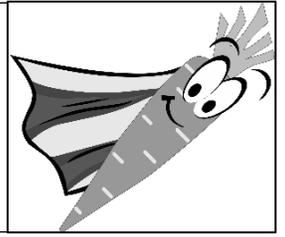


The Dreyer Flyer

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



2018

Week#16

THE HARVEST

**Small & Medium
Shares**

Eggplant

Leeks

Cucumbers

Apples

Poblano Peppers

Plums-medium only

Peaches

Peaches

Tomatoes

Basil

Market Box

Eggplants

Tomatoes

Basil

Fulper Ricotta

Mozzarella

Breadsmith Rolls

Marinara

BAM

Peaches

Plums

Nectarines

Fried Eggplant Stacks from Food52.com

2medium eggplants, peeled and sliced crosswise into 3/4" thick rounds

2cups flour

1teaspoon salt for seasoning the dredging flour

1/2teaspoon ground pepper for seasoning the dredging flour

3eggs, beaten

1large clove garlic, minced

2cups Panko bread crumbs

Enough vegetable oil to fill up to 1 inch in a large sauté pan for frying

Salt for lightly sprinkling fried eggplant slices

12thin slices of buffalo mozzarella

2ripe tomatoes, each sliced crosswise into 6 pieces

1cup homemade basil pesto

12fresh basil leaves

3cups homemade or favorite chunky tomato sauce

1/2teaspoon red pepper flakes /Balsamic glaze-optional

Use 3 separate pie plates for: 1) a seasoned flour dredge, 2) beaten eggs with minced garlic added, and 3) Panko crumbs. Lightly dredge the eggplant slices first in the flour, then the beaten egg, and finally in the panko crumbs. Set prepared eggplant slices on a large platter. I recommend using metal tongs to handle the eggplant.

Pour vegetable oil in a large saute pan that will fit 5 to 7 eggplant slices for frying. Make sure you use enough oil to reach at least halfway up the eggplant slices. Heat oil over a medium flame. Test with a prepared end slice of eggplant to make sure the oil is sizzling and ready.

Carefully set the eggplant slices into the hot oil, using tongs so you do not burn yourself. Fry quickly until golden brown on each side. Remove slices and set on a metal rack over a half sheet pan. Lightly sprinkle each slice with kosher or sea salt, on one side only. Continue to fry all slices, salting lightly. Set aside and allow to cool slightly. Preheat your oven to 350 degrees.

Assemble mozzarella slices, tomato slices, basil leaves, and pesto. Match the eggplant slices by size, so you have evenly paired stacks. Place a slice of mozzarella on an eggplant slice, and then spread a small dollop of pesto on the mozzarella. Place a tomato slice on the pesto, followed by a basil leaf. Place the second matched eggplant slice on top of the basil leaf, and this completes a finished stack. Repeat until all stacks are assembled. Place the finished stacks back onto the metal rack over a half sheet pan.

Slowly heat your tomato sauce, and consider adding some crushed red pepper.

Place the stacks in the oven, and warm until the mozzarella is melted - about 10 to 15 minutes.

To serve, spread a few tablespoons of tomato sauce on a dinner plate, place one or two stacks on the sauce, and then drizzle a little balsamic glaze atop each stack.



FARMACIST PRESCRIPTION

Eggplants contain solasodine rhamnosyl glycosides, which test-tube studies indicate may aid in cancer treatment. Eating more fruits and vegetables may also protect against some types of cancer.

Dreyer Farms

813 Springfield Avenue

Cranford, NJ 07016

License No: 1904

Phone No: 908-477-0105

Client Name:

Any person who is looking for improved health!

Prescription:

This week's Eggplant prescription comes with a little story! So, you ever veer off track so bad that you can't wait to eat a ton of veggies, salads, whole grains & beans? It seems from the research I have done on our nations most popular foods, it is SUPER DUPER easy to fall off the health food wagon! So you guys probably know what I mean. Every time I get back on I am renewed with a greater sense of ...hmmmm this exclamation mark !!!!!!!!!!!!!!! describes the feeling. I want to shout from the roof tops and shake my kids until the sugar laden food stuffs fall out of their hands. That said...I wanna be a vegan again....you bloggers (echmm..echmmm Erika!!) Have inspired me this week to start AGAIN..for you I have included some recipes but for the rest of us who struggle with meat, cheese, processed foods, sugar, you get the idea..there is Eggplant Parm (with suggestions on making a Vegan Version) . Who wants to aspire with me?? To eat less animal products and more FRESH Veggies/Greens/Fruits??? I can't hear YOU!!! I am awaiting a rush of texts....908.477.0105 tell me why?



