

Dreyer Farms 2020 CSA – Week:



BAM BOX

Asparagus
½ Dozen Farm Fresh Eggs
Goat Cheese
Shiitake Mushrooms
Red Leaf Lettuce

SMALL SHARE

Asparagus
Dozen Farm Fresh Eggs
Goat Cheese
Shiitake Mushrooms
Red Leaf Lettuce
Radish
Mint

MEDIUM SHARE

Asparagus
Dozen Farm Fresh Eggs
Goat Cheese
Shiitake Mushrooms
Red Leaf Lettuce
Radish
Mint
Beets
Rainbow Swiss

ESSENTIALS SHARE

½ Gallon Battenkill Creamery 2%
Breadsmith Country Butter Top
Dozen Farm Fresh Eggs
Pint of Battenkill Creamery Chocolate
Milk

MARKET BOX

Asparagus, Sausage, Eggs, Cheese, Red
Leaf Lettuce, Pasta, Whole Wheat
Dough, Shiitake Mushrooms

Welcome to those of you who are NEW this year and gosh, there are so many newbies. You are going to just LOVE the program. If you don't call or text me at 908.477.0105, I am here to help YOU. SO many share types to choose from we can figure it out. To our repeat members, thank you, thank you, thank you every year I just love you more. It is killing me NOT to be able to hug you guys on our WELCOME BACK day. I need me a HUG GLOVE, if you haven't heard about this, Google it, but I warn you, bring tissues. I love hearing all the stories of new babies, new kitchens, new careers and especially new recipes. Although the current climate can be a bit of a downer, each CSA week brings with it a NEW opportunity to try your hand at a new recipe, maybe even a new veggie for the first time. Maybe you guys with RADISH in your box will make RADISH CHIPS! I used to loath Radish but trust me when I tell you I have grown to love them, just as I have grown to love Kale! It really is all in the way you prepare it. If you are on the CSA Facebook Page don't be shy, ask questions share recipes, don't be intimidated by our BEST CHEF Ron Castaldo, he is the most loveliest person in the world and he will be the first to help you with any recipe question. He along, with so many others will inspire you. I also recommend checking out these blogs who are run by CSA

members:

<http://whiteplateblankslate.com/>
<https://www.nearlynew Yorkers.com/>

I feel like there are more blogs because Ines R. posts so many gorgeous pics, I feel like she has a blog and Erica & Lucia post fantastic vegan shots, they should have a blog too. Sorry, I digress. I hope that you love everything in this box as much as we do. So, without further ado, here are this week's recipes. Wait, a note about the recipes. Yes, there will be items that you need. Yes, you may have to use MORE or less than what you get. Being flexible, creative and willing to try and figure it out are great attributes that will make you successful in this CSA and in life, am I right? Wow, that kinda sounds like yoga, which I pray we can have in the field again this year since last year we were rained out 2xs. I digress AGAIN.

THE RECIPES!!!

Mushroom Tacos

From wellplated.com
Vegetarian Mushroom Tacos.
Healthy and flavorful vegan tacos made with tofu and baby bella, shiitake, or oyster mushrooms in a sweet and spicy Asian sauce.

Ingredients

2 tablespoons extra-virgin olive oil
— divided
12–14 ounces tofu Italian
“sausage” or regular precooked

Italian turkey or chicken sausage links (Griggstown Chicken sausage is our favorite!) — spicy or sweet, as you prefer (we like spicy!), halved lengthwise, then cut crosswise into thin half-moon-shaped slices; do not swap regular plain tofu, as its texture and flavor will not work out properly

