

# The Dreyer Flyer

*A veritable cornucopia of  
inFARmation from the last farm  
in Union County, New Jersey.*



**Save The Date**  
**Alluem Yoga in the Field**  
**Thursday May 30<sup>th</sup> 6.30**

## The Harvest Week 2

### Small Shares

Strawberries  
Shiitake Mushrooms  
Boston Red Lettuce  
Asparagus  
Zucchini

\*\*\*\*\*

### Medium Shares

Everything that small  
share gets PLUS  
More zucchini  
Purple Kale

### Market Box

Piggery Cottage Bacon  
Fulper Feta Cheese  
Asparagus  
Strawberries  
Shiitake Mushrooms  
Zucchini  
Marmalade

### BAM Box

Strawberries  
Asparagus  
Zucchini  
Red Boston Lettuce

*Make sure you pick up some Fulper Farms Feta & Piggery Cottage Bacon to make this spectacular dish, you can have it for lunch or a light dinner.*

Adapted from

### **Roasted Asparagus Salad with Fresh Strawberries**

Grand Prize Winner, Home Cook Division

Recipe submitted by Barbara Estabrook, [Rhineland, Wisconsin](#)

Yield: 6 servings

- Use 3 Circles of the Cottage Bacon chopped
- 1/8cup plus 3/4 tablespoons [olive oil](#), divided
- 1/2 tablespoon [orange marmalade](#)
- 1 tablespoon white balsamic vinegar
- 1 bunch fresh [asparagus](#) spears, tough ends removed
- 1/2 teaspoon kosher
- 1/2 container fresh strawberries, sliced 1/4 inch thick (about 1 1/4 cups)
- 3 tablespoons crumbled [feta cheese](#)
- 1/2 teaspoon ground black pepper

In a medium skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove bacon from skillet, and drain on paper towels. Drain bacon grease from skillet. (Do not wipe skillet out.)

Add 1/8 cup olive oil and marmalade to skillet. Cook over medium heat, stirring with a wooden spoon until marmalade is melted, loosening brown bits from bottom of skillet while stirring. Remove from heat and stir in vinegar. Set aside. Preheat oven to 425°. Line a rimmed baking sheet with aluminum foil.

Spread asparagus in a single layer on prepared baking sheet. Drizzle asparagus with remaining 1 1/2 tablespoons olive oil, tossing gently to coat. Sprinkle evenly with salt.

Bake until asparagus is barely tender, 5 to 10 minutes. Place asparagus on a platter.

Stir strawberries into marmalade mixture, tossing to coat. Spoon strawberry mixture evenly over asparagus. Top evenly with bacon, feta cheese, and pepper. Serve immediately.



## 15 Minute Asparagus Mushroom and Bacon |

You can't go wrong (Market Box Members you can use ZOODLES here instead of Asparagus)

### Prep Time

2 mins

### Cook Time

13 mins

### Total Time

15 mins

Hearty mushrooms and mildly earthy asparagus come together with olive oil and bacon in this 15- minute side dish. You can't go wrong with this one.

Servings: 4

Author: Oven Struck

### Ingredients

- 1 bunch of asparagus or spiralize 4 zucchini
- 2 tablespoons of olive oil
- 8 ounces Shiitake
- **\*\*Optional:** 2 tablespoons prepared bacon (or 3 circles of cottage bacon)chopped
- You will need kosher salt and cracked pepper throughout the preparation of this dish

### Instructions

1. Pre-heat 10" cast iron skillet on your stovetop over medium low heat
2. Add in your prepared (cut) asparagus to the pan and top with olive oil. Stir to coat the asparagus and the pan. Add a pinch of kosher salt and stir again. Keep stirring until the asparagus is a bright green.

3. Make a hole in the center of the pan and add your mushrooms. Stir the mushrooms with the asparagus and add a pinch of kosher salt and cracked black pepper.
4. Continue to stir the mushroom and asparagus frequently until the mushrooms are golden brown. About 7 minutes.
5. **\*\*Optional:** The last two minutes of cooking add in bacon and stir so it heats through.
6. If you are ZOODLING...here are your instructions. Cook 3 Circles of chopped Cottage Bacon in a large skillet once almost crispy add in shiitake mushrooms. If pan is too dry add a little olive oil, then gently stir in your zoodles until everything is blended. You do not want to over cook zoodles.