LOCAL

DATE: Every Day

REFILL: Breakfast / Lunch / Dinner / Snacks

Keep In The Reach Of Children

For Everyone's Use & Enjoyment



**Your Farmacist:
Dawn Salerno**

Phone: 908-477-0105

Email: DawnSalerno@verizon.net

Scoville Heat Units (SHU)	Pepper type
16,000,000	Pure Capsaicin
3,000,000	Pepper Spray
1,500,000	Ghost Pepper
100,000-300,000	Habanero, Bird's Eye chili
30,000-50,000	Cayenne
10,000-20,000	Serrano, Chile de Arbol
4,000-10,000	Jalapeno, Chipotle
1,500-4,000	Poblano, Ancho, Pasilla, Guajillo, Tabasco sauce
500-1000	Anaheim, New Mexico
0	Green Bell Pepper

Basil Pesto

cookie&kate.com

Traditional [pesto alla genovese](#) is made simply with basil, pine nuts, Parmesan, garlic, salt and olive oil. I often change up the nuts and add a squeeze of lemon juice. Read on to learn why!

[Kenji from Serious Eats](#) says you can use frozen basil leaves. If you ever have extra basil leaves—rinse, dry, and put them in a freezer bag for future pesto!

Pine Nuts or Other Nuts/Seeds
Pine nuts are the traditional choice (did you know they're actually [pine cone seeds](#)?). Pine nuts are tender, buttery and high in fat, so they yield smoother, silkier pesto.

On the downside, pine nuts are prohibitively expensive. I save money by using raw almonds, walnuts, pecans or pepitas instead. Almonds are the most neutral option, so I used them for the pesto you see here.

They're all delicious in their own way, though.

I typically toast the nuts first to really bring out their flavor and add an extra-savory edge to the pesto.

Parmesan

Parmesan is salty and creamy, and tones down the anise flavor of the basil. You can use Pecorino Romano for a more prominent cheesy flavor.

Technically, Parmesans usually are not vegetarian (they contain animal rennet), but it is easy to find vegetarian varieties (I am working on having some at the farm, if you are interested PLEASE let me know)

If you're vegan or dairy free, you can use a smaller amount of nutritional yeast instead. Sometimes, if I'm in the mood for extra-bold pesto, I just leave it out altogether.

Garlic

Garlic is a traditional component that livens up the pesto with aromatics and makes it taste a whole lot more interesting. Don't skip it.

Lemon Juice

I always add a bit of lemon juice to my pesto to brighten up the flavor without adding more salt. It's optional, but I think you'll like it!

Salt

Salt amps up all the other flavors and reduces the bitterness of the basil.

Extra-Virgin Olive Oil

Extra-virgin olive oil is the highest quality and comes from the first pressing of the olives.

Ingredients

- 1/3 cup raw pine nuts, almonds, walnuts, pecans or pepitas
- 2 cups packed fresh basil leaves (about 3 ounces or 2 large bunches)

- 1/4 cup grated Parmesan cheese
- 1 tablespoon lemon juice
- 2 cloves garlic, roughly chopped
- 1/2 teaspoon fine sea salt
- 1/2 cup extra-virgin olive oil