Ingredients

1/2 small head green or red cabbage — cored and thinly sliced (about 8 cups) you can even use your Swiss Chard Med peeps or if you keep Kale as a staple in your house you can use Kale, personally I always keep a head of green or red cabbage in my fridge it lasts forever and is so versatile!
24 ounces baby bella (cremini) or Shiitake mushrooms — thinly sliced
1/3 cup plus 2 tablespoons water
4 large cloves garlic — minced (about 1 1/2 tablespoons)
1 tablespoon minced fresh ginger
1 bunch scallions — thinly sliced, dark green parts divided from the light green and white parts
3 tablespoons seasoned rice vinegar
3 tablespoons hoisin sauce
2 tablespoons plus 2 teaspoons low-sodium soy sauce
1–2 teaspoons ground fresh chili paste (sambal oelek), sriracha, or similar hot sauce or a pinch of red pepper flakes — (optional)
1/4 cup finely chopped dry roasted unsalted peanuts — plus additional for serving

FOR SERVING:

Warmed flour tortillas

Instructions

Heat 1 tablespoon oil in a large, deep dutch oven or wok over medium high. Add the chopped tofu “sausage” or chicken/turkey sausage. Cook until brown on all sides, about 5 to 6 minutes. Remove to a plate and set aside.

Add the remaining 1 tablespoon olive oil. Once hot, add the cabbage, mushrooms, and 1/3 cup water. It will seem like a ridiculous amount of cabbage, but it will cook down significantly. Let cook until the cabbage is tender and the mushrooms are browned, soft, and have given up their liquid, about 15 minutes, stirring often at first so that the cabbage at the bottom of the pan browns but does not burn. If at any point the mixture starts to become dry and stick to the bottom, splash in a little more water as needed.

Add the garlic, ginger, and white and light green parts of the green onions. Cook, stirring constantly, until very fragrant, about 1 minute.

Add the sauteed tofu or sausage, rice vinegar, hoisin, soy sauce, chili paste, and remaining 2 tablespoons water. Stir until everything is warmed through and combined. Taste and adjust seasoning as desired. Stir in the peanuts and remove from heat and sprinkle with reserved dark green onions. Pile inside warm tortillas and enjoy hot with a sprinkle of extra peanuts.

Let’s make Radish Chips-So easy. Get a sharp knife. BE CAREFUL.

Slice your radish as thin as possible and toss with avocado or olive oil and add your favorite spice mix- check out my fav-SAVORY SPICES at the farm or use a lemon herb, spicy chipotle, Italian with oregano and parsley, or rustic with rosemary, or just plain Kosher Salt and a good grind of fresh peper.

Bake until cooked at 375 or you can even broil but REALLY keep a close eye on these babies! Oh, by the way you washed them! I don’t have to tell you to do that...do I?



Asparagus Salad with Almonds & Ginger-Sesame Vinaigrette

By Jennifer Segal

Inspired by The New York Times
This Asian-inspired raw asparagus salad is vibrant, crunchy, and delicious.

Ingredients

2 tablespoons rice wine vinegar
2 tablespoons vegetable oil
2 tablespoons light or dark brown sugar
1 tablespoon soy sauce
1 tablespoon fresh lime juice, from 1 lime

2 teaspoons Asian sesame oil
1 tablespoon grated fresh ginger
1 clove garlic, minced
1 jalapeño pepper, ribs and seeds removed, finely diced (see note)
1-1/2 pounds medium asparagus
4 scallions, finely sliced (about 1/2 cup)
1/4 cup fresh chopped cilantro
1/4 cup fresh chopped mint
2 tablespoons sesame seeds
Salt, to taste
3/4 cup sliced almonds

Instructions

In a mixing bowl large enough to fit all of the ingredients, make the dressing: whisk together the rice vinegar, vegetable oil, brown sugar, soy sauce, lime juice, sesame oil, ginger, garlic, and jalapeño.

Snap or cut off the tough ends of each asparagus spear. Cut the asparagus on the bias into very thin slices (about 1/8-in thick), leaving the tips intact. Add the sliced asparagus to the mixing bowl and toss with the dressing. Add the scallions, cilantro, mint, and sesame seeds and toss again. Taste and adjust seasoning with salt, if necessary. Refrigerate for at least 2 hours or overnight. When ready to serve, stir in the almonds and then taste and adjust seasoning (you will likely need to add more lime or rice vinegar, as the flavors mellow).

