



The Dreyer Flyer Week 3: June 2nd & 5th

Small: Asparagus, Spinach, Arugula, Savoy Cabbage, Lettuce, Parsley, Peas (non-edible pods)

Medium: Asparagus (2), Spinach, Savoy Cabbage, Lettuce, Parsley, Dandelion, Peas (non-edible pods)

BAM: Asparagus, Savoy Cabbage, Lettuce, Peas (non-edible pods), Beets, Lemons (not local but perfect for the asparagus recipe!)

Market Box: Griggstown Chicken, Griggstown ground meat, Peas, Savoy Cabbage, Asparagus, Parsley, Lemon, Ginger knob and a Sweet Onion

BONUS ITEM: Locally Made Hand Sanitizer from Tree City Spirits by a Cranford Family and manufactured in Kenilworth. We wanted to say thanks and do our part in keeping you all safe.

Egg Roll in a Bowl: (from evolvingtable)

Ingredients: ground meat, soy sauce (or coconut aminos), oil, garlic, ginger, carrots, mushrooms (any stir fry vegetables will do), cabbage, sesame oil, scallions

Instructions:

1. Saute olive oil and ground turkey in a large saute pan over medium heat.
2. Cook for 5-6 minutes, or until turkey is almost cooked through.
3. Push turkey to the side of the pan and add onion and the other tablespoon of oil. Saute for 3-4 minutes.
4. Add shredded carrots, garlic, and ginger and saute for 2 minutes. Stir the vegetables and turkey together.

5. Pour chicken broth in the pan and scrape the bottom of it to deglaze it.
6. Add cabbage, soy sauce or aminos, vinegar, salt, and pepper. Stir well and cover with a lid.
7. Reduce heat to medium-low and cook for 12-15 minutes, or until cabbage is to your desired tenderness.
8. Just before serving add toasted sesame oil and stir to combine.

Highly recommend stretching this meal out by making brown rice and adding it in. If you are growing onions in your yard and you have a few to spare, cut the tops off for scallions to complete this dish!

Green Goddess Pasta Salad (from thecookierookie)

This healthy Pasta Salad Recipe is full of flavor and oh so easy to throw together. Loaded with asparagus, peas, chickpeas, pine nuts, and the ultimate green goddess dressing, this Green

Goddess Pasta Salad Recipe is perfect as a side dish or main course!

Ingredients: 1 lb Gemelli Pasta cooked according to package instructions, pesto, 1/2 cup of Mayonnaise, 1 teaspoon sea salt, 1 1/2 cups frozen (or fresh!!) peas cooked, 2 cups steamed asparagus chopped, 1 1/2 cups chickpeas drained, 3/4 cup pine nuts, 1 tablespoon fresh chopped chives

Instructions: Cook pasta, drain and keep pasta water. While pasta is cooking, stir together the pesto and mayo until smooth.

1. Combine hot pasta, pesto, salt, peas, asparagus, chickpeas, and pine nuts in a large bowl and stir to toss.
2. Sprinkle with chives and serve! Enjoy!

Arugula, Asparagus Egg Salad with Creamy Lemon Dressing **(fromachefskitchen)**

Ingredients: Salad- 4 large hard boiled eggs, salt & pepper, asparagus (one bunch), 2 tablespoons of olive oil, 2-3 bunches or arugula . Dressing- 1/2 cup of Greek yogurt or Plain September Farms yogurt, 1.2 cup EVOO, 1 large lemon zested and juiced, 1 tbsp Dijon Mustard, 1 tbsp Honey, 1 tsp white wine vinegar, 2 cloves of garlic, cayenne pepper to taste, salt & pepper

1. Instructions: Preheat oven to 400 degrees. Prepare an ice bath.
2. Bring a small saucepan full of water to a boil. Carefully add the eggs. Cook 6 minutes and 30 seconds or to desired doneness. Transfer to the bowl of ice water. Let stand for 2-3 minutes. Peel and cut in half.

3. Place asparagus on a baking sheet and drizzle with olive oil and season to taste with salt and black pepper. Roast for 5-6 minutes.
4. VINAIGRETTE: Whisk all ingredients together in a small bowl. (It may not look like it's coming together at first, but keep whisking.)
5. TO SERVE: Place arugula on a salad plate. Top with a fourth of the roasted asparagus. Drizzle with some of the vinaigrette. Add two egg halves per plate and serve immediately.

Preservation Tips:

- Peas- shuck and freeze in a zip tight bag and enjoy for up to 3 months
- Parsley and all herbs- rinse, dry, chop, place in ice cube tray with olive oil. The oil will prevent freezer burn and will make a great base for future recipes.
- Arugula and others greens- if they look sad- fill your sink or a large bowl with ice water and submerge for 2 minutes, then shake and pat dry and use ASAP.
- Asparagus- to maximize the time it will last in your fridge, place in a shallow bowl with an inch of water to keep fresh for longer

All of the recipes and their links are listed both on the CSA Farm-ily Facebook group attached to our page as well as sent out via email. Send us an email at dreyerfarmscsa@gmail.com if you have any issues, want to change your share, share a recipe, or if you are not receiving the emails! Eating Local has never been more important and we appreciate you all now and always.

The Dreyer Farms CSA Team

