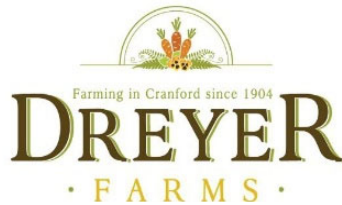


The Dreyer Flyer

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



Yoga in the Field
June 13th register at
Alluemyoga.com
Under workshops

The Harvest Week 4

Small Share

Snap Peas
Lettuce
Radish
Escarole
Kirby Cucumbers
Cabbage
Dill
Savory Spices
Capitol Hill
Bok Choy
Breadsmith Boule

BAM

Cabbage
Snap Peas
Radish
Escarole
Cottage Bacon
Breadsmith Boule

Market Box

Griggstown Chicken
2 lemons
Rosemary Sprig
Snap Peas
Dill
Escarole
Radish
Kirby cucumbers
Bok Choy
Savory Spice
Breadsmith Boule
BBQ Sauce

What to make for dinner this week! Well if you are a Market Box share type, you have a few options. You can make the Roast Chicken recipe or the BBQ Chicken (you have most of what you need for this one). For a side you can prepare the Cucumber Radish or Snap Pea Radish Cucumber Salad. You can also make the escarole salad...many options. They are all delicious. However, you may need to buy a few additional items like clementines! Adapted from kitchenserendipity.com You can be totally crazy and buy an extra chicken and do chicken 2 ways!!!

ROAST CHICKEN WITH Savory Spice and BOK CHOY

- 3 1/2 pound whole chicken, rinsed and dried
- Bok choy, washed and cut in half lengthwise
- 6 large shallots, peeled and sliced in half (or 2 bags Capitol Hill)
- 1 tablespoon agave nectar or honey
- 1 tablespoon grated clementine zest
- Pinch of red pepper flakes
- 2 tablespoons extra virgin olive oil, divided
- 1 cup low-sodium chicken broth
- 1/4 scant cup freshly squeezed clementine juice (about 2-3 clementines)
- kosher salt and freshly ground black pepper

For the sauce: Chicken pan juices/splash of white wine (a tablespoon or two – optional)/2 tablespoons freshly squeezed clementine juice (1-2 clementines)/1 tablespoon soy sauce/1 scallion, light and dark green parts, chopped/freshly ground black pepper/1 teaspoon cornstarch

Preheat oven to 400. In a small roasting dish, toss the baby bok choy & shallots (or Savory Spice Packets) w/1 -2 TB extra-virgin olive oil, the sweetener, zest, and red pepper flakes. Season with salt and pepper. Arrange the chicken on top, tie legs together with kitchen twine, and pour the chicken broth and clementine juice over the chicken. Drizzle with 1 tablespoon of extra-virgin olive oil, and season liberally with salt and pepper. Roast at 400 degrees F for approximately 1 hour and 15 minutes, until juices run clear. When the chicken is done, carefully tilt the chicken so the cavity juices run into the pan and remove to a plate and keep warm.

With tongs, remove the bok choy and shallots to a serving dish and keep warm.

Pour pan juices into a 2-cup measuring cup and spoon off any fat from the top. Transfer to a small or medium saucepan and bring to a boil. Add the wine, clementine juice, and soy sauce. Reduce heat and simmer for about 7 minutes or until reduced by half. Season with salt and freshly ground black pepper.

Mix the teaspoon of cornstarch with 1 tablespoon of water and add to the sauce, stirring constantly to thicken. Pour into a small serving dish and garnish with the green onions. Serve with the chicken.

Sugar Snap Pea, Radish, and Cucumber Salad [GOURMET](#) JUNE 2001

Ingredients

1/2 lb sugar snap peas, trimmed and, if large, halved diagonally
1 English cucumber, halved lengthwise and seeded or 3 kirby cucs seeded
1 bunch radishes
1/4 cup sesame seeds, toasted
1 tablespoon seasoned rice vinegar
1 teaspoon cider vinegar

PREPARATION

Cook peas in a saucepan of boiling salted water just until they turn a brighter shade of green, about 30 seconds.

Drain in a colander and rinse under cold water to stop cooking.

Cut halved cucumber and radishes crosswise into 1/4-inch-thick slices.

