

# The Dreyer Flyer

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



## Events

9/26 NEW DATE CSA Facebook Blogger  
Show

9/19 or 20 Blvd 572 Dinner in the Field

10/27 Thanksgiving Demo

## The Harvest Week 17

### Small Shares & Medium Shares

Plums  
Honey Crisp Apples  
Green Peppers  
Corn  
Lettuce  
Arugula  
Tomatoes  
Beets

### BAM

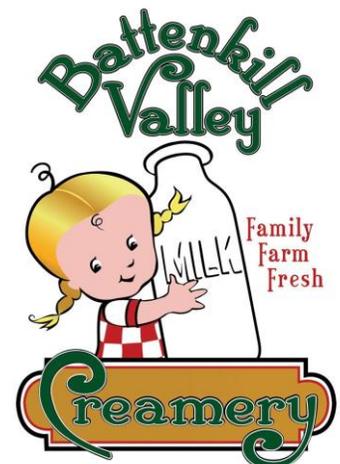
Plums  
Honey Crisp Apples  
Green Peppers  
Corn  
Lettuce  
Arugula  
Tomatoes

### Market Box

Eggplant  
Mozzarella  
Ricotta  
Marinara  
Parmesan Cheese  
Basil  
Arugula  
Tomato  
Apples

That is TOTAL comfort food  
for back to school week!

Back to School Week! Are you in a rush to make those lunches? We have you covered, sandwiches, salads, quiche (that makes a great lunch) plastic chocolate milks or just put that milk in a thermos and buy a glass bottle! Apples are also here, and they are spectacular.



Is there anything better than coming home to a real roasted chicken...one where you actually know the farm and can even go there!?? Unless you are a vegan/vegetarian of course.



## Summer Beet Salad with Corn, Cucumber and Basil

From formerchef.com A fresh summer salad made from roasted beets, fresh corn, cucumber and basil.

### Ingredients

- 2 small beets, roasted\*
- 1 ear fresh corn, cooked
- 4 oz cucumber, diced small
- 1 Tbsp champagne vinegar
- 3 Tbsp extra virgin olive oil
- 1 Tbsp fresh basil leaves, cut chiffonade or use arugula
- kosher salt and cracked black pepper

### Instructions

1. Preheat the oven to 350 degrees. Roast the beets, wrapped in foil, until done. Let cool. For further instruction on [how to roast beets go here](#). When the beets are cool enough to handle, trim off the ends and peel.
2. Slice the beets very thin with a sharp knife or on a [mandolin slicer](#) (this is the kind I use, available on amazon (affiliate link) but you can find them in Japanese markets and cooking supply stores)
3. Blanch the corn, cool, and slice the kernels off the cob.
4. Cut the cucumber into a small dice, about the same size as the corn kernels.
5. In a small bowl whisk together the

champagne (or white wine) vinegar with the olive oil, salt and pepper. Mix in the corn and cucumber.

6. Lay the sliced beets on the plate and top with the corn and cucumber mixture or layer them as shown in the photos. Garnish with basil chiffonade (cut into fine strips).

### Notes

If preparing in advance, keep the beet separate from the corn/cucumber mixture or the beets will color everything pink.

## Orange and Beet Barley Salad

*Serves about 4*

### Ingredients

- 1 cup dry Italian Barley, farro, or other grain
- 3 medium oranges
- 2 large or 3 small beets
- 2 oz crumbled goat cheese (optional)
- 6 cups arugula
- Sliced Almonds (optional)

### Dressing

- 1/4 c olive oil
- 1/4 c champagne vinegar (or other light tasting vinegar)
- 1/4 cup orange juice
- 1/4 tsp salt
- 1T sugar
- 1T brown sugar

### Directions

1. Cook dry barley with 3 cups of water until tender, drain any excess water. Stove top or a rice cooker will do

the job. Set aside to cool.

2. Cut the top and bottom off the beets, wrap in foil, and bake in 350F oven for 1 hour. Cool slightly or until cool enough to handle. Using a butter knife, remove loose skin from outside of beets.
3. For oranges, cut off the top and bottom, then using a sharp knife cut along the sides to remove peel and outer pith. Next cut oranges in half and cut into small chunks.
4. Mix all dressing ingredients together and shake vigorously in a mason jar or other tightly sealed container. Toss barley and oranges with half dressing to start.
5. Dice beets and toss into barley along with oranges just enough to mix – otherwise your salad will be pink.
6. Serve over arugula and sprinkle with crumbled goat cheese.

\*For extra crunch add toasted sliced almonds. from [sugarspicefitlife.com](#)

## Martha Stewart's Beet Chips

Ingredients: 2 Medium Beets/1 tsp Olive Oil

Preheat oven to 350 degrees, with racks in upper and lower thirds. Peel beets and slice 1/16 inch thick with a mandolin. In a large bowl, toss

beets with extra-virgin olive oil.

On two rimmed baking sheets (or use one sheet and bake in two batches), arrange beets in a single layer. Stack another rimmed baking sheet on top of each. Bake until edges of beets begin to dry out, about 20 minutes. Uncover and rotate sheets. Bake 10 to 20 minutes, removing chips as they become lightened in color. Transfer to a wire rack; chips will crisp up as they cool.

## **Bon Appetite's Roasted Chickpea and Arugula Salad**

### **Ingredients**

- 1 12-ounce can chickpeas, rinsed, drained, divided
- 5 tablespoons olive oil, divided
- Kosher salt and freshly ground black pepper
- 1 tablespoon (or more) fresh lemon juice
- 2 teaspoons dried mint
- 1 teaspoon red wine vinegar
- 5 ounces arugula (about 7 cups)
- 1/4 cup fresh mint leaves
- 1/4 cup thinly sliced red onion
- 3 ounces feta cheese, crumbled

### **RECIPE PREPARATION**

- Preheat oven to 400°. Place half of chickpeas on a rimmed baking sheet, drizzle with 2 Tbsp. oil, and toss to coat.