Instructions

1. (Optional) Toast the nuts or seeds for extra flavor: In a medium skillet, toast the nuts/seeds over medium heat, stirring frequently (don't let them burn!), until nice and fragrant, 3 to 5 minutes. Pour them into a bowl to cool for a few minutes.
2. To make the pesto, combine the basil, cooled nuts/seeds, Parmesan, lemon juice, garlic and salt in a food processor or blender. With the machine running, slowly drizzle in the olive oil. Continue processing until the mixture is well blended but still has some texture, pausing to scrape down the sides as necessary.
3. Taste, and adjust if necessary. Add a pinch of salt if the basil tastes too bitter or the pesto needs more zing. Add more Parmesan if you'd like a creamier/cheesier pesto. If desired, you can thin out the pesto with more olive oil. (Consider, however, that if you're serving the pesto on pasta, you can thin it with small splashes of reserved pasta cooking water to bring it all together. See notes for details.)
4. Store leftover pesto in the refrigerator, covered,

for up to 1 week. You can also freeze pesto—my favorite way is in an ice cube tray. Once frozen, transfer to a freezer bag, then you can thaw only as much as you need later.

NOTES

Make it Dairy Free

Replace the Parmesan with 1 tablespoon nutritional yeast.

Make it Nut Free: Use pine nuts, pepitas or sunflower seeds. (Pine nuts are technically seeds, but if you're allergic to nuts, there's a chance you'll be allergic to pine nuts, too.)

PARMESAN NOTE: Most Parmesans are not technically vegetarian (they contain animal rennet),

How to properly toss pesto with pasta: Before you drain your pasta, place a liquid measuring cup in the sink. Then, pour about 1 cup of the pasta cooking water into the measuring cup before you drain off the rest of the water. That pasta cooking water is pure gold—it contains starches that create a creamy emulsion and help attach the sauce to the pasta. Off the heat, toss pasta, pesto and small splashes of pasta cooking water together until you're satisfied with the consistency (I used roughly 1/3 cup reserved pasta cooking water for 1/2 pound of spaghetti).

(CNN) — Fast, junk, processed -- when it comes to American food, the country is best known for the stuff that's described by words better suited to greasy, grinding industrial output. But citizens of the [USA](#) have an impressive appetite for good stuff, too.

To celebrate its endless culinary creativity, we're

throwing our list of 50 most delicious American food items at you. We know you're going to want to throw back.

Ground rules: acknowledge that even trying to define American food is tough; further acknowledge that picking favorite American items inevitably means leaving out or accidentally overlooking some much-loved regional specialties.

Now get the rubber apron on because we're going first. Let the food fight begin:

50. Key lime pie
49. Tater tots
48. San Francisco sourdough bread
47. Cobb salad
46. Pot roast
45. Twinkies
44. Jerky
43. Fajitas
42. Banana split
41. Cornbread
40. GORP
39. Jambalaya
38. Biscuits 'n' gravy
37. Smithfield ham
36. Chicken fried steak
35. Wild Alaska salmon
34. California roll
33. Meatloaf
32. Grits
31. Macaroni and cheese
30. Maryland crabcakes
29. Potato chips
28. Cioppino
27. Fortune cookies
26. Peanut butter sandwich
25. Baked beans
24. Popcorn
23. Fried chicken and waffles
22. New England clam chowder
21. New Mexican flat enchiladas
20. S'mores
19. Lobster rolls
18. Buffalo wings

17. Indian frybread
16. Barbecue ribs
15. BLT
14. Apple pie
13. Frito pie
12. Po' boy
11. Green chile stew
10. Chocolate-chip cookies
9. Blueberry cobbler
8. Delmonico's steak
7. Chicago-style pizza
6. Nachos
5. Philly cheese steak
4. Hot dogs
3. Reuben sandwich
2. Cheeseburger
1. Thanksgiving dinner

Do you believe that food changes your mood?

That can be the best food for thought....on that note please read the following with an open mind! This recipe is from the [minimalistbaker.com](#) you should check them out!!

One of the things I initially found most challenging about eating more plant-based meals was actually feeling *full*. I've always been a quantity eater. I'm not the girl who takes three bites of my salad, holds my stomach, and sighs, "Oof, can't have one more bite. It's too much." Nope. Give me those last two bites and *your* last two bites or else. I'm hangry. (*I think this Gal is my sister and we were mysteriously separated at birth!*)

The real issue was mental. I kept thinking, "How can I possibly get full and *stay* full on salads, rice, and beans?" I'll tell you how. If you eat enough rice and beans (and other [vegan protein sources](#)), throw in a ton of vegetables, and drink plenty of water, (here we go again with the H2O) you'll

be too full to remember what food scarcity you were ever complaining about in the first place.