Toss peas, cucumber, radishes, and sesame seeds with vinegars and season with salt and pepper.

Cooks' note:

• *If you don't have seasoned rice vinegar in your cupboard, you can substitute unseasoned and add 1/4 teaspoon salt and 1 1/2 teaspoons sugar.*

BBQ Lemon Chicken

*Adapted from
geniuskitchen.com*

Ingredients

- 2 lemons, zest of
- 1 cup barbecue sauce Down To The Bone or Your Favorite sauce
- 2 teaspoons Italian seasoning
- 4 garlic cloves, peeled and mashed
- 1 sprig fresh rosemary
- 1 whole chicken

DIRECTIONS

Preheat oven to 350°F Cut zested lemons in half, squeeze out juice into a small bowl and set aside halves. Add zest, barbecue sauce, and seasonings to the lemon juice; mix well.

Place chicken in baking pan. Place 2 of the lemon halves along with the mashed cloves of garlic and rosemary sprig into the cavity of the chicken.

Rub skin of chicken all over with remaining 2 lemon halves and discard. Tie legs together with twine.

Bake 1 1/2 - 2 hours or until chicken is cooked through to 170F brushing with the barbecue sauce mixture every 5 min during the last 20 minutes of baking.

Remove chicken from oven, and discard lemon halves and garlic cloves from chicken cavity. Skim fat from drippings in pan and serve with the chicken.

Cucumber Radish Salad

Cucumber Radish Salad - light and easy to make, very fresh and delicious, low-carb, Keto Friendly and low calorie. The perfect side dish for steak, chicken or fish. Simple salad that adds a lot of flavors to any dish.

Ingredients

- 2 cups cucumbers
- 2 cups radishes
- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 1 tsp salt
- 2 tbsp dill — *fresh*
- 2 tbsp green onions
- 1/4 tsp sweetener honey or agave

Wash and scrub radishes. Wash cucumbers.

Slice cucumbers and radishes into thin slices.

Place in a bowl.

In a small bowl combine all ingredients for the dressing.

Pour over the vegetables and stir to coat in dressing.

Top with dill and green onion.

Serve or refrigerate for up to one day.

THIS IS ONE OF THOSE RECIPES I WILL USE EVERYTIME WE GET ESCAROLE!!! IT IS A CROWD PLEASER!!!

This salad is based on [bagna cauda](#) ("hot bath"), a classic Piedmontese sauce made with anchovies, garlic, butter and olive oil. It's generally served warm, with raw vegetables for dipping. Melissa Rubel Jacobson transforms most of bagna cauda's ingredients into a dressing that she tosses with a nicely crunchy mix of escarole, radishes, celery and cucumber.

Ingredients

- Two 3/4-inch-thick slices of sourdough bread, cut into 3/4-inch dice (3 cups) you can use your Breadsmith Boule
- 1 large head of escarole, light green and white leaves only, cut crosswise into 1-inch strips
- 6 radishes, thinly sliced
- 4 celery ribs with leaves, thinly sliced
- 1 cup grape tomatoes, halved (in my humble option I'd say these are optional ..especially since that are not in season yet!!!)
- 1/2 seedless cucumber, halved lengthwise and thinly sliced crosswise or 2 kirbys

- 1/2 cup extra-virgin olive oil
- 8 oil-packed anchovy fillets, drained and coarsely chopped- personally I do not like anchovies and I totally omit but I know there are foodies out there that want to yell at me for saying so!
- 6 large garlic cloves, minced
- 2 1/2 tablespoons fresh lemon juice
- Freshly ground pepper
- Kosher salt

BEST ESCAROLE SALAD!!!

How to Make It

Step 1 Preheat the oven to 350°. On a baking sheet, toast the bread for 15 minutes, tossing once, until lightly golden; let cool.

Step 2 Meanwhile, in a large bowl, toss the escarole strips with the radishes, celery, tomatoes(or maybe no tomaotes) and cucumber.

Step 3 In a small saucepan, combine the olive oil, chopped anchovies and minced garlic and cook over moderate heat, stirring occasionally, until the garlic is lightly golden, about 7 minutes. Add the lemon juice and season generously with pepper.

Step 4 Add the croutons to the salad and toss. Pour the dressing over the salad, season lightly with salt and toss again. Serve at once.

