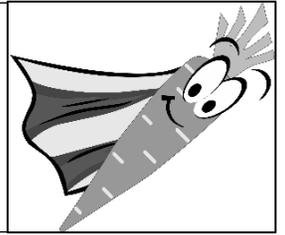


The Dreyer Flyer

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



2018

Week#7

.....
THE HARVEST

Lettuce, Beets, Kohlrabi, Green Beans, Meadow Butter,

BAM

Green Beans/Radish/Meadow Butter/Double Blueberries

Market Box

SAVE THE DATE
JULY



All Natural
Pasture Raised
Meat Shares

From Our Pastures to your Plate
BACK BY POPULAR DEMAND
FOR YOUR 4th of JULY Party Needs!!!

We sold out so quick last time..this time there are more options:

Camp Fire Cook-OUT

16 Angus Beef 1/4 lb Burgers
12 Angus Beef No-Nitrate Hot Dogs
12 Assorted Berkshire Sausages
6 Smoked Kielbasa Grillers

\$99

The Chuck Wagon

4 Assorted Angus Steaks
4 Smoked Berkshire Pork Chops
1 Angus Beef Roast (3-4 lbs.)
5 lbs. Ground Angus Beef
4 Sweet Italian Sausages
4 Hot Italian Sausages
6 Smoked Kielbasa Grillers

\$245

The Big Bang-4th of July

10 lbs. Ground Angus Beef
10 lbs. Assorted Angus Steaks
10 lbs. Angus Roasts
30lbs Beef

\$399

SIGN UP AT THE FARM IN PERSON OR BY CALLING YOU MUST PAY BY JULY 1st. There are limited quantities of everything so make sure you act fast.

Best Ever Oven Roasted Green Beans

Ingredients

- 1 pound fresh green beans, trimmed
- 2 tablespoons extra virgin olive oil
- Zest and juice of 1 lemon
- 4 cloves garlic, peeled and minced
- 2 tablespoons capers
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper

Instructions

1. Preheat an oven to 400 degrees Fahrenheit.
2. Scatter the green beans on a parchment-lined rimmed baking sheet. Top with oil, lemon zest and juice, garlic, capers, salt, and pepper. Use your hands, or kitchen tongs, to massage the ingredients together and coat the beans with oil.
3. Roast in the preheated oven for 10-15 minutes, shaking the pan once halfway through, until the beans are tender and lightly browned.

Blistered Green Beans with Coconut, Sesame & Scallion Oil

Eatingwell.com

ingredients

- 2 scallions, sliced
- 1 tablespoon minced fresh ginger
- 5 tablespoons grapeseed oil
- 1 pound green beans, trimmed
- 1/2 teaspoon salt



"If you want some good stuff to eat, just keep asking Mommy questions when she's on the phone."

- 1/2 teaspoon ground pepper
- 3 tablespoons toasted unsweetened coconut flakes
- 1 teaspoon black sesame seeds

Preparation

Combine scallions and ginger in a small heatproof bowl. Heat oil in a large skillet over medium-high heat until shimmering. Carefully spoon 3 tablespoons of the oil into the bowl. Add beans to the remaining oil in the pan and cook, without stirring, until starting to blister, about 2 minutes. Season with salt and pepper; continue to cook, stirring occasionally, until the beans are tender, about 5 minutes more. Serve topped with the scallion-ginger oil, coconut and sesame seeds.

!!!KOHLRABI!!!

From bon appetite.com

How to Store It

As soon as you bring your kohlrabi home, separate the leaves from the bulbs. Brad keeps the both the leaves and the bulbs in the fridge; the leaves go in a sealed zip-top plastic bag, the bulbs are

stored loose. Use the leaves within a few days, but the unpeeled bulbs will last for weeks.

Eat It All

Although the bulb of the plant is the most frequently prepared and eaten portion, the leaves are also entirely edible. Chiffonade them finely and toss them in a vinaigrette, or give them a rough chop and either steam or sauté them, as you would collard greens or kale.