In my quest to create more hearty, plant-based meals, I started to learn what it took to feed my body well – in both quantity *and* nourishment.

Dishes like my [Mediterranean Baked Sweet Potatoes](#), [Grillable Veggie Burgers](#), [Roasted Sweet Potato Chickpea Salad](#), and [Chickpea Shawarma Sandwiches](#) began filling my plate, and over time, I realized meatless meals *can* fill me up.

My top tip for creating satiating plant-based meals is to combine several foods that are high in fiber and protein to keep you satisfied, and to

create more texture in your dish. Instead of having just tofu, throw in some [healthy brown rice and vegetables](#)!

Instead of having just black beans, throw in some [plantains and peppers and corn tortillas](#)!

Instead of having just quinoa, add in some [beans and bell peppers](#)!

This recipe was born out of that idea. Knowing myself, a meal of pinto beans and rice

isn't exciting or filling enough for me. But when you throw in a poblano pepper (with tons of fiber and vitamins), and add a little avocado on top, I'm one satisfied eater. Let me show you how.

for added protein and fiber. Stuff all that goodness inside poblano peppers and bake until tender. That's it!

Toppings are optional, but I'm kind of a sauce lover myself, so I went with more salsa, cilantro, and some of my favorite [Cilantro Avocado Dressing](#). Mmm, dreamy.

Ingredients

RICE

- 12 cups water (yes, *that much!*)
- 1 cup uncooked brown rice
- 1 Tbsp avocado oil
- 1/2 medium white or yellow onion (thinly sliced)
- 1/2 tsp ground cumin
- 1/4 tsp sea salt
- 1/3 cup chunky red or green salsa (plus more for topping)
- 1/4 cup cilantro (plus more for serving)

PEPPERS

- 4 poblano peppers (skin on)
- 1 tsp avocado, olive or coconut oil

BEANS

- 1 15-ounce can pinto beans (lightly drained // if unsalted, add additional salt)
- 1/4 tsp ground cumin
- ~1 pinch sea salt (to taste)

FOR TOPPING *optional*

- [Vegan Green Chili Queso](#)
- [Creamy Avocado Cilantro Dressing](#) (using 1 whole avocado)
- Hot sauce
- Fresh cilantro
- Sliced avocado

Instructions

1. Add water to a large pot and bring to a boil over high heat. Once boiling, add rice and cook for 30 minutes. Then drain for 30 seconds, return to pot *off* of heat, and cover for 10 minutes*. Set aside.
2. In the meantime, preheat oven to high broil and place a rack at the top of your oven.
3. Lightly brush whole poblano peppers with

oil. Place on a baking sheet and broil on high for 1-2 minutes on each side, or until lightly blistered (see photo).

4. Turn oven off broil and preheat to 375 degrees F (190 C).
5. Let peppers cool for a few minutes. Then peel away any blistered skin and use a paring knife to cut out the stem. Also cut a slit down one side of the pepper and use your hands or a spoon to scrape out the seeds. Set aside.
6. Heat a large metal or cast iron skillet over medium heat. Once hot, add oil and onion and sauté for 4-5 minutes, or until soft and translucent.
7. Next add cooked rice, cumin, sea salt, salsa and cilantro. Stir to combine. Taste and adjust seasonings as needed.
8. In a separate small saucepan over medium heat, add pinto beans and season with cumin and sea salt to taste. Once bubbly and hot, remove from heat and set aside.
9. Place peppers in a lightly greased, large baking dish (9x13-inch is best as original recipe is written // adjust if altering batch size) and scoop generous amounts of the rice filling into each pepper using a spoon. Top with beans and a bit more salsa and cover the dish with foil.
10. Bake peppers at 375 degrees F (190 C) for 15 minutes. Then remove foil and bake for another

10-15 minutes *uncovered*. The longer they bake, the more tender the peppers will become.

