

Dreyer Farms 2020 CSA – Week:2



BAM BOX

Escarole
Zoup!

Whole Wheat Dough
Radish
Arugula

SMALL SHARE

Beets
Arugula

Romaine Lettuce
Baby Bok Choy
Whole Wheat Dough
Radish

MEDIUM SHARE

Radish

Whole Wheat Dough
Arugula
Escarole
Kale

Bok Choy
Baby Rhubarb

ESSENTIALS SHARE

½ Gallon Battenkill Creamery 2%
Sourdough

Dozen Farm Fresh Eggs
Pint of Battenkill Creamery
Chocolate Milk

MARKET BOX

Escarole, Zoup!

2 Whole Wheat Dough
Radish, Arugula, Beets, Goat Cheese,
Marinara

Chicken, Arugula, and Radish Pizza

Myrecipes.com

Ingredients

- 1 Pizza Dough
- 2 tablespoons extra-virgin olive oil, divided
- 1 1/2 cups skinless, boneless rotisserie chicken breast, shredded
- 1/3 cup part-skim ricotta cheese
- 1.5 ounces goat cheese, crumbled (about 1/3 cup)
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper
- 2 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- 1 1/2 cups baby arugula
- 1/2 cup thinly sliced radishes



BREADSMITH
HAND MADE. HEARTH BAKED.™

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. It is recommend to pre-bake the dough a bit
BEFORE STEP 2

Step 1

Place a baking sheet in the oven.

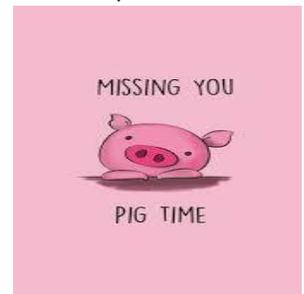
Preheat oven to 475° (keep baking sheet in oven as it preheats).

Step 2

Brush crust with 1 tablespoon olive oil; top pizza evenly with shredded chicken and ricotta cheese. Sprinkle with goat cheese, black pepper, and red pepper. Carefully place pizza on preheated baking sheet; bake at 475° for 10 minutes.

Step 3

Combine white wine vinegar, remaining 1 tablespoon olive oil, and Dijon mustard in a medium bowl, stirring with a whisk. Add arugula and radish slices; toss to coat. Top pizza with arugula mixture. Cut the pizza into 8 wedges.



Wilted Escarole Salad

Bon Appetite

INGREDIENTS

- ½ loaf country-style bread (about 8 oz.), crust removed, torn into 1" pieces (about 5 cups)
- 7 tablespoons olive oil, divided
- Kosher salt and freshly ground black pepper
- 2 garlic cloves, coarsely chopped
- 1–2 anchovy fillets packed in oil
- ¼ teaspoon crushed red pepper flakes
- 2 tablespoons (or more) white wine vinegar
- 1 large head escarole, outer leaves removed, inner leaves torn into large pieces

RECIPE PREPARATION

• Preheat oven to 350°. Toss bread and 3 Tbsp. oil on a large rimmed baking sheet, squeezing bread so it absorbs oil evenly; season with salt and pepper. Spread out bread pieces in an even layer and bake, tossing occasionally, until

crisp on the outside but still chewy in the center, 10–15 minutes. Let croutons cool.

- Meanwhile, heat remaining 4 Tbsp. oil in a small skillet over medium heat. Add garlic and cook, stirring often, until golden, about 2 minutes. Add anchovies and, using a spoon, mash into oil. Add red pepper flakes and remove skillet from heat. Add vinegar, scraping up any bits; season vinaigrette with salt and pepper.

- Just before serving, toss escarole, croutons, and warm vinaigrette in a large bowl until escarole is slightly wilted; season with salt, pepper, and more vinegar, if desired.

- DO AHEAD: Croutons and vinaigrette can be made and escarole can be prepped 1 day ahead. Store croutons wrapped airtight at room temperature. Let vinaigrette cool; cover and chill. Gently reheat vinaigrette before using.

Best Escarole & Bean Soup

Ingredients

2 tablespoons olive oil
2 garlic cloves, chopped
1 pound escarole, chopped
Salt
4 cups low-salt chicken broth
1 (15-ounce) can cannellini beans, drained and rinsed
1 (1-ounce) piece Parmesan
Freshly ground black pepper
6 teaspoons extra-virgin olive oil
Serving suggestion: crusty bread

Directions

1. Heat 2 tablespoons of olive oil in a heavy large pot over medium heat. Add the garlic and saute until fragrant, about 15 seconds. Add the escarole and saute until wilted, about 2 minutes. Add a pinch of salt. Add the chicken broth, beans, and Parmesan cheese. Cover and simmer until the beans are heated through, about 5 minutes. Season with salt and pepper, to taste.

2. Ladle the soup into 6 bowls. Drizzle 1 teaspoon extra-virgin olive oil over each. Serve with crusty bread.

How to cook bok choy

From JessicaGaven.com

There are various ways to cook bok choy such as steaming, braising (like with clay pots) and simmering. However, these can easily overcook the stems and create a mushy consistency. It's important to stop cooking when the stalks are just tender, about 5 to 8 minutes, depending on the method and size of the vegetable.