Transfer the salad to a serving bowl and serve cold or room temperature.

Note: When handling jalapeño peppers, be sure to keep your hands away from your eyes and wash your hands immediately afterwards so the juices don't irritate your skin.

Guys, I am not even joking...super dee duper simple. Turn your broiler on, cut the stems off your clean asparagus and pat dry. Drizzle with olive oil or avocado oil and a sprinkle of Kosher Salt and a grind of Fresh Pepper (yes, savory spice is not open, but if you have that TABLESIDE SEASONING-you lucky duck, I would use it here!)

Lay out on a baking tray and put under the broiler until they get just nice and crisp, my mouth is watering thinking about this. Ok, then after you have that all set, prepare 1 or 2 easy over eggs. Slide them on top and grate a little lemon on top and LOOK AT YOU. You have breakfast, brunch, even a fancy lunch just add a red leaf lettuce salad and you are Golden, pony boy!

Chopped Asparagus Salad

From theviewfromgreatisland.com

Ingredients

1/2 pound trimmed asparagus asparagus that has already had the lower 1/3 cut off
15 ounce can chickpeas or other bean well rinsed and drained
1 carrot peeled and chopped
5 radishes trimmed and cut into wedges or chunks
1 Persian cucumber chopped
1/2 cup chopped red onion

1/2 cup cherry tomato halves cut in wedges if they are larger

1/2 cup colorful bell peppers chopped

1/2 cup black olives

1/4 cup roasted red peppers from a jar chopped

salt and fresh cracked pepper to taste

1/2 cup crumbled feta cheese

garnish

fresh thyme

dressing

1/4 cup extra virgin olive oil

1/8 cup champagne vinegar or your favorite

juice of 1/2 lemon

1/4 tsp dried thyme

pinch of salt and pepper

Instructions

First I blanch the asparagus ever so briefly to take the raw edge off. I bring a pan of water to a boil, plunge the asparagus in, and remove it in exactly 60 seconds. Set the timer and don't leave it in the water any longer than that. (The only exception is if your asparagus stalks are very thick.) Rinse in cold water, or drop the asparagus into a bowl of ice water to stop the cooking and preserve the color. Once completely cold, dry on a clean towel. Slice the stalks into 2 inch pieces, on the diagonal.

Add the asparagus, chickpeas, carrots, radishes, cukes, onions, tomatoes, peppers, and olives to a

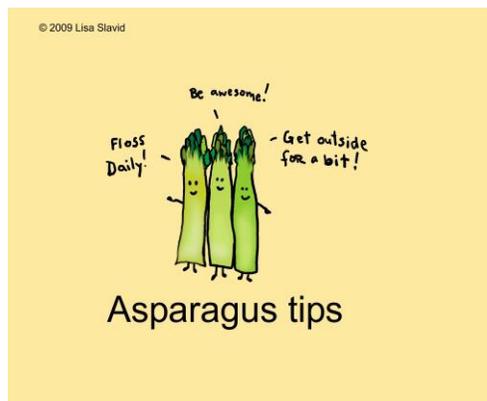
large mixing bowl. Toss with enough dressing to thoroughly moisten, and season with salt and pepper to taste. Let the salad chill in the refrigerator until ready to serve, give it at least an hour.

Toss the salad and add more dressing if needed. Transfer to a serving bowl, top with the feta cheese and fresh thyme.

To make the dressing: Whisk together the ingredients and taste to adjust any of them.

