

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 5

Small Share

English Peas
Broccoli
Yellow Squash
Tableside Spice
Garlic Scapes
Chinese Cabbage

Medium

All that the small gets
PLUS Amazel Plant
Tableside Spice
BAM
Bok Choy Salad
Broccoli
Yellow Squash
Amazel Plant
Small Battenkill
Chocolate Milk

Market Box

Griggstown Turkey
Broccoli
Yellow Squash
River Bend Beef
Bok Choy Salad
Pasta
English Peas
Tableside Spice

Did you enjoy a Griggstown roasted chicken last week? I did! I am not joking when I say I could wait to plate it, one taste and a nibble became 2, then 3, then I looked at the bird and well....let's just say it wasn't pretty, but it sure was super delicious. The pan juices...ahhhhhh. Tonight, I made a beef and broccoli dish with River Bend Ground Beef. Super easy...no oil...brown the beef with chopped green garlic and or scapes, (make sure to constantly move it all around as to not burn) after that is complete throw in chopped broccoli and any leftover bok choy, top with soy sauce or coconut aminos and cover to steam a bit, top with a drizzle of sesame oil and sprinkle some sesame seeds on top if you have them and Viola! Dinner is served!

What Are Garlic Scapes?-As the garlic plant matures, it sends up bright-green shoots that curl beautifully and have closed buds on top. When the buds, called seed pods, open up, that means the garlic bulb is ready to harvest for traditional garlic. Edible garlic scapes are harvested before the seed pods open up.

The following ideas for what to do with your scapes is from seriouseats.com
Grilled Scapes! Another great, and very different, way to showcase scapes is to grill them, tossed with a little olive oil, salt, and pepper, over direct heat for about two minutes. Flip them once, halfway through, and finish with an extra sprinkle of flaky salt and maybe a bit of lemon juice and zest. They'll be charred in spots and just soft enough, and their flavor will have sweetened and mellowed dramatically. Grilled scapes are surprisingly reminiscent of asparagus, and surprisingly different from raw scapes.

Scape Hummus

For the same reason they work well in pesto, scapes are a brilliant swap-in for garlic in your favorite homemade hummus. I think they work especially well in a lemony, tahini-free hummus, which really gives them a chance to shine. Edamame "hummus" with scapes works nicely too, and color coordination is tough to argue with.

Scape Compound Butter

Scapes would make a lovely [compound butter](#) with a little lemon and maybe some fresh thyme. You could use the butter to make a tarted-up garlic bread, and I can't think of much (except maybe fruit—I do have *some* boundaries) that could be tossed on the grill but not finished with a nice slice of this melting goodness.

Amazel Bail

Plant Needs

Light Requirement: Sun

Maintenance Category: Easy

Bloom Time: Grown for

Foliage

Hardiness Zones: 10a, 10b, 11a, 11b

Water Category: Average

Uses: Border Plant

Container

Edible Herb

Landscape

Uses Notes:

Best grown in the landscape, although a large container can work as well. Once picked, add lavishly to rice dishes, poultry, fish, potatoes and vegetables, dressings or marinades.

Maintenance Notes:

Harvest sprays of leaves by cutting stems just above two new sprouting lateral branches to get lush regrowth. One of the most common disease issues in basil is Downy Mildew. This basil is downy mildew resistant and has little to no seed set. If it does happen to produce a few flowers, pinch them off and it will continue to produce leaves to use in your kitchen. from provenwinners.com

Pasta e Piselli

Ingredients

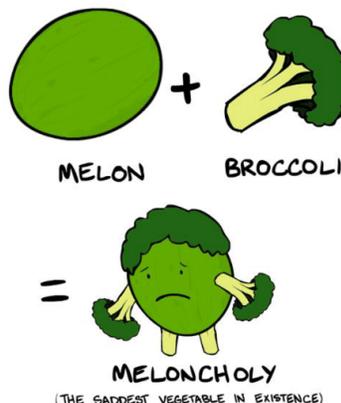
- All of your peas
- 2 tbsp. unsalted butter
- 4 slices bacon, diced-optional but HEY bacon does kinda make everything taste bettah...
- 1 small yellow onion, minced
- Traditionally this dish does not have garlic but

in my humble opinion garlic in any pasta dish is a good thing!!! So I say add as much minced garlic to this dish as you like!

