

# The Dreyer Flyer

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



**Through July 7<sup>th</sup>  
25% Off Perennials  
Check out the daylilies**

## The Harvest Week 8

### Small Shares

Gnocchi or Ravioli

Kale

Beets

Tomatoes

Lettuce

Kirby Cucumbers

Zucchini

\*\*\*\*\*

### Medium Shares

Everything from small  
plus arugula

### BAM

Beets

Kirby Cucumbers

Zucchini

Lettuce

Tomato

Gnocchi or ravioli

### Market Box

Gnocchi or Ravioli

Dreyer Farms Marinara

Zucchini

Kirby Cucumbers

Lettuce

Dreyer Farms Pesto

Tomatoes

Donuts

Want a super simple dinner? Spiralize your zucchini, the heat up some of our famous Dreyer Farms Marinara combine and enjoy with a simple salad of lettuce, Kirby cucumbers and tomatoes. If you have sage maybe make some brown butter sauce and cook your mini raviolis and combine! If you are a Market Box you can use your pesto on zoodles or on your mini ravioli.



Grab a block of feta cheese for an amazing Mediterranean Pasta Salad. This farm really does a great job with all of their tasty cheeses. You may already be addicted to the ricotta, this is their signature cheese.



**ENZO OLIVE OIL COMPANY.**

*ENZO Olive Oil Company Garners Prestigious Awards at Respected  
Competitions Around the World in 2018*

This olive oil is fantastic. We found it last year after we met the family at a trade show. This farm is also a family run, multi-generational farm. We LOVE that!

Health coaching isn't about one diet or one way of living. Instead, Integrative Nutrition Health Coaches focus on bio-individuality – the idea that we're all different and have unique dietary, lifestyle, emotional, and physical needs. If you paid in full you get 1 session for free!

## MEDITERRANEAN PASTA SALAD WITH ARUGULA AND FETA

### Ingredients

- 8 oz farfalle (bowtie) pasta or mini ravioli OR!!! make zoodles with your zucchini and skip the carbs altogether!
- 3 cups chopped fresh arugula
- 2-3 diced kirby cucumbers
- 1 cup diced tomato
- 1 avocado
- 1/2 cup crumbled feta cheese
- 2-3 TBSP fresh chopped parsley (optional)
- 1 bunch diced arugula

### LEMON DRESSING\*

- 1/4 cup [avocado oil](#)
- 1/4 cup fresh lemon juice (via 1-2 large lemons)
- 1/4 tsp lemon zest plus extra to taste
- 2 TBSP plain dijon mustard
- 2 cloves garlic, freshly minced
- 1/4 tsp dried oregano leaves
- 1/4 tsp salt
- 1/8 tsp black pepper

First let's make the dressing! Zest 1 lemon and set aside. Juice your lemons

to yield 1/4 cup of juice and add to a small/medium mason jar. Add lemon zest and remaining dressing ingredients and close lid tightly. Shake to emulsify the dressing.

Next cook pasta via package instructions. For farfalle you'll boil the pasta in water for approx. 12-14 minutes.

Chop arugula, cucumber, tomato and optional parsley and add to a large bowl. Save the avocado for just before serving.

Once your pasta is perfectly al dente, strain in a colander and run cold water to halt the cooking process and chill the pasta slightly. Then add the drained pasta to your veggies and toss together. Shake once more if needed and add your dressing to the salad. Toss well to coat. Lastly add avocado and feta on top and gently fold into the salad. Add extra salt and pepper if desired and enjoy! (recipe adapted from peas & crayons.com)

### Kale Pasta Salad

### Ingredients

- 1 pound mini ravioli or bow tie pasta
- 3 Tablespoons Pine Nuts
- 1/4 cup Olive Oil
- 6 cloves Garlic, Minced
- 1/2 teaspoon Salt, More To Taste
- 1 teaspoon Black Pepper, More To Taste
- 1 bunch Kale, Finely Sliced
- 4 ounces, weight Parmesan Cheese, Shaved
- 2 Tablespoons Balsamic Vinegar (optional)
- 1 diced tomato
- 1 diced onion

Did you know... the tomato is the official "vegetable" of New Jersey and the official fruit (and vegetable) of Arkansas.

### INSTRUCTIONS

Cook pasta according to package directions. Drain, rinse with cold water, and add to a large bowl. Set aside.

Add pine nuts to a small skillet over low heat. Toast slowly over the course of 8-10 minutes, tossing regularly. Remove from the skillet and set aside.

