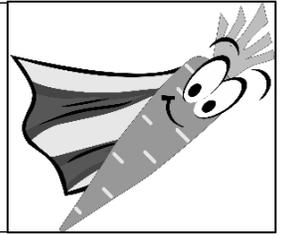


The Dreyer Flyer

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



2018

Week #12

.....
THE HARVEST

Small & Medium Shares

Corn
Tomato
Onions
Lettuce
Eggplant
Radish
Melon-Medium
Brightside Coffee
Jam

Market Box

Lettuce
Tomatoes
Corn
Coffee
Melon
Corn Ravioli
Cottage Bacon
22

BAM

Corn
Tomatoes
Lettuce
Coffee
Melon
5

One of our favorite farm bloggers



Braised Eggplant and Tomatoes

From <http://whiteplateblankslate.com>

The famous Erin Berdan

1 large eggplant, halved lengthwise

1 teaspoon kosher salt, divided

1 small onion, sliced

1/4 cup olive oil

1 (14-ounce) can whole tomatoes (about 3 to 4 tomatoes, cut into 1/2-inch pieces)

1/4 cup chopped fresh parsley

2 tablespoons chopped fresh basil

Preheat oven to 400 F. Film the bottom of a 9x9 pan with 2 tablespoons of olive oil, then place eggplant halves inside, cut sides up. Sprinkle each half with about 1/4 teaspoon salt.

Reserve the remaining salt for later use.

In a small skillet over medium heat, sauté onions in the remaining 2 tablespoons of olive oil until translucent, about five minutes. Stir in the tomato, basil, parsley, and remaining salt until combined, then scoop the tomato mixture on top of the eggplant. Cover the pan with aluminum foil and bake for 10 minutes. Baste the eggplant with the liquid in the pan, then re-cover and bake for 15 more minutes. Baste again and bake until eggplants are soft and tender, uncovered, about 20 additional minutes.

Stuffed Eggplants with Herbed Bulgur

Serves 12

6 small eggplants (I think you use the ingredients in this recipe to make it work for 1 or 2 large eggplants...am I right?)
5 tablespoons olive oil, divided
1 teaspoon sea salt
1/2 teaspoon crushed black pepper
1 teaspoon za'atar spice
1 cup dry bulgur wheat
1/2 cup fresh parsley leaves, tightly packed
1/4 cup fresh cilantro leaves, tightly packed
1/4 cup scallions, thinly sliced (about 2 stalks)
1/4 cup toasted pine nuts, plus more for garnish (optional)
1/4 cup pomegranate seeds, plus more for garnish (optional)
1/2 lemon, zested and juiced
Preheat oven to 350°F.

Wash the eggplants and slice them in half lengthwise. Using a pairing knife, score the eggplant halves with diagonal crosshatches, making sure not to cut through the skin.

Drizzle each eggplant half with about a half-tablespoon of olive oil each. Season with the salt, pepper and za'atar spice. Bake, cut-side up, for about 45 minutes or until the eggplants are completely soft.

While the eggplants are baking, place the dry bulgur in a medium-sized bowl and pour boiling water over to cover by 1/2 inch. Place a kitchen towel over the bowl and let stand for 10 minutes. After 10 minutes, remove the towel, fluff the bulgur with a fork, and taste. If the grain is still hard, recover the bowl

with the kitchen towel and check back after 5 minutes. Finely chop the parsley and cilantro. Once the bulgur is soft, drain any excess water. Toss the bulgur with the parsley, cilantro, scallions, pine nuts, pomegranate seeds, lemon zest and juice, and remaining 2 tablespoons of olive oil. Season to taste with sea salt.

Transfer the cooked eggplants on to a platter and spoon the herbed-bulgur salad over the eggplants. Garnish with extra pomegranate seeds and pine nuts.

Eggplant can get a bad rap. Some people find it mushy while others may find it stringy or even tasteless. But if it's prepared well, eggplant can be an extremely satisfying meat substitute and, when joined with a few tomatoes and fresh herbs, the perfect summer meal.