### Savory Spice Shop

Don't forget to join us at The Savory Spice Shop in downtown Westfield with Chef Kris Morasso of Dreyer Farms. Kris will discuss cooking from farm-to-table. You will learn and taste various recipes, so come hungry! Attendees will also receive 10% off Savory Spice purchases made during the class. Spots are limited.  
Class Fee: \$20  
May 29th 7pm-9pm  
To RSVP: Call (908) 264-8947

Fun Fact-**Mushrooms** are rich in B vitamins: riboflavin, niacin, and pantothenic acid. The combination helps protect heart health. Riboflavin is **good** for red blood cells. Niacin is **good** for the digestive system and for maintaining healthy skin.  
Healthline.com

### Asparagus and Mushroom Carbonara Prep Time:

Adapted from closetcooking.com

### Servings: 4

Roasted asparagus and mushrooms in a creamy and cheesy egg sauce with plenty of fresh cracked black pepper.

ingredients

- 1 pound asparagus, trimmed and cut into bite sized pieces
- 8 ounces mushrooms, quartered
- 1 tablespoon olive oil
- salt and pepper to taste
- 8 ounces fettuccine (or pasta of choice) (gluten free for gluten free) OR use your zucchini and make zoodles for a no carb extra veggie option!
- 4 ounces bacon cut into 1 inch pieces or 4 ounces pancetta, diced
- 1 clove garlic, chopped
- 2 eggs
- ½ cup parmigiano reggiano (parmesan), grated
- plenty of fresh cracked black pepper
- salt to taste
- 1 tablespoon parsley, chopped

directions

1. Toss the asparagus and mushrooms in the oil, salt and pepper, place on a baking sheet in a single layer and roast in a preheated 400F/200C oven until they start to caramelize, about 20-30 minutes, mixing half way through.
2. Start cooking the pasta as directed on the package.
3. Cook the bacon in a pan, pour off all but a tablespoon of the grease from the pan, add the garlic, cook for 30 second and turn off the heat.
4. Mix the egg, cheese, pepper and salt and parsley in a bowl.
5. Drain the cooked pasta reserving some of the water.
6. Mix the pasta, egg mixture, asparagus and mushrooms into the pan with the bacon, adding reserved pasta water as needed.

### Shaved Asparagus and Strawberry Salad with Grilled Cheese Croutons

[From the feedfeed.com](#)

Serves 6

#### Ingredients

8 oz strawberries, hulled and sliced  
5 large stalks asparagus, peeling into ribbons with a y-peeler  
2 tbsp unsalted butter  
4 slices sourdough bread  
2 oz herbed goat cheese  
1/2 cup slivered almonds  
1/2 cup crumbled feta  
5 oz mixed greens  
1/2 cup greek yogurt  
1 tbsp honey  
2 tbsp apple cider vinegar  
2 tbsp poppy seeds  
Juice of one lemon  
1/2 cup olive oil

Salt and pepper, to taste

#### Directions

Heat a large skillet over medium heat add 1 tbsp of butter and let melt. Compose two sandwiches from the four slices of sourdough and goat cheese. Grill until golden brown, about 2-3 minutes per side. Let cool slightly, then cut into croutons and set aside. Meanwhile, make the dressing. Whisk together the Greek yogurt, honey, apple cider vinegar, poppy seeds and lemon juice. Season to taste with salt and pepper. Slowly drizzle in the olive oil and whisk until emulsified. Arrange greens on a large platter and top with asparagus, feta, almonds, strawberries and grilled cheese croutons. Drizzle with poppy seed dressing on top and enjoy!

#### Strawberry Balsamic Zoodle Salad

From wickedstuff.com

**Servings:** 1

**Prep Time:** 5 minutes | **Total**

**Time:** 5 minutes

**Nutritional Facts:** 4g Net Carbs | 323 Calories | 33g Fat | 6g Carbs | 3g Protein | 2g Fiber

#### Ingredients:

*For the salad:*

- 1 cup zucchini noodles
- 1 sliced strawberry
- 1 tbsp crumbled herbed goat cheese
- 1 tbsp pistachios

*For the dressing:*

- 4 strawberries
- 2 tbsp high quality balsamic vinegar
- 2 tbsp avocado oil
- 1/2 tsp minced garlic
- 1/8 tsp salt
- 1/8 tsp cracked black pepper

Steps:

1. In a small salad bowl, toss salad ingredients.

WANNA LIVE A HEALTHIER LIFESTYLE?

