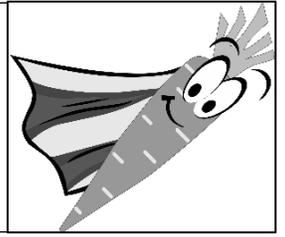


The Dreyer Flyer

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



2018

Week #17

THE HARVEST

Small & Medium

Shares

Arugula

Lettuce

Apples

Cabbage

Onions

Beans

Corn

Cider

Kirby Cucumbers

Market Box

You Pick Pot Pie

Shepards or Chicken

Arugula

1/2 Watermelon

Feta Cheese

Cider

BAM

Cider

Arugula

Corn

Kirby Cucumber

Cheese

SWEET CORN + ARUGULA SALAD

adapted from simple-veganista.com

A fresh and colorful salad for all you corn lover's! It's the simplest of ingredients with lot's of delicious flavor.

INGREDIENTS

- 2 – 3 oz. arugula
- 4 ears of corn, shucked (about 3 cups)
- 1 red bell pepper, diced
- 1/2 red onion, diced or white..red just looks pretty
- 1 lemon, juice of
- 1 – 2 tablespoons olive oil, optional
- mineral salt & fresh cracked pepper, to taste

INSTRUCTIONS

Remove the husks and stringy fibers from the corn cut/slice the corn off the cob. Prep the bell pepper and onion.

In a large mixing bowl, place the arugula, corn, bell pepper and onion. Add the lemon juice, olive oil and salt & pepper. Mix well to combine. Taste for seasoning adding more lemon juice or salt & pepper as needed.

Serve right away, or let the salad set for about 10 minutes (you can also chill it if you like). The arugula will soften and slightly wilt during that time making the salad look more proportioned and not so arugula heavy (it makes it a little easier to eat).

Store leftovers in an airtight container in the refrigerator for up to 5 days or so.

NOTES:

For a little protein, try mixing in a handful of sprouted mung beans or mixed sprouted beans. Their grassy, bitter flavor pairs well with the sweet veggies.

😊😊😊😊😊😊 BACK TO SCHOOL WEEK 😊😊😊😊😊

You have Brains in your head
you have feet in your shoes
you can steer yourself in
any direction you choose.
- Dr Seuss



FARMACIST PRESCRIPTION

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: CABBAGE! 1 cup

From healthline.com

1 cup (89 grams) of raw green cabbage contains (2):

- Calories: 22
- Protein: 1 gram
- Fiber: 2 grams
- Vitamin K: 85% of the RDI
- Vitamin C: 54% of the RDI
- Folate: 10% of the RDI
- Manganese: 7% of the RDI
- Vitamin B6: 6% of the RDI
- Calcium: 4% of the RDI
- Potassium: 4% of the RDI
- Magnesium: 3% of the RDI

Cabbage also contains small amounts of other micronutrients, including vitamin A, iron and riboflavin. As you can see in the list above, it is rich in vitamin B6 and folate, both of which are essential for many important processes in the body, including energy metabolism and the normal functioning of the nervous system.

In addition, cabbage is high in [fiber](#) and contains powerful antioxidants, including [polyphenols](#) and sulfur compounds (2).

Antioxidants protect the body from damage caused by free radicals. Free radicals are molecules that have an odd number of electrons, making them unstable. When their levels become too high, they can damage your cells. Cabbage is especially high in vitamin C, a potent antioxidant that may protect against heart disease, certain cancers and vision loss (3, 4, 5).

(you may wanna grab some beano!!)

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

Corn Cake Stacks with Aged Cheddar and Arugula

adapted from
Countryliving.com

INGREDIENTS

2 c. fresh corn kernels
1/4 c. finely diced red bell pepper
2 tbsp. cornmeal
1 tsp. sugar
3/4 tsp. Kosher salt
1/4 tsp. baking powder
2 large eggs
4 tbsp. olive oil
1 1/2 c. shredded aged Cheddar cheese
2 c. arugula

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In a large bowl, stir together corn, bell pepper, cornmeal, sugar, salt, baking powder, and egg yolks. In a separate bowl, using an electric mixer, beat egg whites until stiff peaks form. Fold whites into cornmeal mixture.
3. In a large skillet, heat 2 tablespoons oil over medium heat.
4. Working in batches, drop half the batter by scant 1/4-cup mounds into the oil, flattening them slightly with a spatula, and cook for 2 minutes per side, or until golden brown. Transfer to a baking sheet and repeat with remaining batter and 2 tablespoons oil.
5. Divide Cheddar evenly among corn cakes and bake for 1 minute, just until cheese has melted. Remove from oven, and make 4 stacks of 3 cakes

each. Top stacks evenly with arugula. Serve immediately.

WATERMELON ARUGULA AND FETA SALAD

Skinnytaste.com

A refreshing summer salad, made with sweet watermelon, peppery arugula and feta cheese.

INGREDIENTS:

- 3 cups seedless watermelon, cubed and chilled
- 1/2 cup crumbled feta
- 7 oz arugula
- 1/4 small red onion, sliced very thin
- 2 tbsp balsamic vinegar
- 2 tbsp extra virgin olive oil
- kosher salt and fresh pepper

DIRECTIONS:

1. Wash arugula and dry well.
2. In a large bowl whisk vinegar, olive oil, salt and pepper.
3. Toss with the remaining ingredients and serve.

