

# The Dreyer Flyer

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



**Wait...WHAT!? We  
extended the Perennial  
Sale Woo-Hoo**

## The Harvest Week 9

### Small Shares

Muskmelon  
Shiro Plums  
Tomatoes  
Eggplant  
Kale  
Spring Onions  
Breadsmith Pizza  
Dough

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### Medium Shares

Everything from small  
plus radish

#### BAM

Eggplant  
Blueberries  
Shiro Plums  
Muskmelon  
Tomatoes

### Market Box

Angel Hair  
Eggplant  
Tomatoes  
Recipe Kit  
Mushrooms  
Onions  
Pizza Dough  
Kale  
Rosemary



**Thanks to so many people, one especially Bobby DeBaun! He is our guy! He works with all our south Jersey farms. These relationships help us give the CSA a wonderful variety of produce. Farms like Cassiday, Formasano, and Ploch are just a few far away farms that Bobby drives to just for us. It is hard work driving in the wee hours of the night and early morning and we wanted to give him a shout out this week to show him how very much we all appreciate what he does to help us shine so brightly. SO...if you see a Sandy Ridge truck outside and a tall handsome, gray haired gentleman and he answers to Bobby, Bob, Rob or Robert...THAT's HIM..maybe say THANKS! 😊**

*find your  
tribe.  
love them  
hard.*

**INSTRUCTIONS** Remove the dough from the refrigerator and let it come to room temperature on the counter. Prepare your stone, pan (lightly sprayed), or parchment paper (non-waxed). Carefully stretch or roll the dough to the desired size. If the dough is at room temperature, it should not tear. Let the stretched dough rise for 10 to 15 minutes if thicker crust is desired. Cover the dough with your favorite toppings. Bake at 400 to 425 degrees for approximately 15 to 25 minutes. Let cool slightly before cutting. Serve and enjoy!

## Eggplant Pomodoro Pasta From Eatingwell.com

### Ingredients

- 2 tablespoons extra-virgin olive oil
  - 1 medium eggplant, (about 1 pound), cut into 1/2-inch cubes
  - 2 cloves garlic, minced
  - 4 plum tomatoes, diced
  - 1/3 cup chopped pitted green olives
  - 2 tablespoons red-wine vinegar
  - 4 teaspoons capers, rinsed
  - 3/4 teaspoon salt
  - 1/2 teaspoon freshly ground pepper
  - 1/4 teaspoon crushed red pepper, (optional)
  - 12 ounces whole-wheat angel hair pasta
  - 1/4 cup chopped fresh parsley, or basil
- 1. Put a pot of water on to boil.
- 2. Heat oil in a large nonstick skillet over medium heat. Add eggplant and cook, stirring occasionally, until just softened,

about 5 minutes. Add garlic and cook, stirring, until fragrant, 30 seconds to 1 minute. Add tomatoes, olives, vinegar, capers, salt, pepper and crushed red pepper (if using) and cook, stirring, until the tomatoes begin to break down, 5 to 7 minutes more.

3. Meanwhile, cook pasta in boiling water until just tender, about 6 minutes or according to package directions. Drain and divide the pasta among 6 shallow bowls. Spoon the sauce over the pasta and sprinkle parsley (or basil) on top.

## KALE, MUSHROOM AND RED ONION PIZZA

From  
cooknourishbliss.com

### INGREDIENTS:

- 1 ball [pizza dough](#)
- 4 ounces mushrooms, sliced
- 1/2 large red onion, sliced-the spring onions in place of the red onion make this an even BETTER pizza!
- 1 1/2 tablespoons olive oil, divided
- 1 cup kale, torn into 1 inch pieces
- 1 tablespoon balsamic vinegar
- 4 to 6 ounces mozzarella cheese, sliced
- 3/4 teaspoon fresh chopped rosemary (or about 1/4 teaspoon dried rosemary)

