



The Dreyer Flyer Week 7: June 30th & July 3rd

Small: Green Garlic, Blueberries, Lettuce, Summer Squash, Cucumber, Scallions, Bok Choy, Carrots, Mint, Limes

Medium: Green Garlic, Blueberries, Lettuce, Summer Squash, Cucumber, Scallions, Bok Choy, Carrots, Mint, Limes, Beets

BAM: Green Garlic, Blueberries, Lettuce, Mint, Limes

Market Box: Green Garlic, Blueberries, Cucumber, Scallions, Bok Choy, Mint, Limes, Ground Pork, Feta Cheese, Sesame Seed, Stir Fry Sauce (sesame oil, rice wine vinegar, ginger, soy sauce)

Enjoy our fresh green garlic which is just young garlic before it's been dried. It roasts beautifully and has a bit more mild but sweet flavor. The freshness is incomparable and it is so delicious roasted and smeared on some Breadsmith Bread. Use it up quickly though as it only stays for about a week! We also have Bok Choy from Wightmans and South Jersey blueberries this week- happy cooking!

P.S- The limes are not NJ but with a holiday weekend coming up we thought maybe you would want a little help with your mojitos since there's mint in the box too!

Wellness Tip from Patty: Exercise!

-Find something you enjoy doing - go for a walk or run, dance, swim, lift weights, ride your bike, do yoga, etc. Before you start, set your intention for how you want to feel or what you want to accomplish. Bring a positive energy to it.

-Remember exercise should make you feel good, not be a punishment for something you ate. When we use exercise as a punishment, negative emotion and energy is attached to it which in turn makes it harder to get ourselves to do it. When we tried to convince ourselves to do it but then didn't do it we start a negative dialogue in our heads.

-Notice how you feel after you exercise - do you sleep better, do you feel happier, do you have more energy, is your stress level reduced?
Get out and move!!!

Cucumber Blueberry Mint & Feta Salad (by forksandfolly.com)

Ingredients

- 1 cucumber (skin on)
- 1 c. fresh blueberries (washed just before use)
- A few thinly sliced scallions
- Juice of 1 lime
- 1 Tb. honey
- 1 Tb. olive oil
- Dash kosher salt
- Few grinds black pepper
- Large handful fresh mint, chiffonade or chopped *
- ½ c. crumbled Feta

Instructions

1. Slice the cucumber lengthwise then cut into thin, half disks. If you feel adventurous, you can spiralize the cucumber for a totally different texture! Add to a mixing bowl, along with berries and red onion.
2. In a small bowl, combine lime juice, honey, oil, salt and pepper. Pour over the cucumber/blueberry mixture then refrigerate about 15 minutes.
3. Just before serving, toss in mint and stir to combine. Sprinkle with Feta. Garnish with mint sprigs, if desired.

Spiralized Yellow Squash with Basil & Mint (by inspiralized.com)

Ingredients

- 3 large yellow summer squash, cut into thin strands with a vegetable peeler or spiral slicer (spiralizer) or julienned

- 1 large celery stalk, thinly sliced
- 1 tablespoon chopped fresh basil
- 2 teaspoons extra-virgin olive oil
- 2 teaspoons fresh lemon juice
- 1 teaspoon chopped fresh mint
- 2 teaspoon grated lemon zest
- 4 teaspoon ground cumin
- Pinch crushed red pepper flakes
- Sea salt and ground black pepper

Instructions

1. In a large bowl, combine all the ingredients, toss to coat, and serve

Chicken Stir Fry (by a mindfulmom.com)

Ingredients

Sauce

- 2 tablespoons honey
- 1/2 teaspoon freshly grated ginger
- 2 cloves of garlic grated or minced finely
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar

For the Stir Fry

- 1 teaspoon light sesame oil
- 1 pound boneless skinless chicken breasts, cut into 1 inch chunks
- 1 head of bok choy washed and cut into 1 inch strips
- 2 large carrots peeled in strips or 1/2 cup matchstick carrots
- 5-6 green onions diced
- 1 tablespoon sesame seeds
- 1/4 cup chopped cilantro if desired

Instructions

1. Stir together all the ingredients for the sauce and set aside.
2. Heat sesame oil in a large wok or skillet over medium-high heat. Add

in chicken and cook for 5-7 minutes. Add in bok choy, carrots, green onions, and sesame seeds. Stir continuously for 3 minutes and then add in sauce. Cook until sauce has coated the chicken and vegetables and heated through.