(Well, Except the Peel)

Kohlrabi is protected by a thick skin, which is either purple or pale green. There are no flavor variances between the colors, and the "meat" inside is all the same off-white color. Wise words from Brad: "Always peel the bulb, because the outside layer is rather fibrous and unpleasant. It won't break down after being cooked." Use a sharp knife to remove the skin, as it's too thick for a traditional vegetable peeler.

Cook It... Or Don't

Kohlrabi is equally tasty raw or cooked. Brad likes to thinly shave the peeled, raw bulbs into matchsticks (you can use a mandoline for help with this) and toss them into a slaw. They're also crunchy, juicy, and crisp, which makes them a great addition to salads and grain bowls—think of them as less-sweet apples in terms of texture.

Prefer to cook your kohlrabi? Keep it simple. Here's Brad's advice: "I like to sauté the greens and chopped stems with garlic and olive oil. Add a touch of crushed red pepper and you're set." You can also

treat the bulb as you would any other root vegetable— chop it and roast it until tender, or add it to soups and stews.

WARNING

**Daily Exercise
and
Healthy Eating
leads to
Increased
Awesomeness**

Pasta with Kohlrabi and Green Beans

from eatsmarter.com

Ingredients

all your green [beans](#)

all your [kohlrabi](#)

1 [garlic clove](#)

3 tablespoons [olive oil](#) (cold pressed)

2 tablespoons [lemon juice](#)
[salt](#)

[pepper](#) (freshly ground)

2 cups [spelt spaghetti](#) or pasta of your choice (zoodles count)

[parmesan](#) (freshly grated) or nutritional yeast to taste

Preparation steps

Step 1/3

Trim, rinse and cut the green beans diagonally into small pieces. Peel the kohlrabi and cut into cubes. Peel and chop the garlic.

Step 2/3

Boil the green beans in plenty of salted boiling water for about 7 minutes. Drain and rinse.

Heat olive oil in a pan and saute the kohlrabi for a few seconds. Add in the drained beans and saute for 1-2

minutes. Stir in the garlic and season with salt and pepper.

Meanwhile, cook the spaghetti al dente in plenty of salted boiling water. Drain and immediately mix the spaghetti with the vegetables and add the lemon juice. Add 2-3 tablespoons of cooking water and stir well.

Step 3/3

Serve the spaghetti with the vegetables on plates and serve sprinkled with plenty of Parmesan cheese.

Lillet and Brown-Butter Glazed Radishes with Kohlrabi

Of course, this is a

MarthaStewart.com

recipe...did you ever hear of Lillet??? See the right column for an explanation

Ingredients:

- 3 tablespoons unsalted butter
- 1 large bunch globe radishes (about 12), halved, plus leafy green tops for serving
- 1 large or 2 small kohlrabies (about 3/4 pound), peeled and cut into 1/2-inch wedges
- 1 cup Lillet Blanc
- Kosher salt and freshly ground pepper

Directions

1. Melt butter in a large skillet over medium-high. When it boils, reduce heat to medium; simmer until foamy. Continue cooking, stirring occasionally and scraping bottom of pan, until foam subsides, butter turns golden brown with a nutty aroma, and milk solids separate into brown specks

that sink to bottom, 2 to 7 minutes. Remove from heat. Add radishes, kohlrabi, Lillet, and 3/4 cup water. Generously season with salt and pepper. Boil, stirring occasionally, until vegetables are crisp-tender and liquid is reduced to a glaze that evenly coats vegetables, about 15 minutes. Transfer to a serving bowl; let cool 5 minutes. Toss with radish greens; serve.

Lillet Blanc is golden in color and clear, with aromas and flavors of honey, citrus, mint, and pine. It is both lightly **sweet** and **bitter**, with 34 proof. Lillet Rouge is a red wine based **aperitif** invented in 1962 by the Lillet company, and reformulated in 1990 to be both less **sweet** and less **bitter**.

Is Lillet blanc a vermouth?

The Bordeaux-based French aperitif **Lillet** is often categorized with **vermouth** — literally, on store shelves, and figuratively, because it's a fortified wine. Introduced in 1895 in tandem with Europe's growing wine aperitif trend, Kina **Lillet (blanc)** was released as a "wine tonic": fortified wine aperitif plus quinine. Jul 26, 2010

From Chowhound on substitutions...