Get a buddy! Put pen to paper and get clear about WHY you want to make a change. After this, write out clear measurable goals. Have your buddy do the same and have monthly check-in dates.

2. In a blender, combine dressing ingredients and blend.
3. Mix salad with 1 tbsp strawberry balsamic dressing (save the rest for another salad, or use it for a quadruple batch)
4. Enjoy!

#### Asparagus & Strawberry Salad with Goat Cheese

Adapted from spoonfulofflavor.com

ingredients

- 2 cups fresh asparagus cut into 1-inch pieces
- 2 heaping cups fresh lettuce
- 2 cups fresh strawberries sliced in half
- 1 large spring onion chopped
- 2 tablespoons sliced almonds
- 1 ounce goat cheese crumbled
- juice from 1/2 lemon
- 2 tablespoons olive oil
- 1 tablespoon honey
- salt and freshly ground black pepper to taste

instructions

1. Bring a large pot of water mixed with a teaspoon of salt to a boil over medium heat. Set aside a bowl of iced water. Add the asparagus to the boiling

water and cook for 2 or 3 minutes. Drain the asparagus and immediately add it to the ice water.

2. In a large bowl combine asparagus, spinach, strawberries, onion, pea shoots, almonds and goat cheese. In a small bowl, whisk together the lemon juice, olive oil, honey, salt and pepper. Pour dressing over salad and toss lightly to coat.

### Strawberry Kale Salad

This lean, green, strawberry kale salad is just what you need to beat the heat this summer. Quick, easy, and downright delicious, this superfood salad is loaded with nutrients! NOTE: If you do not have Kale in your share you can totally substitute lettuce.

**COURSE SALAD**

**CUISINE AMERICAN**

**KEYWORD STRAWBERRY**

**KALE SALAD**

**PREP TIME 20 MINUTES**

**TOTAL TIME 20 MINUTES**

**SERVINGS 2 SERVINGS**

**AUTHOR JENN LAUGHLIN - PEAS AND CRAYONS**

**Ingredients**

- 2-4 cups chopped kale, removed from stem
- 2 TBSP [extra virgin olive oil](#)
- pinch of salt
- 1 cup chopped strawberries
- 1/4 cup crumbled feta
- 1 cup [candied walnuts](#)
- 10 [blanched asparagus spears](#)

**HOMEMADE BALSAMIC DRESSING**

- 1/2 cup [extra virgin olive oil](#)
- 1/3 cup [balsamic vinegar](#) plus extra to taste
- 2 TBSP [red wine vinegar](#)

- 2 TBSP dijon mustard
- 2 tsp honey
- 2 cloves garlic smashed and minced
- 1 tsp salt
- 1/2 tsp black pepper

**Instructions**

1. After washing and drying your kale, remove the ribs/stem from each kale leaf.
2. Tear or chop the kale into bite-sized pieces.
3. Pour a little olive oil in your hands and work your way through the kale, massaging the leaves until they darken in color and tenderize.
4. Finish it off with a pinch of salt and combine with strawberries, candied walnuts, and asparagus.
5. For the dressing, add all ingredients to a mason jar and shake well. Drizzle as desired over your salad. Leftover dressing can be kept tightly sealed in the fridge for several days.
6. Top with feta and dig in!

**Recipe Notes**

Recipe yields 2 side salads or one jumbo salad!

The above measurements will get ya started, but feel free to add extra fruit, veggies, nuts or cheese if you'd like! This salad will easily feed one, two, or even a crowd! Have fun with it!

*Recipe inspired by [Hummusapien](#).*

If you got to this point in the newsletter and maybe you are a first timer and you do NOT have any clue how to zoodle- do not panic. You can use a peeler to make noodles but they will not be as noodle-ie as if you use a spiralizer. I recommend the [Paderno World Cuisine Spiralizer](#)

This is what it looks like:



There is also this method:



Not my favorite but it is little cheaper and smaller for storage purposes.

I will give tons of spiral veggie recipes because I LOVE THEM! So I do think you will benefit from getting one of these tools if you have not already! Feel free to ask me about other zoodling gadgets as I have literally purchased them all.

NOTE: If you have any comments, suggestions, stories, tips please reach out to me! I love hearing from you. It is really the best part of my job here. Best way to contact me 908.477.0105 text or call. If you want to email me make sure to use the NEW email address: [dawn@dreyerfarms.com](mailto:dawn@dreyerfarms.com)