Colcannon is traditionally made from **mashed** potatoes and kale (or cabbage), with milk (or cream), butter, salt and pepper added. It can contain other ingredients such as scallions (spring onions), leeks, onions and chives. There are many regional variations of this dish. From [Wikipedia](#)
NOTE: Cabbage will keep in your fridge for a long time, like up to a couple of months!
Check this out-

Follow the tips below to successfully store your cabbage for winter consumption.

- If you are harvesting your own cabbage from your garden or if you buy cabbage from the

farmstand, make sure to leave all leaves on the head. The outer leaves of the cabbage head work to protect the inner and more tender leaves, especially helping with moisture retention.

- Do not wash cabbage until you are ready to use it. Refrain from washing before storing.
- Cabbage can store well in a hydrator drawer. You can put the cabbage in a plastic bag to help retain moisture but it isn't totally necessary.
- Handle your cabbage with care. If you use only a partial head, make sure to tightly wrap the remainder and put into the fridge. Try to minimize any bruising of your cabbages. Any kind of cell damage makes the cabbage go by more quickly and degrades the vitamin C content.
- If cabbage is properly stored, it can last from 3 weeks to up to 2 months in your refrigerator. In optimum root cellar conditions, it can even last longer.

Diane's Colcannon

Allrecipes.com

- 2 1/2 pounds potatoes, peeled and cubed
- 4 slices bacon
- 1/2 small head cabbage, chopped
- 1 large onion, chopped
- 1/2 cup milk
- salt and pepper to taste
- 1/4 cup butter, melted

Directions

1. Place potatoes in a saucepan with enough water to cover. Bring to

a boil, and cook for 15 to 20 minutes, until tender.

2. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, reserving drippings, crumble and set aside. In the reserved drippings, saute the cabbage and onion until soft and translucent. Putting a lid on the pan helps the vegetables cook faster.
3. Drain the cooked potatoes, mash with milk and season with salt and pepper. Fold in the bacon, cabbage, and onions, then transfer the mixture to a large serving bowl. Make a well in the center, and pour in the melted butter. Serve immediately.

ARE YOUR LEEKS STILL IN YOUR FRIDGE!!!! Well then!! Let's make this recipe!!! Unless you are having a crazy busy week then save it and wait for potatoes because we will have them soon!!!

CABBAGE & LEEKS WITH BACON & PINE NUTS

Sydneymarkets.com

Prep 20 mins | Cook 15 mins |

Serves 4 as a side dish

This delicious side dish is great for fussy veggie eaters!

2 tbs olive oil

1 c rindless bacon rashers, chopped

2 medium leeks, trimmed, halved lengthways and finely sliced

2 garlic cloves, chopped

½ medium savoy cabbage, trimmed and shredded*

⅓ cup dry white wine

⅓ cup chicken or vegetable stock

⅓ cup toasted pine nuts

¼ cup grated parmesan cheese, to serve

**About 6 cups shredded cabbage is required*

STEP 1 Heat oil in a large frying pan over medium heat. Add bacon and cook, stirring occasionally, for 5 minutes until golden. Add leeks and garlic and cook, stirring occasionally, for 4-5 minutes until tender.

STEP 2 Add cabbage to pan and stir to combine over medium heat. Add wine and cook for 1 minute. Stir in stock, cover and cook for 3-4 minutes until cabbage wilts. Stir through pine nuts and season with salt and pepper to taste. Sprinkle with grated parmesan cheese and serve.

Green Cabbage Braised in Cider with Apples

This flavorful cabbage recipe makes a colorful fall side dish.

Source: Martha Stewart

Living, October 2000

INGREDIENTS

- 1 head green cabbage (about 1 pound), cut into thin shreds
- 1 tablespoon unsalted butter
- 1 large onion, cut into slivers
- 2 cloves garlic, minced
- 1/2 cup cider vinegar
- 1/2 cup apple cider
- 2 tablespoons honey
- 1 teaspoon coarse salt
- 1/4 teaspoon freshly ground pepper
- Pinch of ground cloves
- Pinch of ground allspice
- 3 red apples
- Juice of 1 lemon

- 1 teaspoon caraway seeds

DIRECTIONS

1. Bring a large saucepan of water to a boil. Blanch cabbage until just tender, about 2 minutes. Drain and set aside.
2. Heat butter in a large straight-sided skillet over medium heat. Add onion and garlic, and cook until they begin to soften, about 3 minutes. Add cabbage, cider vinegar, apple cider, honey, salt, pepper, cloves, and allspice. Toss to coat. Cover, and simmer until very tender, about 40 minutes. While cabbage is cooking, core apples; cut into 3/4-inch pieces. Toss with lemon juice; set aside.
3. Add apples and caraway seeds to pan; cook, uncovered, until apples begin to brown slightly, and most of the liquid has evaporated, about 10 minutes. Serve.

TIPS FROM Foodnetwork.com And don't underestimate the power of a love note in a lunchbox, says [Bonnie Taub-Dix, MA, RD, CDN](#), author of *Read It Before You Eat It* and weight loss expert in New York. "Aside from a healthy lunch, be sure to slip in a little note saying things like, **'Your bones will smile when you eat this cheese,' or 'I hope this sandwich helps you run faster at recess.'** This will help form a strong bond between parent and child as well as a connection between healthy eating and feeling great," Bonnie advises.