11. Let cool slightly before serving with desired toppings (see options above). Best when fresh, though leftovers keep in the refrigerator for 2-3 days. Reheat in the microwave or in a 350-degree F (174 C) oven until warmed through

Cilantro Avocado Dressing

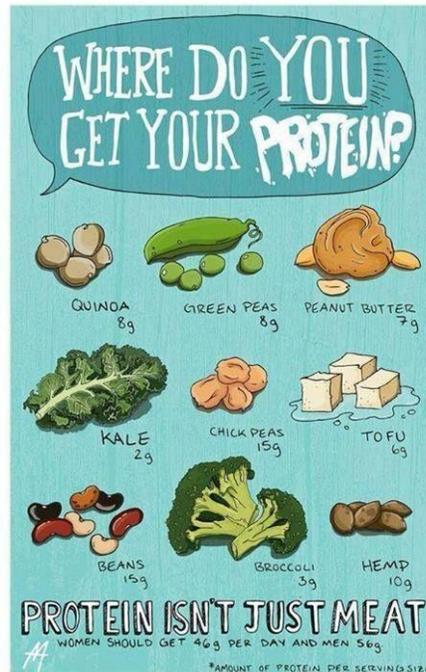
For the Dressing:

- 1/2 small ripe avocado
- 1 cup chopped cilantro
- 3-4 small limes, juiced
- 1/3 cup extra virgin olive or grape seed oil
- 1/4 tsp each sea salt and cumin
- 1 Tbsp sweetener of choice (such as cane sugar or honey if not vegan)
- Water to thin

Prepare dressing by adding all ingredients besides water to a blender and blending. Add water to thin and scrape down sides as needed. Taste and adjust seasonings as needed, adding more lime, salt, cumin or sweetener as desired. Transfer to serving dish. You will have leftovers, which store well in a covered container in the fridge for up to several days.

In case you are wondering about the definitions of these 2 terms: Just like the **vegan** diet, people who eat a whole food **plant-based** diet avoid animal-based products, including meat, dairy, and eggs. ... This way of eating is **based** around unprocessed or minimally processed veggies, fruit, whole grains,

beans, legumes, nuts, and seeds.



chilled-cucumber-leek-soup

verybestbaking.com

- 1 tablespoon olive oil
- 2 cucumbers, peeled and sliced
- 1 cucumber, peeled, seeded and chopped (save this for later)
- 1 medium leek, washed, trimmed, halved and sliced (white part)
- 1 tablespoon chopped fresh dill
- 1 bay leaf
- 1 tablespoon all-purpose flour
- 2 1/2 cups water
- 2 1/2 teaspoons MAGGI Granulated Chicken Flavor Bouillon or a Vegan One
- 1/2 teaspoon ground black pepper or white pepper
- 1 can (12 fl. oz.) NESTLÉ® CARNATION® Evaporated Milk
- Like regular milk, you can heat a *nut milk to reduce the water content. This creates an

evaporated milk substitute, though it won't be quite as thick as regular evaporated milk.

- 2 tablespoons lemon juice
- **Additional fresh dill (optional)**

INSTRUCTIONS

HEAT olive oil in large, *heavy-duty* saucepan. Add sliced cucumbers; cook, over low heat, stirring occasionally, for 3 to 4 minutes. Add leek, dill and bay leaf. Cook, stirring occasionally, for 20 minutes or until cucumbers are tender.

STIR in flour until absorbed.

Add water, bouillon and pepper; simmer gently, stirring occasionally, for 30 minutes. Remove from heat. Stir in evaporated milk. Let stand for 30 minutes. Stir in lemon juice and remove bay leaf.

TRANSFER half of soup into blender container; cover. Hold down lid with folded towel. Blend until smooth. Pour into large bowl. Repeat with remaining soup. Cover; refrigerate for at least 1 hour. Stir in chopped cucumber. Season to taste with salt and pepper. Garnish with additional fresh dill, if desired.

*To make 1 cup (240 ml) of evaporated milk: Heat 2 1/4 cups (540 ml) of regular milk or nut milk in a saucepan over medium heat.

Let it come to a gentle boil while stirring continuously. After 10 minutes, or once the milk has reduced in volume by a bit more than half, take it off the heat.

It can be used like regular evaporated milk and is nutritionally similar.