In a large skillet, heat olive oil and garlic & onions over low heat so that the garlic and onion slowly infuses the oil. When the oil starts to cause the garlic & onion to sizzle, stir around so the garlic and onion doesn't get too brown. When garlic & onion starts to turn golden, add salt and pepper, stir, and set aside for 5 minutes.

After 5 minutes, pour the oil mixture (scraping the salt, pepper, and garlic) all over the pasta. Toss to combine and set aside.

Set the same skillet (without cleaning it) over medium-high heat. Add the kale and cook for 5 minutes, or until partly wilted.

Add kale, tomato and pine nuts to the pasta and toss it all together. Check to make sure it's no longer warm, then add Parmesan shavings and toss. Taste for seasonings and add more salt and pepper if

needed.

Chill for at least 2 hours before serving.

(Hint: This is great warmed up and served as a hot pasta dish!)

(Optional: May add 2-3 tablespoons balsamic vinegar if desired.)

### **Easy Kale Salad with Fresh Lemon Dressing**

From spendwithpennies.com

This recipe was part of the inspiration for our famous Kale salad. I know we don't have broccoli anymore, but you can really sub in whatever you like...the beets would be spectacular here.

#### **Ingredients**

- 5 cups chopped kale (you can also use lettuce & or arugula)
- 1-2 tsp olive oil
- 1/8 tsp salt
- 2 cups chopped broccoli (or zoodles or beets)
- 1/2 cup sliced almonds
- 1/2 cup cheese optional (cheddar or feta work great here!)
- 1/4-1/2 cup shredded carrots
- 1/4 cup diced red onion (or use the tops and bottoms of your spring onion)
- 1/4 cup sunflower seeds
- 1/4 cup cranberries (omit if using the beets...unless you like extra sweetness)

#### **Lemon Dressing**

- 1/4 cup olive oil
- 2 tbsp fresh lemon juice
- 2 tbsp red wine vinegar
- 1 tbsp dijon mustard
- 1 clove garlic minced
- 1/2 tsp dried oregano

- 1/4 tsp salt
- 1/8 tsp ground black pepper
- 1 tsp honey or sugar adjust + add to taste

#### **Instructions**

1. First make your dressing by combining ingredients above in a lidded mason jar then shake well to emulsify. Dip a kale leaf in the dressing and adjust sweetener, salt, and pepper to taste. You can make this dressing as sweet or tart as your heart desires!
2. Next massage your chopped kale with a little olive oil and a pinch of salt. Rub with your fingers until leaves begin to darken and tenderize. This makes it taste great and gives the kale a silky texture!
3. In a large bowl, combine massaged kale, broccoli, almonds, cheese, carrots, onion, sunflower seeds, cranberries. Shake your dressing once more and pour about 1/3 of the dressing over the salad. Toss to coat and add extra dressing, to taste.

### **CHOCOLATE BEET MUFFINS (GRAIN-FREE, REFINED SUGAR-FREE, PALEO)**

AUTHOR: JULIA

Recipe adapted from Healthy Sweet Eats [Red Velvet Muffins](#)

#### **INGREDIENTS**

- 1 cup shredded beet 1 small beet
- 1 cup [full-fat canned coconut milk](#)
- 1/2 cup [pure maple syrup](#)
- 1-1/2 teaspoons [cider vinegar](#)

- 2 teaspoons [pure vanilla extract](#)
- 3 large eggs
- 1-1/4 cup [almond flour/meal](#)
- 1/4 cup [tapioca flour](#)
- 1/4 cup [coconut flour](#)
- 1/3 cup [raw cacao powder\\*](#)
- 1 teaspoon [ground cinnamon](#)
- 1/2 teaspoon baking soda
- 1/2 teaspoon [sea salt](#)

#### **INSTRUCTIONS**

1. Preheat the oven to 375 degrees F and line a 12-hole muffin tray with liners (or spray with cooking spray)
2. Wash and chop a beet and pulse it in a food processor (or grate it). Measure out 1 cup-worth of grated beet and save the remaining grated beet for future uses (such as smoothies!).
3. Add the 1 cup of grated beet and coconut milk to a food processor (or blender) and process until smooth. Add the maple syrup, cider vinegar, eggs, and vanilla extract and blend until combined.
4. Add the almond flour, tapioca flour, coconut flour, cacao powder, ground cinnamon, baking soda, and salt (dry ingredients), and blend until combined.
5. Fill the muffin holes most of the way up with muffin batter. Place on the center rack of the preheated oven and bake for 18 to 25 minutes, or until muffins test clean (mine took 24 minutes).
6. Allow muffins to cool at least 20 minutes before digging in!

