

The Dreyer Flyer

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



Fun Fact About Dreyer Farms

Did you know we used to have all kinds of animals? The farm had horses, chickens, and pigs. The barn was located right by the light at UCC. Want to know the names of the horses? Ask Farmer John!

The Harvest Week 11

Small Shares

Plum Tomatoes

Green Beans

Lettuce

Broccoli

Onions

Peaches

Arugula

Medium Shares

Everything from small

BAM

Peaches

Lettuce

Plum Tomatoes

Green Beans

Onion

Dreyer Farm Dressing

Market Box

Chicken Burger

Turkey Burgers

Breadsmith Buns

Lettuce

Plum Tomatoes

Onion

Pickles

This week is so simple. It is a box everyone will love and use up super quick. Ok, I know we are giving you tons of onions. Check out the slow cooker caramelized onions you can make and freeze. Onions are so good for you. "Sulfur is one of the most common minerals in our body that assists with protein synthesis and building of cell structures" *Angela Lemond, a Plano, Texas-based registered dietitian nutritionist and spokesperson for the Academy of Nutrition and Dietetics.* "They add flavor without salt and sugar." *Victoria Jarzabkowski, a nutritionist with the Fitness Institute of Texas at the University of Texas at Austin.* Onions contain fiber and folic acid, a B vitamin that helps the body make healthy cells. Onions are healthy whether they're raw or cooked, though raw onions have higher levels of organic sulfur compounds that provide many benefits, according to the BBC. (from livescience.com) Try putting them in your salad, but first soak them in a vinegar bath. Simply slice them up...the thinner the better then put them in a bowl and cover them with vinegar. This process makes the onions less powerful and give them a great flavor.

Here are a couple of jokes from the internet that I think you and your family will chuckle at!

"My girlfriend had tears in her eyes when I proposed, it was probably because I proposed with an onion ring!"

"My wallet is like an onion, whenever I open it my eyes tear up"

"What do you call a green onion with mad rhyme skills?
A rapsallion"

"What kind of horse does an onion ride? A Scallion"

Eat arugula hot or cold. COLD is the only way for us at the farm.. but in a pasta or grain salad with shrimp and chopped plum tomatoes it really is delicious and super simple. To wash, place in a VERY large bowl and SHAKE it then let it sit..next spin it in a salad spinner!

Caramelized onions...oooooo, makes you think of....well, makes you think you need a lot of time and FOCUS because they can turn from that amazing caramel color to burnt rather quickly, that is if you get distracted. BUT THAT FLAVOR...it is great on a steak, it is great on a burger, in fact these onions are just the perfect flavor to take a veggie burger to a higher level. Ok let's get to it, here is a fantastic recipe from the kitchn.com

Ingredients:

3-5 lbs of onions
3 TB EVOO or melted butter
1/2 tsp salt

Directions:

Peel and thinly slice all the onions into half-moons, put the onions in the slow cooker, it should be half full. HEY...have some leftover? Get them out NOW and add them. Toss the onions with

the oil or butter. If you added onions and are worried about the ingredients, just add a bit more oil or butter. Cook 10 hours on low. If you are around, stir them occasionally- it will help them cook more evenly but it is not necessary. After ten hours they will have that gorgeous color. If you like them the way they are STOP..if not you can cook LONGER for a more concentrated flavor. Cook an additional 3-5 hours with the lid ajar so the liquid can evaporate. This will give you a jammier consistency. You can also add balsamic at the very end to enrich flavor even more and it gives a really deep rich color to the onions.

You can even make a quick French onion soup right here if you want. Take a piece of Italian bread and toast a slice or 2 and place in the bottom of a soup bowl along with a generous scoop of these crazy yummy onions and pour beef broth over then top your favorite cheese-swiss, gruyere, mozzarella all work well here! FREEZE THESE GORGEOUS ONIONS...that is, if you can stop yourself from gobbling them all up!

You can freeze in ice cube trays and pop out just what you need when you need it OR use a muffin tin, just line it first with plastic wrap so them pop out as you lift the plastic up OR you can put the onions in a freezer safe zip lock bag...make sure to squeeze out the air. HERE IS ANOTHER SUPER QUICK DISH Take a 1/2 - 1 cup of your caramelized onions and then cook 1 pound of pasta or even a whole grain like quinoa or farro about 2 minutes before the pasta is done you can throw in the broccoli (1 pot to clean) drain both the pasta a broccoli and toss with the carmelized onion. Season with Savory Spice Tableside seasoning OR you can just use any ol' salt and pepa...we just LOVE the Tableside!

Another great pairing this week is the Arugula with the Peaches or Nectarines..they really are lovely together and if you like goat cheese ...BOOM...add some because those 3 flavors are a trifecta of deliciousness that will make this salad a regular in your salad rotation!