Notes

- This salad is naturally gluten free and vegetarian.
- Leave out the cheese for a vegan salad.
- Omit the beans for Paleo, the cheese and beans for Whole 30.
- Any type of canned bean will work, I almost used white beans ~ red kidneys would be great, too



Asparagus Frittata with Goat Cheese

This ASPARAGUS FRITTATA is the perfect recipe for a Spring brunch, featuring leeks and creamy goat cheese. I love how you can make it

the night before for an easy morning! detoxinista.com

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1/2 bunch asparagus, cut into 1-inch pieces (about 1 cup)
- 1 cup thinly sliced leeks, both white and green parts
- 8 whole eggs, beaten
- 2 oz goat cheese, crumbled
- Sea salt and pepper

INSTRUCTIONS

Preheat the oven to 400°F. Add the 1. olive oil to oven-safe skillet over medium-high heat, then sauté the asparagus for 5 minutes. Add in the leeks and continue to sauté until 2. both vegetables are tender, about 5 more minutes.

Meanwhile, in a large bowl beat together the eggs with 1/2 teaspoon of fine sea salt and several grinds of black pepper. Pour the egg mixture into the skillet 3. once the veggies are tender, then sprinkle the goat cheese over the top.

Transfer the skillet to the preheated oven to bake until the top is lightly golden, about 10 4. minutes. It's okay if the middle still has a little jiggle to it, as the eggs will continue to cook for several more minutes once you remove the pan. Slice and serve warm.

Asparagus Mushroom Pizza

asimpleplate.com

Parmesan Oil- 2 tbsp olive oil, 1 5. tbsp parmesan cheese, 1/2 tsp garlic powder, 1/4 tsp red pepper

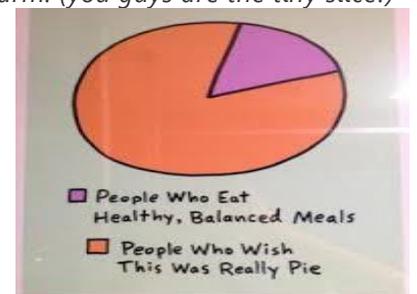
flakes, 1/4 tsp cracked black pepper, pinch of salt

Pizza- 1 pizza dough, cut in half mozzarella cheese shredded or sliced, 1 tbsp parmesan cheese, fresh asparagus, 1/4 cup arugula, 2 tbsp balsamic vinegar, 1 cup mushroom sliced, 1 tbsp pine nuts optional

Instructions Preheat oven to 450F. Roll dough halves out on floured surface. (I cut my dough in half to create a thin, crisper pizza.)

1. Mix all parmesan & herb oil mixture ingredients together in a small bowl. Generously brush all over rolled out dough.
2. Steam asparagus for several minutes to soften. In a medium saucepan on medium heat, sauté mushrooms in 1 tbsp olive oil and balsamic vinegar for 5 minutes or until caramelized.
3. Add Asparagus, mozzarella cheese, and balsamic mushrooms on top of dough. Bake for 13 minutes or until crust is golden brown. Serve with pine nuts, parmesan cheese, fresh arugula, and some extra red pepper flakes. YUM.

Curious about the pig on the cover? I am going to leave you guessing about that fun fact, in the meantime see if you can spot a pig somewhere else at the farm. (you guys are the tiny slice!)



A quick word about the ZOOM call. I think I called all of you that were NOT able to get into the ZOOM, if I did not call you and you need to chat please call me on my cell 908.477.0105 I still cannot figure out what went wrong. The first CSA person I spoke to said there was a TV news report yesterday that ZOOM was experiencing problems and her church also had issues with it. They just did an update so maybe that has something to do with it? I want to try again on Wednesday. So please try to join us, I will have a designated IT person helping out. I cannot email a link on local line.

If you are new to the farm or maybe you just don't know about the products we offer. Let me just highlight items that always pair well with CSA and are good to have in general. Also, it is a feel good thing when we help you support other small local businesses and farms!

First if you are a

Vegitarian-a person who does not eat meat, and sometimes other animal products, especially for moral, religious, or health reasons.