### DIRECTIONS:

1. Preheat the oven to 400 degrees. On a large baking sheet, place the mushrooms and red onion. Drizzle with 1/2 tablespoon olive oil then toss gently to coat. Bake for 20 minutes until the vegetables are tender. Stir once at 10 minutes so that the vegetables cook evenly. Remove from the oven and let cool while you prepare the rest of the pizza.
2. Increase the oven temperature to 500 degrees. Place a pizza stone on a lower rack in the oven and allow the stone to heat for at least 30 minutes.
3. Place the pizza dough on a lightly floured surface and allow the dough to relax for about 10 minutes (but no longer than 30). Roll out and shape the dough and then transfer to a piece of parchment the size of your pizza stone that has been

Did you know that eggplant is technically a fruit? Bam Shares...check it out..your whole box is fruit!!!

- lightly dusted with cornmeal.
4. In a small bowl, combine the kale and balsamic vinegar. Toss to combine.
5. Brush the pizza dough with the remaining 1 tablespoon of olive oil. Top the pizza with the mozzarella cheese, roasted mushrooms and red onion, the kale mixture and finally the rosemary.
6. Place the parchment with your dough directly onto the pizza stone. Bake until the

crust is golden, about 10 to 12 minutes.

## Hasselback Eggplant Parm

### Ingredients

- 2 medium eggplants
- 12-16 ounces mozzarella, roughly grated (depending on how cheesy you want it and how large your eggplants are)
- 1 (24-ounce) jar of marinara sauce (or 2 1/2 cups of your favorite homemade marinara-...we know it is Dreyer Farms Marinara)
- 3 cloves garlic, minced
- 1/4 cup oregano leaves, whole
- 1/4 cup basil leaves, torn in half, plus more to serve
- 2 tablespoons olive oil
- 1 dash kosher salt, to taste
- 1 dash freshly ground black pepper, to taste
- 1/2 cup shredded Parmesan
- 1/2 cup panko breadcrumbs (isn't PANKO fun to say?)

### Directions

1. Center a rack in the oven and preheat to 375°F.
2. Slice eggplants into 1/4- to 1/2-inch-thick slices crosswise, stopping about 1/4 inch from the bottom so it stays connected along one end. An easy way to do this: Place a chopstick on either side of the eggplant, and cut until your knife hits the chopsticks; this will

keep you from slicing all the way through.

3. Add marinara sauce to a 9 x 13-inch baking pan. Arrange eggplants on top of the sauce.
4. Sprinkle the mozzarella, garlic, oregano, and basil leaves in between each slice of eggplant. Drizzle with olive oil. Sprinkle with salt and pepper, taking care to get some in between the slices. Bake, covered, until the eggplant is very tender (but not totally melted) and sauce is bubbly, about 50 minutes.
5. Meanwhile, combine the Parmesan and panko breadcrumbs in a small bowl. Add salt and pepper to taste.
6. Remove the eggplant pan from the oven and uncover. Divide the bread crumb mixture evenly and sprinkle on top of both eggplants. Return the pan to the oven and bake, uncovered, until the Parmesan-panko mixture is lightly browned and crispy, about 10 minutes more.
7. Top with more torn basil and serve with crusty Breadsmith Italian bread.

### Eggplant Pizza

[GEOFFREY](#)

[SELLING GOURMET](#) SEPTEMBER 1999

- 1 large eggplant (1 1/4 pound)
- About 3 tablespoons olive oil

- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 3 ounces grated mozzarella (3/4 cup)
- 3/4 ounces grated Asiago or Parmesan (1/4 cup)
- 2 tablespoons olive oil
- 2 tablespoons minced garlic
- 1/2 teaspoon dried hot red pepper flakes

### PREPARATION

**Broil eggplant** Cut eggplant into 1/3-inch-thick rounds and arrange in 1 layer on a foil-lined large baking sheet. Lightly brush both sides with oil and season with salt. Broil 2 to 3 inches from heat until golden brown and tender, 3 to 8 minutes on each side. Dust dough with flour on a floured surface, then shape and stretch into a 12- to 13-inch round. Sprinkle a baker's peel generously with flour and carefully transfer dough to it. Jerk peel; if dough sticks, lift it and sprinkle flour underneath.