Season with salt and pepper. Roast until chickpeas are golden brown and crispy, 20–23 minutes. Let cool; set aside.

- Whisk remaining 3 Tbsp. oil, 1 Tbsp. lemon juice, dried mint, and vinegar in a small bowl. Season vinaigrette with salt, pepper, and more lemon juice, if desired.
- Combine remaining chickpeas, arugula, fresh mint, and onion in a large bowl. Drizzle vinaigrette over and season with salt and pepper; gently toss to coat. Divide salad among plates or bowls. Garnish with reserved roasted chickpeas and feta

## **Tuna Salad Stuffed Tomato**

From EatingWell.com

Ps...if your kid brings this to lunch they are legit...MY HERO! If it's wild tuna..make that SUPER-HERO

### **Ingredients**

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons sherry vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 4 large tomatoes
- 2 5-ounce cans chunk light tuna in olive oil, drained
- 1/3 cup chopped celery
- 1/4 cup finely chopped red onion
- 1/4 cup chopped Kalamata olives
- 1 teaspoon dried thyme
- 1 15-ounce can great northern beans, rinsed
- 8 cups baby arugula

1. Whisk oil, vinegar, salt and pepper in a medium bowl. Transfer 3 tablespoons of the dressing to a large bowl and set aside.
2. Slice enough off the top of each tomato to remove the core ( 1/2 to 1 inch). Chop enough of the tops to equal 1/2 cup and add to the medium bowl. Scoop out the tomato pulp using a teaspoon or melon baller. (Discard the pulp or save for another use.)
3. Add tuna, celery, onion, olives and thyme to the medium bowl; gently toss to combine. Fill the hollowed tomatoes with the tuna mixture.
4. Add beans and arugula to the dressing in the large bowl and toss to combine. Divide the salad among 4 plates and top each with a stuffed tomato.

## **Arugula, Apple, & Avocado Salad**

From lifeisbutadish.com

### **Ingredients**

- 4 cups arugula
- 1/2 apple diced
- 1 avocado diced
- 1/4 cup dried cranberries
- 1/4 cup corn
- 1/4 cup toasted slivered almonds
- 1/4 cup shredded parmesan cheese

## Maple Balsamic Dressing

- 1/4 cup balsamic vinegar
- 1 tablespoon maple syrup
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup olive oil

### Instructions

Prepare the dressing. In a small bowl whisk together the balsamic vinegar, maple syrup, mustard, salt and pepper. While whisking, slowly add the oil until well combined. Set aside.

In a large salad bowl add the arugula, apple, avocado, cranberries, corn, and almonds. Toss with a little bit of dressing at a time (you won't need it all). Add more dressing as needed. Top with parmesan cheese and serve!

## Bell Pepper and Roasted Beet Salad

Prep Time: 20 minutes

Cooking Time: 45-60 minutes

Yields: 4 servings

### Ingredients

- 2 bell peppers, cut lengthwise into strips
- 1/2 small red onion, peeled and diced
- 5 small/medium beets, scrubbed
- 4 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons fresh orange juice
- soft goat cheese
- 1/2 cup pumpkin seeds

- 1 bunch or arugula, pea shoots or another delicious green from the market
- sea salt and ground pepper

### Directions

Preheat oven to 450°F. Individually wrap beets in foil and drizzle with olive oil. Bake for 45 minutes to an hour, until beets are slightly soft. Cool and rub off outer skin. Slice for salad. While beets are cooking, heat 1 tablespoon of oil in a skillet over medium heat and add peppers and onions. Cook, stirring, until peppers are tender (about 10 minutes). To make dressing, whisk together vinegar, orange juice, and 3 tablespoons of olive oil. Season with salt and pepper, to taste. Place salad greens, beets, onion-pepper mixture, and goat cheese in a large bowl and toss with dressing. Top with pumpkin seeds and serve.

## Eggplant Rollatini

### Ingredients

for 13 servings

- 2 eggplants
- 2 cups ricotta cheese- Fulper Farms of Course!
- 1 cup shredded mozzarella cheese
- 1/2 cup parmesan cheese
- 1/4 cup fresh basil, chopped
- 1 egg
- salt
- pepper
- 1 cup marinara sauce

## Preparation

1. Preheat oven to 350°F (175°C).
2. Slice the ends the eggplants and slice them into 1/4 -inch (1/2 cm) slices and lay them out on a baking sheet covered in parchment paper.
3. Season with a pinch of salt on both sides of the eggplant slices and let them sweat for 20 minutes, then dry them with a paper towel. Once dried; add a pinch of pepper.
4. Bake for 20 minutes, or until soft.
5. Meanwhile, in a medium-size bowl, mix ricotta cheese, mozzarella cheese, parmesan cheese, basil, and egg.
6. Remove eggplant slices from the oven and turn oven to 400°F (200°C).
7. Spoon about 2 tablespoons of the mixture onto eggplant slice then roll it up, repeating for all slices.
8. In a 11x17-inch (28 x 43cm) baking sheet, pour 1/2 of the marinara sauce, then add all the roll-ups seam down. Pour remaining 1/2 of marinara sauce, and top with basil and parmesan.
9. Bake for 25 minutes, or until cheese is melted and golden brown.
10. Enjoy! from tasty.com

***Why don't they call an Apple Charger, Apple Juice?***