- 1 lb. pasta,
- 1 cup Parmesan cheese, grated or pecorino or Reggiano
- Kosher salt and freshly ground black pepper, to taste

Instructions

1. Combine peas, butter, bacon, onion, and $\frac{3}{4}$ cup water in a 12" skillet over medium-high.
2. Cook until water has evaporated and peas are cooked, about 15 minutes.
3. Meanwhile, bring a large pot of generously salted water to a boil; add pasta, and cook until al dente, 10 minutes.
4. Drain, reserving 1 cup of water.
5. Add pasta, water, parmesan, salt, and pepper to skillet with peas and toss to coat.
6. Transfer to a serving platter and serve immediately.



MY FOOD LOOKS FUNNY.COM

Interesting facts about broccoli

- **Broccoli** is an annual or biennial vegetable belonging to the cabbage family.
- The word "**broccoli**" comes from the Italian plural of broccolo, which means "the flowering crest of a cabbage", and is the diminutive form of brocco, meaning "small nail" or "sprout."
- **Broccoli** has been around for more than 2000 years. From justfunfacts.com

Beef n Broccoli from hotpankitchen.com

Ingredients

- 1 pound ground beef- RIVER BEND IS IN THE FREEZER
- $\frac{1}{2}$ tsp kosher salt
- $\frac{1}{4}$ tsp ground black pepper
- $\frac{1}{4}$ cup coconut aminos or soy sauce
- $\frac{1}{4}$ cup beef broth
- 1 tbsp orange juice
- $\frac{1}{2}$ tbsp rice vinegar
- 1 tsp sesame oil
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{4}$ tsp ground ginger
- $\frac{1}{8}$ tsp chili pepper flakes
- 9 ounces broccoli florets roughly the same size
- Cauliflower rice or regular rice if not paleo

Instructions

Items Needed:

1. A large non-stick pan with a lid
2. A wooden spoon (or other utensil)

3. Measuring spoons
4. A large liquid measuring cup
5. A small whisk (or other utensil to stir)

Directions:

1. Place the ground beef in a non stick pan over medium heat and break it up with a wooden spoon. Add in the kosher salt and ground black pepper and cook (stirring occasionally) until the meat is browned, 5-7 minutes.
2. While the ground beef cooks, put the sauce together. In a large measuring cup, pour in the coconut aminos and beef broth, then add in the other ingredients using measuring spoons up through the chili pepper flakes. Stir everything together with one of the measuring spoons or a small whisk if it has trouble coming together.
3. After the beef is fully cooked, dump the broccoli florets in the pan and pour the sauce over everything. Stir to combine, making sure the florets are touching the sauce, then cover the pan with a lid and cook for 5 minutes over medium-low heat.
4. Check the mixture after the timer goes off. If the broccoli is not fully cooked, stir with the wooden spoon and place the lid on again to

cook for another 3 to 5 minutes.

5. Once done, serve over cauliflower rice (or regular rice if not paleo).

Recipe Notes

- If making cauliflower rice, cook it in the microwave for 3-4 minutes in a covered dish. Check it halfway through to make sure it doesn't get mushy.

Squash Noodles with Korean Beef

Ingredients

- 1/3 cup reduced sodium soy sauce or coconut aminos
- 1 tablespoon freshly grated ginger
- 1 tablespoon sesame oil
- 1 teaspoon Sriracha, or more to taste or not if you don't like spicy
- 1 tablespoon olive oil
- 3 cloves green garlic, minced
- 1 pound ground beef-RIVER BEND or use Griggstown ground turkey or chicken...or piggery ground pork!
- 1 1/2 pounds (4 medium-sized) squash, spiralized
- 2 scapes, thinly sliced
- 1/4 teaspoon sesame seeds

DIRECTIONS:

In a small bowl, whisk together soy sauce, ginger, sesame oil and Sriracha.

Heat olive oil in a large skillet over medium high heat. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.

Stir in zucchini noodles, green onions and soy sauce mixture until well combined, allowing to simmer until heated through, about 2 minutes.