Flexitarian is a portmanteau of the words flexible and vegetarian, signifying its followers' less strict diet pattern when compared to other vegetarian pattern diets

Or maybe you are a **Pegan!** Which is a combination of the [paleo](#) and [vegan](#) diets, featuring a lot of vegetables, a moderate amount of [lean](#) well

sourced proteins and healthy fats, and few sugars, [starches](#), and processed foods.

Or are you a Vegan-a person who does not eat or use animal products.

Maybe you cannot eat GLUTEN

You are all in the right place and if you don't know what the heck you are or even what you want to be, call or text me I am a certified health coach and I can help you figure it out!

Let's talk about EGGS!

You have them this week! Some of you have Griggstown and Some of you have Alderfer Farms.

I'd like you to know a bit about these wonderful farms and farmers. Side Note: We started working with a back-up egg farmer so that we would ALWAYS be able to offer farm fresh eggs brought to you by humanely raised chickens. Our new Farmer got STUCK. Yup, don't know if you know, but there is a cardboard shortage and I hate that they are in plastic but during these times we all are learning to be happy with what we can get. I am proud that we are able to get such high quality for you, our cherished members!



Our newest member to the Farm-ily is Alderfer Farms



<https://alderfereggs.com/>

Check them out there is even a little video with the farmers. Their saying is-



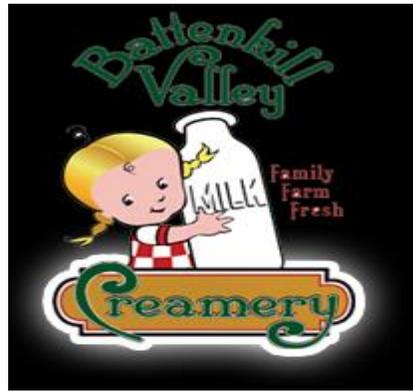
I like the way they think!

Our farming methods and the ways that we treat our hens allow us to bring you a better egg, every time.



Then there is the BREAD! Which unless you are Gluten Free you will LOVE and the PIZZA DOUGH-thee best! Coming SOON in an upcoming box (this week if you are a Market Box) The Essential Share Types get a different Loaf every week, beginning with the Country Butter Top and Next week we are deciding between English Muffin Bread or Brioche or maybe Sourdough. Their products will certainly tickle your tastebuds!

Seth our DAIRY Farmer!



Then there is the MILK! It truly thee best Milk money can by in our tri-state area! How do I know? I did the research I visited the farms. This is a single-source dairy, where they process their milk at lower temps to preserve nutrients -no ultra-pasteurizing here no no, the chocolate milk has turned into a Dreyer Farm staple. Most think it tastes like melted chocolate ice cream. The Heavy Cream is to die for especially when you make rice pudding with it, only available at certain times but Chef Chris blows us away by pairing this amazing dairy with only the highest quality Madagascar Vanilla from Savory Spice Shop



Savory Spice is another local purveyor of quality spice. Check them out, they will add so much flavor to your veggie dishes, you'll be instantly addicted....Tableside is MY go-to.

Next up, RiverBend Farm. Oh. the BEEF! It is my favorite and I just love this place. I visit during the winter just to see what they are up to Corne is an amazing farmer and he gets the whole family involved; it is such a beautiful thing to see.



Registered Angus



Last, but certainly not least Vanilla Bean, or as townies like to call it, "The Bean" Ralph makes such creamy ,flavor infused ice cream full of crazy yumminess!



There are so many, many more amazing people-Antonio Mozzarella Factory is one of them, originally from Kennilworth, and a close family friend, Tony took his Mozzarella making skills from Italy straight to Newark and he has made a bit of a Mozzarella Empire, selling all over the world! We also have amazing local honey & maple syrup, olive oils, balsamics, jarred fruits and jams, oh and our prepared foods & bakery items...I'll tell you about more amazing people & googies next week, I am running out of room. CHOW for Now!