## "DON'T KNOCK IT UNTIL YOU TRY IT" BEET CAKE!!

Geniuskitchen.com

### INGREDIENTS

- 4 [eggs](#)
- 2 cups [sugar](#)
- 1 cup [olive or avocado oil](#)
- 2 cups [flour](#)
- 2 teaspoons [baking powder](#)
- 1 ½ teaspoons [baking soda](#)
- 1 teaspoon [cinnamon](#)
- 2 teaspoons [vanilla](#)
- 3 cups [shredded fresh beets](#)
- 1 cup [chopped walnuts](#)

- Heat oven to 350 °, grease and flour 13x9 baking pan.
- Beat eggs, sugar and oil until light and fluffy.
- Sift together flour, baking powder, baking soda and cinnamon.
- Add to egg mixture and mix well.
- Add vanilla, beets and walnuts.
- Beat for 1 minute on medium speed.
- Pour into pan, bake for 45 minutes, or until a pick comes out clean.

**Boiling** beets tenderizes the beets by submerging the vegetable in hot water and cook until tender. You may notice that for red beets the color leaks into the cooking liquid. Some methods suggest to keep at least 2 inches of the stem intact, and adding vinegar to the water to prevent this from occurring. I tried doing both, and although I did not see it entirely preventing color seepage, it was minimized. Cooking the beets with the peel on is the most effective way to reduce the loss of pigment. This method takes about 30 minutes, depending on the size.

**Steam** involves heating the water in a closed vessel until it becomes superheated vapor. The high temperature 100 °C (212 °F) and pressure in the pot allow the beets to cook with ease using minimal water. I like this method because the nutrients stay in the vegetable, and not get lost in the water.

Do not allow the water to touch the [steamer basket](#) because you want the steam to be able to circulate under and around the beets as it cooks. The beets should be cooked until tender, and the skin easily releases from the peel, about 30 minutes depending on the size.

The whole roast method involves coating the beets skin with [olive oil](#), salt, and pepper, then wrapping them in foil pouches. This technique allows you to infuse more flavors on the surface and creates more vibrant flavor characteristics. This method takes about 40 to 60 minutes at a high temperature of 204°C (400°F) and requires more peaking and checking of the beets to test for doneness.

### MAKE PICKLES IN 2 SECONDS FLAT!!! No joke

Do you already have some pickles in your fridge? If so, if there is ANY space at all in the jar slice your Kirby Cucubers into coins or spears and put them right in your already pickled pickle juice...in a couple of days battta bing..batttta boom you have home made pickles!!...it's a little cheat but a great time saver and an efficient use of the leftover pickle juice!

### CHOCOLATE BEETROOT AND ZUCCHINI BUNDT CAKE *worldlytreat.com*

- 2 Cups All purpose flour
- 3/4 cup unsweetened cocoa powder
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder

1 teaspoon salt  
1 1/2 cups brown sugar, heaped  
3/4 cup grapeseed oil  
2 Eggs  
1 1/2 teaspoons pure vanilla  
1 Cup hot water  
1 teaspoon instant coffee  
1/2 cup shredded zucchini (1 small zucchini)  
1/2 cup cooked beet (2 medium beets)  
cup shredded coconut (sweet or unsweetened is fine) \*optional  
1/2 cup cranberry, chopped \*(optional)  
STEP 1 Preheat the oven to 350°F. Heavily grease the bundt cake pan or grease and line a regular cake pan.  
STEP 2 Sift together the flour, cocoa powder, salt, and baking powder into a bowl, set aside.  
STEP 3 Mix the oil and sugar in the bowl of a stand mixer using the paddle attachment. Carefully add the eggs, and vanilla extract beat for a few seconds. Then, add the cooked beets and zucchini, mix on medium speed until combined. Gradually stir in the sifted mixture into the bowl and mix until well incorporated. Meanwhile, add the instant coffee into the hot water and stir. Gently pour in the hot liquid into the stand mixer. Beat on a steady motion for medium to high speed for about 2 minutes.  
STEP 4 Using a spatula, fold in the shredded coconut and cranberry. Spoon the batter into the prepared pan. Tap the pan twice on the countertop to release any air bubbles. Bake for 35-45 minutes or until a skewer inserted in the cake comes out clean.  
STEP 5 Allow the cake to cool in the pan for 10 minutes then turn out and cool completely on a wire rack. Serve as is or garnish with chocolate ganache or fresh fruits.