We don't call Capitol Hill an all-purpose blend because it's

not meant for red meat, but it works great on most other foods, particularly seafood. We handcraft this delicate blend from shallots, salt, pepper, dill weed, parsley and chives.

Mix 1 to 2 tbsp. of Capitol Hill into a cup of soft butter and you've got a great bread spread. Try making a healthy dip by using sour cream or yogurt instead of butter. This blend is also great in chicken salads, omelets or sprinkled on veggies.

A simple vinaigrette that pairs deliciously with dark greens or roasted vegetables.

1 1/2 Tbsp. [Capitol Hill Seasoning](#)

1/4 cup rice vinegar

3/4 cup olive oil

1/4 tsp. sugar

Pinch of salt

DIRECTIONS

In a bottle or jar, add ingredients and shake vigorously to combine. Refrigerate until chilled.

Savory Cole Slaw

Ingredients

- 1 small head cabbage, shredded
- 4 carrots, shredded
- 1/2 onion, sliced very thin
- 1/2 tsp. [Fine Pink Himalayan Sea Salt](#)
- 1 1/2 cups mayonnaise
- 4 Tbsp. apple cider vinegar

- 4 Tbsp. [Capitol Hill Seasoning](#)
- 1 tsp. [Celery Seeds](#)
- 1 tsp. sugar
- 1/4 tsp. [Coarse Black Malabar Pepper](#)

A creative customer submitted this super easy cole slaw recipe featuring one of our most popular spice blends - Capitol Hill Seasoning.

Directions

Place vegetables in a large bowl. Sprinkle with salt. Combine mayonnaise, vinegar, Capitol Hill Seasoning, celery seeds, and sugar. Set aside for about 5 min. Fold mayonnaise mixture into shredded vegetables. Add pepper to taste. Allow to marinate for at least 2 hours before serving.

SERVING SUGGESTIONS

An excellent side dish with chicken, ribs, burgers, and more.

Blow your veggie-loving tastebuds away with this wood-fired take on grilled cabbage. Cabbage Steaks are grilled over cherry wood and drizzled with a melt-in-your mouth bacon vinaigrette.

1 HEAD GREEN CABBAGE,
CUT INTO 3/4-INCH THICK
SLICES (ABOUT 6 STEAKS)

OLIVE OIL, FOR BRUSHING

SALT, TO TASTE

BLACK PEPPER, TO TASTE

WARM BACON VINAIGRETTE

3 STRIPS THICKLY SLICED
LEAN BACON, CUT INTO
1/4-INCH STRIPS or use The
Piggery Cottage Bacon

2 TBSP OLIVE OIL

1 SHALLOT, MINCED

2 TBSP SHERRY VINEGAR

1 TBSP WHOLE-GRAIN
MUSTARD

1 TSP CHOPPED THYME

PREPARATION

When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 450 degrees F and preheat, lid closed, for 10 to 15 minutes.

For the vinaigrette: In a large skillet, cook the bacon in the olive oil over medium-high heat until browned and crisp. Remove bacon from heat and stir in the shallot, vinegar, mustard, thyme and set aside. (if you want to skip this and just use the Capitol Hill Spice here I think it would be lovely!)

Brush cabbage steaks with olive oil and season with salt and pepper. Place cabbage steaks directly on grill grate and grill 5 minutes per side.

Remove cabbage steaks from grill and drizzle with bacon vinaigrette. Enjoy!

Baby Bok Choy and Cucumber Salad

This is a great Cooking Light recipe. Thinly slice the bok choy stalks and leaves for a salad that's full of color and texture.

Ingredients

- 2 teaspoons toasted sesame oil
 - 1 teaspoon rice vinegar
 - 1 teaspoon reduced-sodium soy sauce
 - 1/2 teaspoon minced fresh garlic
 - 2 cups thinly sliced baby bok choy
 - 1/2 cup thinly sliced red bell pepper OR use thin sliced radish here!!!
 - 3/4 cup thinly sliced cucumber
-
- 2 tablespoons fresh cilantro leaves

How to Make It

Combine first 4 ingredients in a medium bowl, stirring with a whisk. Add bok choy and remaining ingredients; toss to coat.