3. Serve with a sprinkle of cilantro if desired.

Roasted Summer Squash with

Lemon, Mint & Feta (by kalynskitchen.com)

Ingredients

- 5 small yellow summer squash or zucchini, about 8 inches long
- 1/4 cup olive oil
- 1/4 cup lemon juice (see notes)
- 1/2 cup very finely chopped mint, or more (measure after chopping)
- salt to taste (I used about 1/2 tsp.)
- 1 cup crumbled Feta cheese (more or less to taste)
- fresh-ground black pepper to taste

Instructions

1. Preheat oven to 475F/245C, and put oven rack as high as it will go. Spray a baking sheet with non-stick spray.
2. Wash squash and cut off stem and flower ends.
3. Cut each squash into quarters lengthwise, then cut into pieces about 2 inches long.
4. Combine olive oil, lemon juice, mint and salt ; then put that mixture into a plastic bowl and toss squash with the mixture.
5. Arrange squash on roasting pan, in a single layer as much as possible. (I layer. Sprinkle with about 1/4 teaspoon of salt then cook, without stirring, until the bottom is starting to turn brown, about 2 minutes.

would recommend using two baking sheets if it seems really crowded.)

6. Roast squash, turning every 15-20 minutes, until slightly browned and cooked to your liking. I turned my squash twice, with a total cooking time of 40 minutes, but I would start checking after 35 minutes.
7. When the squash is done, put it back into the same bowl and toss with the Feta cheese.
8. Season with fresh-ground black pepper to taste. This can be served hot or at room temperature.

10 Minute Lemon Garlic Bok Choy

(by inspiredtaste.net)

Ingredients

- 1 pound bok choy
- 1 1/2 tablespoons extra-virgin olive oil
- 3 garlic cloves, minced
- Pinch crushed red pepper flakes
- Sea salt
- Half of a lemon, cut into wedges

Instructions

Remove any discolored outer stalks of the bok choy and discard them (or save for stock later). Place the bok choy into a colander and rinse with cool water, rubbing any grit or dirt from between the leaves. Trim the ends then slice each bok choy in half lengthwise. Or if they are large, cut into quarters. Pat dry. Add the oil, garlic and red pepper flakes to a wide room-temperature skillet. Place over medium heat and cook, stirring occasionally, until the oil begins to bubble around the garlic, but before the garlic starts to turn light brown. Toss in the bok choy and spread into one Flip then cook another 2 minutes or until the green leaves have wilted and the white bottoms are beginning to soften, but still have some crunch.

Transfer to a platter then squeeze 2 lemon wedges on top. A teaspoon or so of olive oil is nice, too. Serve with more lemon wedges on the side.

Blueberry Mojito (by
vanillaandbean.com)

Ingredients

For the Mint Simple Syrup:

- 1/2 C (120g) Cane Sugar
- 1/2 C (116g) Water
- 2 Large Sprigs of Mint

For the Mojito:

- 1/2 Lime Cut into small wedges + more for garnish
- 4-8 Mint Leaves + sprigs for garnish (the amount of leaves will depend on taste - I use 8)
- 1/3 C (40g) Fresh Blueberries heaped cup + more for garnish
- 1 - 1 1/2 oz (28g) Mint Simple Syrup cooled, add more or less to taste
- Ice to top off glass
- 2 oz (57g) White Rum
- Club Soda to top off glass

Instructions

For the Mint Simple Syrup:

1. Pour 1/2 C (120g) sugar and 1/2 C (116g) water into small saucepan and bring to a boil. Stir. Boil until all the sugar is dissolved, just a few minutes. Add the mint sprigs and cover to steep for 10 minutes.

Strain into a lidded container for storage in the refrigerator until ready to use.

For the Mojito:

1. In a 16 oz (454g) highball glass, layer the cut lime wedges, mint leaves, and blueberries.
2. Pour in the simple syrup and use a muddler to muddle the mixture for about 30 seconds. The goal is to squeeze out the lime juice, mash the berries and to allow the mint to release its oils. There should be bits of blueberries left when muddling is complete.
3. Add the light rum to the muddled mixture, then add crushed ice (I fill mine almost to the top). Top off with Club Soda. Stir well. Garnish with a lime wedge, more blueberries, and mint stem. When finishing the mojito, have a spoon on hand to dig out the delicious blueberry bits!

*Mediums - Try the first recipe with spiralized beets for a red, white and blue fun salad! Market box peeps I highly encourage you to make some delicious stir fry with the ground pork! You can also enjoy the delicious blueberry cucumber salad featured here! Check out the email for various preservation tips. If you did not receive an email send us one at dreyerfarmscsa@gmail.com and we will make sure you are on our email list! Have a safe and Happy Fourth of July