I prefer the dry-heat methods like stir-frying and sauteing as they create the best contrast of texture while the browning process adds a new dimension of flavor. This allows bok choy to truly shine. Whole pieces of baby bok choy or halves cook in about 5 to 7 minutes. Smaller chopped pieces used in a stir fry can take 2 to 3 minutes to tenderize.

To really get some good browning and flavor development I prefer to stir-fry baby bok choy. You can use [a large wok](#) or nonstick skillet to brown and tenderize the greens. Cut the vegetables down the center to create two halves, this gives a more stunning presentation and keeps the structure intact after cooking.

Cook the cut sections for a few minutes in hot oil in a large skillet without moving, this deepens the color on the surface. Once the color appears, flip over and cook the other side. The greens can now be stir-fried with a sauce to infuse more flavor.

Flavor boosters

Adding in aromatics and sauces creates layers of flavor. Fresh ginger, [minced garlic](#), and sliced green onions provide

instant pungency and earthiness. Cook these in vegetable oil until fragrant as they are very delicate. You want to make sure the garlic does not burn.

To further enhance the flavor a sauce is added at the very end of cooking. It's a combination of soy sauce, vegetable broth, rice vinegar, sesame oil, [honey](#), and chili flakes. When stir-fried with seared bok choy it creates delicious glazed halves.

How To Cook Bok Choy

Ingredients

- 1 pound (454 g) baby bok choy
- 2 tablespoon (30 ml) [soy sauce](#)
- 2 tablespoons (30 ml) vegetable broth
- 1 tablespoon rice vinegar
- 1 tablespoon (30 ml) [sesame oil](#), divided
- 1 teaspoon [honey](#)
- ½ teaspoon red chili flakes
- 2 tablespoons (30 ml) vegetable oil, divided
- 1 tablespoon (10 g) minced garlic
- 2 teaspoons (7 g) minced ginger
- ¼ cup (14 g) thinly sliced green onions, white and green parts
- ¼ teaspoon sesame seeds

Instructions

Rinse the bok choy with water. Shaking off any excess water and then dry using a kitchen towel or paper towels. Cut each bok choy, halved lengthwise. In a small bowl combine soy sauce, broth, vinegar, 2 teaspoons of sesame oil, honey, and red chili flakes. In a wok or 12-inch nonstick skillet add 1 tablespoon vegetable oil and 1 teaspoon of sesame oil over high heat until just smoking. Use tongs to carefully place the bok choy cut side down in a single layer in the wok, lightly press down to make contact with the surface. Cook until lightly browned without moving, about 1 to 2 minutes.

Flip the bok choy over and cook the other side until lightly browned, 1 to 2 minutes. Transfer to a plate.

Add 1 tablespoon vegetable oil to the wok. Add garlic, ginger and green onions, stir fry until fragrant, about 30 seconds.

Add the soy sauce mixture to the wok, simmer until thickened, about 30 seconds.

Add bok choy back to the wok, stir-fry and cook until the sauce glazes the greens, about 1 to 2 minutes.

Transfer to a platter and garnish with sesame seeds.

Martha Stewart's Bok Choy Salad

Ingredients

4 teaspoons rice vinegar
1 tablespoon soy sauce
1 teaspoon toasted sesame oil
3/4 teaspoon sugar
5 cups sliced, raw bok choy (any type; about 1 1/2 pounds)
2 tablespoons chopped cashews

Whisk together 4 teaspoons rice vinegar, 1 tablespoon soy sauce, 1 teaspoon toasted sesame oil, and 3/4 teaspoon sugar in a bowl. Toss in 5 cups sliced, raw bok choy (any type; about 1 1/2 pounds). Top with 2 tablespoons chopped cashews.

Lemon-Garlic Kale Salad

By Julia Moskin

Here's a snappy, fresh side dish or a light supper: a lemony green salad, rich with tang and crunch. The dressing is nothing more than lemon juice, olive oil, garlic and salt. Its simplicity makes it perfect.

Ingredients:

2 cups sliced almonds
1/2 cup freshly squeezed lemon juice (from 2 to 4 lemons)
Kosher salt
1 1/2 cups extra-virgin olive oil

4 cloves garlic, crushed with the flat side of a knife, peeled and left whole
10 to 12 ounces washed and dried kale leaves, thick stems removed (weight after trimming)
1 1/2 cups freshly grated Parmesan (optional)

Instructions

Step 1 In a toaster oven or skillet, toast almonds until golden brown and fragrant. Set aside to cool.

Step 2 In a bowl, combine lemon juice and 1 heaping teaspoon salt. Slowly whisk in olive oil. Add garlic cloves and set aside to steep.

Step 3 Working in batches, cut the kale into thin ribbons: gather a large handful of leaves, bunch together tightly, and use the other hand to slice into 1/4-inch-thick pieces. This need not be done very precisely or neatly; the idea is to end up with a kind of slaw. (Recipe can be made up to this point 1 day ahead. Keep kale and dressing refrigerated separately.)