I was thinking a sweet white wine dosed with some orange bitters might be a good way of getting into the ballpark without access to a liquor store that has a wide variety of cocktail ingredients.

ROASTED KOHLRABI AND BEETS

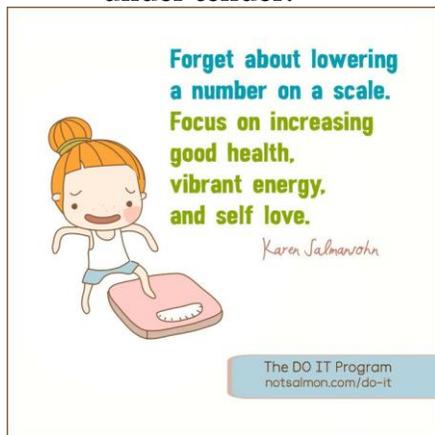
Fork-lore.com

ingredients

3 medium to large Kohlrabi, peeled and chopped
5-6 medium beets, peeled and chopped
1 large onion, chopped
1 large clove of garlic, minced
1/4 cup olive oil
S&P to taste

instructions

- Preheat oven to 400 degrees Fahrenheit
- Line large baking sheet with parchment paper or generously grease with olive oil.
- Place chopped vegetables on baking sheet. Drizzle with oil, add salt and pepper. Toss to coat evenly.
- Bake for 30 minutes. Remove from oven and stir vegetables. Bake another 45 minutes under tender.



From thehippyhomemaker Made with artificial colors, flavors, and sugars, Gatorade and Powerade are a far cry from a healthy beverage. Not only are these ingredients the very same ADHD promoting ingredients we have talked about in [Calm Your Squirrel](#), but they are also synthetic

ingredients that do not give your body any nutritional benefit. Like other sugary drinks on the market today, Gatorade and Powerade both uses brominated vegetable oil (BVO). BVO, is used to increase fluidity and uniformity, as well as to create lead dissolving additives for gasoline, photographic paper films, fire-extinguishing materials, and agricultural fumigants. If that isn't enough, more than 100 countries have outlawed BVO altogether.

SAUSAGE, POTATO AND GREEN BEAN FOIL

Ingredients:

- 1 (12.8-ounce) package smoked andouille sausage, thinly sliced-im working on Griggstown Keilbasa OR River Bend Sausage..it may change the directions a bit but it will be so delicious!!!
- 1 pound baby red potatoes, quartered
- 1 pound green beans, trimmed
- 8 ounces cremini mushrooms, halved
- 1 onion, chopped
- 4 tablespoons unsalted butter, divided
- 4 teaspoons cajun seasoning, divided
- Kosher salt and freshly ground black pepper, to taste

2 tablespoons chopped fresh parsley optional!

instructions

1. Preheat a gas or charcoal grill over high heat.
2. Cut four sheets of foil, about 12-inches long.

Divide sausage, potatoes, green beans, mushrooms and onion into 4 equal portions and add to the center of each foil in a single layer.

3. Fold up all 4 sides of each foil packet. Add butter, cajun seasoning, salt and pepper, to taste; gently toss to combine. Fold the sides of the foil over the sausage, covering completely and sealing the packets closed.
4. Place foil packets on the grill and cook until just cooked through, about 12-15 minutes.*
5. Served immediately, garnished with parsley, if desired.

R U Active in the heat of the summer? From the [hippyhomemaker.com](#)

With 13x more potassium than **Gatorade** and twice the sodium of **Gatorade**, coconut water itself is a better natural **alternative**. When compared to **Gatorade**, coconut water was the clear winner between the two, being the natural **alternative** with less sugar, and more electrolytes for the win.

Put the lime in the coconut

- 3 cups coconut water
- 1 cup [filtered water](#)
- 1/4 cup fresh squeezed lime juice
- 2 Tbsp. [raw unfiltered honey](#) or [maple syrup](#) (or to taste)
- 1/4 tsp. [real salt](#) (no table salt!)