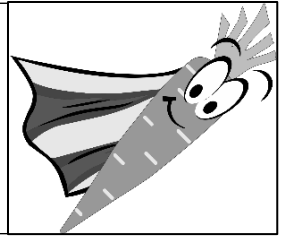


The Dreyer Flyer

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



2018

Week#8

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THE HARVEST

Blueberries

Corn

Bunched Onions

Garlic

Cucumbers

Green Peppers

Green Cabbage

Radish-Med Only

Peaches-Med Only

Broccoli-small only



STALKER

SAVE THE DATE

July 31/ 12-4

Daytime Vendor Event

Tastings Galore

Market Box

Blueberries

Finding Home Maple Syrup

Finding Home Pancake/Waffle Mix

Corn

Bunched Onions

Garlic

Green Peppers

Broccoli

Black Beans

Cheese

Pasta

!!!Dinners!!!!

Stuffed Veggie Peppers

Pasta w/ Broccoli & Corn

Breakfast

Blueberry Pancakes or Waffles

BAM

Peppers

Blueberries

Corn

Garlic

Pasta

Black Beans

Cheese

Broccoli and corn easy pasta bowl

From vintagekitchennotes

Ingredients

- 2 cups dried pasta, cooked according to packet instructions
- 1/2 medium broccoli, no stems, cut into chunks
- 2 corn ears, shucked (or use frozen)
- 2-3 Tbs. harissa paste (or sriracha or other spicy red pepper sauce you like)
- 1/2 cup grated good parmesan cheese
- 2 Tbs fresh chopped parsley
- Extra virgin olive oil
- Salt and black pepper
- A drizzle of cream, optional but good if you like spicy but also creamy

Instructions

1. Preheat oven to 375°F / 190°C.
2. Put broccoli in an oven tray, drizzle with olive oil, salt and pepper, and bake 20 minutes, moving around once or twice while cooking. Add corn and bake 20 more minutes, until it's charred but still crunchy.
3. Drain the pasta and mix with some olive oil (I use the same pot I cooked it in).
4. Add parsley, harissa and cheese and mix.
5. Add vegetables and mix well.
6. Serve with a drizzle of olive oil and cream.

Shredded Green Cabbage Salad w/ Lemon & garlic (from-food&wine.com)

Ingredients

- 1 garlic clove
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 pounds green cabbage, cored and finely shredded
- Kosher salt

How to Make It

In a mortar, pound the garlic to a puree. Stir in the lemon juice and olive oil.

In a large bowl, toss the cabbage with the dressing. Season with salt and toss again. Serve right away or lightly chilled.

Vegetarian Stuffed Peppers

Vegetarian Stuffed Peppers are filled with chipotle-flavored rice, beans, and vegetables, then smothered with melty cheese and crunchy tortilla -from culinaryhill.com

Ingredients

- Salt and freshly ground black pepper
- 4 large bell peppers any color
- 1 tablespoon olive oil
- 1/4 cup onion finely chopped
- 3 cloves garlic minced
- 2 [chipotle peppers in adobo sauce](#) seeded and minced
- 1 cup corn
- 1 (15 ounce) can black beans rinsed
- 1 1/2 cups Monterey Jack cheese shredded and divided
- 1 cup cooked rice
- 1 (14 ounce) can diced tomatoes drained

- 2 tablespoons fresh cilantro or parsley, chopped
- 1/2 cup [tortilla chips](#) crushed

In a large stock pot, bring 4 quarts of water and 1 tablespoon salt to boil. Trim 1/2-inch from the top of each pepper and remove the stem and seeds.

Add peppers to the water and cook until they begin to soften, about 3 minutes. Remove from water and place cut-side up to cool.

Meanwhile, preheat the oven to 350 degrees. Heat oil in a large skillet over medium-high heat until shimmering. Add onion and cook until softened, about 5 minutes.

Add garlic, chipotle peppers, corn, and black beans, and stir until heated through. Pour into a large bowl.

Add 1 cup cheese, rice, tomatoes, and cilantro to the large bowl with the black beans and stir to combine. Place the peppers in a 9" x 9" baking dish.

Divide the filling evenly among the peppers. Top with remaining 1/2 cup cheese and crushed chips. Bake until the filling is hot and the cheese is melted, about 30 minutes.

WHAT DO YOU CALL A PIG THAT DOES KARATE?



PORK CHOP