Step 4 Place chopped kale in a very large bowl. Sprinkle surface with almonds and then with cheese, if using. Remove and discard garlic cloves from dressing. Pour half the dressing over the salad and toss. Taste for dressing and salt and add more as needed tossing to coat thoroughly, serve within an hour.

Beet Radish & Goat Cheese Salad

Foodnetwork.com

Ingredients:

1 1/2 pounds beets, boiled, peeled and thinly sliced
3 tablespoons red wine vinegar
1 teaspoon Dijon mustard
1 teaspoon caraway seeds
1/3 cup olive oil
Salt and pepper
6 radishes, trimmed and thinly sliced

3 scallions, thinly sliced
Green leaf lettuce
3 tablespoons finely chopped parsley

Directions:

Place sliced beets in large bowl. In a small bowl, whisk together vinegar, mustard, and caraway seeds. Slowly add oil in a stream and continue whisking. Season with salt and pepper. Pour the dressing over the beets leaving 3 tablespoons of dressing in the small bowl. Add the radishes and scallions to the remaining dressing in the small bowl and toss to coat. Place the lettuce on a platter and top with beets. Sprinkle beets with radishes and scallions. Garnish with parsley.

roasted mushroom kale pizza

Homemade pizza dough topped with goat and havarti cheese, balsamic mushrooms, kale, and fresh herbs. Baked in a super hot oven until the cheese is melted and bubbly, the mushrooms roasted, the kale crisp, and the crust golden and perfect!

prep time 15 minutes
cook time 15 minutes
total time 30 minutes
servings 6

Ingredients

2 cups shredded Tuscan kale
8 ounces mixed wild mushrooms, torn
2 cloves garlic, grated
2 tablespoon extra virgin olive oil
2 tablespoons balsamic vinegar
kosher salt and black pepper
2 tablespoons fresh thyme leaves, plus more for serving
1/2 pound pizza dough, homemade or store-bought
1 tablespoon fig preserves (optional)
4 fresh sage leaves, chopped
1 pinch crushed red pepper flakes
3 ounces crumbled goat cheese

1 cup shredded havarti cheese
1 tablespoon salted butter, thinly sliced
into 3 pieces

Instructions

1. Preheat the oven to 450 degrees F. Grease a large baking sheet with olive oil.
2. In a medium bowl, combine the kale, mushrooms, garlic, olive oil, balsamic vinegar, thyme, and a pinch each of salt and pepper. Massage the kale and mushrooms with your hands for 1 minute.
3. On a lightly floured surface, push/roll the dough out until it is pretty thin (about a 10-12 inch circle). Transfer the dough to the prepared baking sheet.
4. Spread the dough with preserves. Add the sage, crushed red pepper, and goat cheese, then layer the kale and mushrooms over the cheese. Top with havarti and thin slices of butter.
5. Transfer to the oven and bake for 10-15 minutes or until the crust is golden and the cheese has melted.
6. Top the pizza with fresh thyme.
ENJOY!

NOTE: for TIPS on STORAGE and PRESERVATION PLEASE SEE THE WEBSITE.

YES...we absolutely want the boxes BACK so do not put them out with your recycling! If you are coming into the farm for pick up please bring a re-usable bag and put the contents of the CSA Box into your bag and then you can leave the box behind. CSA boxes are untouched for 3 days before we use them again.

I know a lot of you are not getting emails, so I thought you should know the following and also that Patty is trying to take care of the email situations!

*My CSA Loves,
Yes, and I do not say it lightly, I LOVE YOU GUYS, so many of you have been with me from day 1, so this email/newsletter will be thee hardest one I have ever written.*

It is with a heavy heart that I am saying good-bye to you as this is my last week working at Dreyer Farms. Wow, yup I just said that! Don't be mad or sad be glad! Hopefully in time I will be bumping into you at Alluem, HYR or HOME, maybe even at a 5K (if these things start happening soon ok maybe virtually) maybe grabbing coffee at Track 5. But you guys gotta know how committed I am to YOUR good health, physically & emotionally, you know, like I said, I LOVE YOU GUYS.

So, if you need me, I will always be here for you, you must have my number by now & probably my personal email too. However, for all CSA related questions Patty Bromberg is now your contact. You are ABSOLUTELY going to love, adore and yes, dare I say it CHERISH her, so I am glad about that! I could not have dreamt of a better person to step into this sacred space. YES, it is sacred. Not only does she share my enthusiasm for all things wellness related she is also a health coach with certification from the same place I attended; the Institute for

Integrative Nutrition, she is also a Group Fitness Instructor and she most recently completed a Eating Psychology & Mind Body Coaching Course (note to self, get that info from her, that sounds like a great course!) Patty & I also got our certification for Reiki Level II together. Yes, all of that is fantastic but I promise you, you WILL fall in love with her. Patty's number is 973.223.0004

As for me, I will be staying the course on my own wellness journey. This is NOT the end but only a FRESH new beginning (you guys know I like to keep it fresh!) I can't stand long sad good-byes and I can't even hug you! UG!

As for last week's pig trivia, the pig is on the newsletter to bring you abundance of all things- health (physically, mentally, spiritually), friends & family and wealth..

Glücksschwein I wish to you and yours!