I like this recipe a lot because it doesn't try and dress up the eggplant with too much oil or gobs of cheese. So often people will fry up their eggplant (which isn't half-bad, I'll be the first to admit) or douse it with loads of olive oil and cheese while baking in the oven. Especially in the hot summer months, it's nice to let eggplant stand on its own as it does here.

Braised Eggplant and Tomatoes

Serves 3 to 4

- 1 large eggplant, halved lengthwise
- 1 teaspoon kosher salt, divided

- 1 small onion, sliced
- 1/4 cup olive oil
- 1 (14-ounce) can whole tomatoes (about 3 to 4 tomatoes, cut into 1/2-inch pieces)
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh basil

Preheat oven to 400 F. Film the bottom of a 9x9 pan with 2 tablespoons of olive oil, then place eggplant halves inside, cut sides up. Sprinkle each half with about 1/4 teaspoon salt. Reserve the remaining salt for later use.

In a small skillet over medium heat, sauté onions in the remaining 2 tablespoons of olive oil until translucent, about five minutes. Stir in the tomato, basil, parsley, and remaining salt until combined, then scoop the tomato mixture on top of the eggplant. Cover the pan with aluminum foil and bake for 10 minutes. Baste the eggplant with the liquid in the pan, then recover and bake for 15 more minutes. Baste again and bake until eggplants are soft and tender, uncovered, about 20 additional minutes.

Piggery/Kreimheld/Breadsmith BLT....

The ingredients are in the name...it is so easy...it is so delicious...I recommend the sour dough, English muffin, country butter top, pretzel or French peasant bread...yes butter on a BLT..it's good no, actually it's fantastic now make it, eat it, thank me

later...I'll even let you take the credit when you tell other people about this great Sammy you made with Dreyer Farms ingredients!

Chef Nick's Corn Ravioli with Cottage Bacon, Kreimheld Butter and Wightman's Red Onion

BLT Corn Salad Wraps

makes about 5 cups of salad
3 ears of shucked corn
1 cup cherry tomatoes, sliced in half
1/2 cup chopped green onions
1 avocado, diced
3 sliced crisp cooked bacon, diced
juice of 1 lime
about 1 tablespoon olive oil
salt and pepper to taste
a good sprinkling of chili powder and smokey paprika
butter lettuce or iceberg lettuce leaves
hot sauce and sour cream for topping
Shuck corn on the cob of all their husks and strings. Over a gas burner, or on the flame grill, char raw corn. Rotate corn until cob is charred on all sides. Allow corn to cool before slicing corn kernels from the cob. This invariably creates corn shrapnel all over the kitchen counter.
Add corn kernels to a medium bowl. Top with sliced cherry tomatoes, green onion, diced avocado, and diced bacon. Squeeze in lime juice. Top with a bit of olive oil, salt, pepper, and slices. Stir to combine. Taste and re-season accordingly. Rinse and clean individual lettuce leaves. Serve alongside a bowl of corn salad to

serve. To enjoy, scoop corn salad into lettuce leaves, top with hot sauce, sour cream, fold up like a taco and eat em up!

Rad Raddish BLT

Author Notes: I'm a sucker for a BLT, so recently I tried to vary up the usual Lettuce-Tomato-Mayo combo. This wild and crazy sammie has radishes, watercress and guacamole for a spicy, earthy twist. —

SeaweedandSassafras.com

Makes: 1 sandwich

- 2tablespoons Guacamole
 - 2pieces Bread, toasted
 - 4pieces Bacon, cooked
 - 1-2Radishes, sliced
 - 1bunch Watercress, rinsed (I think you could substitute lettuce)
1. Toast your two slices of bread to a desired done-ness. While that's going on you can assemble the other ingredients. In a microwave safe dish, put a paper towel down on the plate and lay the bacon slices side by side, cover with a paper towel and cook for 5 minutes. (Or cook it how you usually do)
 2. Wash and slice the radish into thin rounds. Rinse and trim the leaves off of the bunch of water cress.

3. To assemble your sandwich, spread the guacamole on one side of the bread and lay the bacon on top. On the other piece of bread lay out 7-8 leaves of watercress (or just a bunch) and layer the sliced radishes on top. Fold together, cut in half and enjoy!