (about 2 1/2 cups)
1/2 tablespoon sesame seed (optional)

Method

Rinse rice under cold water, removing any impurities. Follow the directions for your rice cooker exactly as you would if you were making plain white rice. Your cook setting will also be set to white rice. After you have added your water add salt and mirin or sake and stir.

Then place kabocha on the top of the rice, close the lid and start cooking as you normally would for white rice. When cooking is complete, use a rice spatula to fluff and gently mix. You now have your 'Kabocha Gohan!' Garnish with the optional sesame seeds

Breathing Easier

When you breathe, your body takes in oxygen and releases carbon dioxide. During photosynthesis, plants absorb carbon dioxide and release oxygen. This opposite pattern of gas use makes plants and people natural partners. Adding plants to interior spaces can increase oxygen levels. At night, photosynthesis ceases, and plants typically respire like humans, absorbing oxygen and releasing carbon dioxide. A few plants – orchids, succulents and epiphytic bromeliads – do just the opposite, taking in carbon dioxide and releasing oxygen. Place these plants in bedrooms to refresh air during the night.