### Assemble pizza:

1. Toss together cheeses and sprinkle 1/4 over dough. Cover with eggplant, overlapping it, and sprinkle with remaining cheese. Heat oil in a small skillet over moderate heat until hot but not smoking, then cook garlic and red pepper, stirring, until just fragrant, 30 to 40 seconds. Spoon evenly over eggplant.

2. Line up far edge of peel with far edge of stone and tilt peel, jerking it gently. When edge of pizza touches stone, quickly pull back peel to transfer to stone (do not move pizza) and bake until dough is crisp and browned, 12 to 15 minutes. Slide peel under pizza to remove from oven.

## Kale Pizza

### Ingredients

- 6 Tbs. Extra Virgin Olive Oil, divided
- 2 large yellow onions, thinly sliced (4 cups)
- 3 cloves garlic, minced (1 Tbs.), or 1 Tbs. Garlic Paste
- 1 12-oz. bunch Tuscan or dinosaur kale, thinly sliced into ribbons (5 cups)
- 1 Breadsmith pizza dough
- 1/2 tsp. coarse sea salt, for sprinkling, optional
- 1/2 cup grated Vegetarian or regular Parmesan
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### Preparation

1) Preheat oven to 500°F. Place pizza stone on middle rack of oven, if using.

2) Heat 2 Tbs. oil in large skillet over medium heat. Add onions, and cook 10 to 20 minutes, or until at least half of onions are browned and caramelized, stirring occasionally. Add garlic and 1 Tbs. oil. Cook 1 minute, or until garlic begins to brown. Add kale to pan, and cook 5 to 6 minutes, or until kale has turned bright green, stirring

occasionally. Remove from heat, and season with salt and pepper, if desired.

3) Meanwhile, roll out pizza dough as thinly as possible. Place on pizza stone or baking sheet sprinkled with flour. Bake 4 minutes to ensure crust gets crisp (pop any bubbles with fork).

4) Drizzle crust with 2 Tbs. oil, sprinkle with sea salt (if using), and top with kale mixture. Sprinkle with Parmesan.

Return pizza to oven, and bake 8 minutes more, or until cheese is golden, and crust is golden brown. Remove pizza from oven, drizzle with remaining 1 Tbs. oil, and slice into triangles.

### Muskmelon vs. cantaloupe

Muskmelon, also known as *Cucumis melo*, is a species of melon that belongs to the gourd family. It's closely related to other plants like squash, pumpkin, zucchini, and watermelon ([1Trusted Source](#)). Muskmelon has a ribbed, tan skin and a sweet, musky flavor and aroma.

Over the years, many unique varieties of muskmelon have emerged, including cantaloupe.

The term “cantaloupe” refers to two varieties of muskmelon: the North American cantaloupe (*C. melo var. reticulatus*) and the European cantaloupe (*C. melo var. cantalupensis*).

Given that both types of cantaloupe are a variety of muskmelon, their

nutritional contents and health benefits are similar.

However, the skin of the North American cantaloupe has a net-like appearance and a subtler, less distinct flavor. Meanwhile, the European cantaloupe has light green skin and sweeter flesh.

While all cantaloupes are muskmelons, not all muskmelons are cantaloupes.

In addition to cantaloupe, other varieties of muskmelon include honeydew, Persian melon, and Santa Claus melon. From [healthline.com](http://healthline.com)

Are you guys on Facebook? If you have not yet joined the 2018 CSA Farm-ily page you should!!! Extra recipes and the community is so fun!!! Can't figure it out..ask us! By us I mean Justine!

Are you picking flowers? Do NOT forget your clippers. Also, wearing rainboots is always a good idea, it is muddy back there even when it isn't raining!