Serve immediately, garnished with sesame seeds, if desired. adapted from damndelicious.com

The Best Slaw Ever.

Ingredients Salad

- 1 large head crinkly Chinese cabbage aka Napa cabbage thinly sliced
- 5-6 green onions sliced thin use your scapes here!

Dressing

- 1/2 cup olive, avocado or another oil you like
- 2 Tablespoons Stevia sugar blend or 1/4 cup of sugar
- 1/3 cup rice vinegar or cider vinegar
- 1 Tablespoon soy sauce or coconut aminos
- 1 teaspoon sesame oil

Crunchy Topping

- 2 Tablespoons butter or dairy-free substitute
- 1 Tablespoon olive oil
- 1 package Top Ramen noodles broken into small pieces (any flavor, discarding the seasoning packet)
- 1 cup slivered almonds
- Salt to taste

Instructions

1. Mix sliced cabbage and green onions in a large bowl.

2. Combine dressing ingredients in a jar with a tight lid and shake well to mix.
3. Pour dressing over cabbage mixture, toss to coat and set aside.
4. In a large frying pan, melt butter and stir in olive oil.
5. Add broken noodles, almonds and salt (if desired.)
6. Saute until noodles and nuts are lightly golden brown.
7. Sprinkle crunchy noodles and almonds over the cabbage mixture.

Unstuffed Cabbage in your Crockpot

- 2 pounds ground beef
- 1 large onion, chopped
- 1 small head cabbage, chopped
- 2 (14.5 ounce) cans diced tomatoes
- 1 (8 ounce) can tomato sauce-
- 1/2 cup water
- 2 cloves garlic, minced
- 2 teaspoons salt
- 1 teaspoon ground black pepper
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Directions

1. Heat a Dutch oven or large skillet over medium-high heat. Cook and stir beef and onion in the hot Dutch oven until browned and crumbly, 5 to 7 minutes; drain and discard grease. Add cabbage, tomatoes,

tomato sauce, water, garlic, salt, and pepper and bring to a boil. Cover Dutch oven, reduce heat, and simmer until cabbage is tender, about 30 minutes.

Garlic Scape Dip

- 7-9bgarlic scapes
 - 1/4 cup almonds
 - 2 tbs. sunflower seeds
 - 2 tbs. olive oil
 - 1/4 cup freshly grated parmesan cheese
 - salt and pepper
 - 1/2 cup Greek yogurt
 - sour cream and/or mayonnaise
1. Wash the garlic scapes and cut off the ends so you are left with just the tender fragrant spiraly part. Chop them into small pieces.
 2. Add everything to the food processor except Greek yogurt and sour cream/mayonnaise. Pulse until you have a pesto-like consistency.
 3. Put the “pesto” into a small bowl and add the Greek yogurt. Take half of the pesto yogurt mixture and put it back in the food processor. Puree until almost smooth. Add back in to the small bowl.
 4. Finally, mix in 3 tablespoons sour cream and mayonnaise. (This is totally up to you – you can add as much or as little sour cream/mayonnaise as you want to get your dip to just the right

level of creaminess! I added more depending on what I was using it for and how creamy/garlicky I wanted it to be.) from taste of yum.com

Baked Yellow Squash

From fivehearthome.com

Ingredients

- 2 medium-sized yellow summer squash
- Garlic salt & freshly ground black pepper
- 1/2 cup freshly grated Parmesan cheese

INSTRUCTIONS

1. Place an oven rack in the center position of the oven. Preheat the oven to 425°F. Line a baking sheet with foil (lightly misted with nonstick cooking spray) OR parchment paper.
2. Wash and dry the squash, and then cut each one into 1/4-inch thick slices. Arrange the squash rounds on the prepared pan, with little to no space between them. Lightly sprinkle the squash with garlic salt and freshly ground black pepper. Use a small spoon to spread a thin layer of Parmesan cheese on each slice of squash.
3. Bake for 15 to 20 minutes, or until the Parmesan melts and turns a light golden brown. (Watch these closely the first time you make them and pull them out of the oven early if the Parmesan is golden before 15 minutes. Alternatively, you may broil them for a minute or two at the end of the cooking time to speed up the browning.) Serve immediately.