



The Dreyer Flyer Week 4: June 9th & 12th

Small: Golden Beets, Green Zucchini, Lettuce, Kale, Sugar Snap Peas, Garlic Scapes, Cilantro, Strawberry Spread

Medium: Golden Beets, Zucchini, Lettuce, Red Kale, Sugar Snap Peas, Garlic Scapes, Cilantro, Kohlrabi, Radish

BAM: Strawberry Spread, Green Zucchini, Sugar Snap Peas, Garlic Scapes, Red Kale

Market Box: Ground Turkey, Green Zucchini, Cilantro, Salsa, Taco Seasoning, Locally-Made Dressing (by Trapper's Honey), Garlic Scapes, Goat Cheese, Golden Beets, Lime

Wellness Tip from Patty:

There is a lot going on right now and self-care is important and it's more than just eating right. Deep breaths - one of the easiest and best ways to lower your stress level and increase your ability to digest is deep breathing. Try making your exhale 2x as long as your inhale - if you inhale to 2 counts, exhale to 4. You can hold at the top of the inhale for a couple seconds as well. Do this throughout your day - start your day with some cleansing breaths, take a few deep breaths before you eat or any time you feel stressed or anxious.

Roasted Sugar Snap Peas + Sesame Dipping Sauce

gluten-free, vegan // serves 2

for the snap peas:

- 1/2-pound sugar snap peas, ends trimmed
- 1/2 tablespoon non-GMO sunflower/safflower/canola oil, *or other high-heat safe oil*
- salt + pepper
- sesame seeds

1. Preheat your oven to 450* F.
2. Place snap peas on a rimmed baking sheet, then toss with the oil and a sprinkle of salt + pepper until evenly distributed.
3. Roast for 6 minutes, flip once, and roast for another 3-4 minutes. Snap peas will look puffed when removed from the oven but slightly deflate as they cool.

4. Sprinkle with sesame seeds, then serve immediately with the sesame dipping sauce.

for the sauce:

- 1 tablespoon rice vinegar
- 2 teaspoons gluten-free tamari
- 1 teaspoon toasted sesame oil
- 1 teaspoon pure maple syrup
- pinch of cayenne pepper, *optional*

1. Whisk ingredients together until fully combined. *Do not sub another oil for the toasted sesame oil, as it has a very unique flavor.*

Cilantro Dressing (by pinchofyum)

- 1 huge bunch of fresh cilantro (2 cups packed)
- 1/2 cup olive oil
- 2 tablespoons white vinegar
- 1 clove garlic
- 1 teaspoon kosher salt
- 1/2 teaspoon red pepper flakes
- 1/4 to 1/2 cup water, *if needed*

BLEND AND PUT ON EVERYTHINGGGGGG

Taco Zucchini Boats

(RECIPE BY
HOMEMADEINTEREST.COM)

1. Preheat oven to 400°F
2. Prepare your zucchini by trimming off the stem end. To do this I just gently round the end of the zucchini with a knife, removing the stem. Then cut each zucchini in half length-wise. Use a measuring spoon (teaspoon) to hollow out the zucchini forming a boat. *Note: You can also just trim the ends with a straight cut I just like to keep the rounded so nothing spills out the end when I fill the boats.*
3. Place the zucchini boats in a greased baking dish and sprinkle a small amount of salt over them.

4. In a skillet over medium heat brown the ground beef.

5. Add bell peppers, chili powder, cumin, salt, and 1/4 cup of water to the ground beef. Continue to cook until vegetables are softened and water has been absorbed.

6. Once the beef mixture is ready fill each zucchini boat with the beef and vegetable mixture.

7. Top the zucchini boats with cheddar cheese.

8. Bake for 20 minutes or until zucchini has softened and cheese is melted.

9. Pour salsa over boats before serving. You can also add a little sour cream to each if you like!

Golden Beet Chips With Spicy Goat Cheese Dip

INGREDIENTS

- 4 medium-sized golden beets
 - 3 teaspoons olive oil
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon smoked paprika
 - 1/4 teaspoon cracked black pepper
- pepper
- 1/2 teaspoon salt
 - 8 ounces goat cheese
 - 3 tablespoons plain greek yogurt
 - 1 tablespoon fresh snipped chives
 - 1 tablespoon chopped fresh basil
 - 1 tablespoon chopped fresh oregano
 - 1/2 teaspoon salt
 - 1/4 teaspoon garlic powder
 - 1/4 teaspoon crushed red pepper, plus extra for sprinkling
 - 2– 3 tablespoons extra virgin olive oil

INSTRUCTIONS

1. Preheat the oven to 325 degrees F. Line two baking sheets with parchment paper or aluminum foil and place a wire rack on top. Spray the rack with no stick spray.

2. Peel the beets with a vegetable peeler. Carefully use a mandolin or a sharp knife to slice the beets into super thin (like less than 1/8 inch) rounds. Place all the rounds in a large bowl and drizzle on olive oil. You don't want to over saturate the beets, so just start with the listed amount above. Season the chips with a bit of garlic powder and smoked paprika. (I like to keep the salt until the end.)

3. Place the beets on the wire racks in a single layer. Bake for 20 minutes, then rotate the sheets and if you have larger beet chips, you can flip with each with a pair of kitchen tongs. Bake for another 15 to 20 minutes – until the edges are getting dry and crisp. Watch closely – they can SO easily burn! Remove the sheets and sprinkle the chips with salt. Let them sit to cool completely – this is where they will crisp up and why you don't want to over-oil them! Once crisp, serve with the goat cheese dip.

Cilantro Lime Shrimp Scampi with Zucchini Noodles

Ingredients

- 2 tablespoons butter
- 1 pound jumbo shrimp (16-24), shelled and deveined
- 4 cloves garlic, chopped
- 1 pinch red pepper flakes (optional)
- 1/4 cup white wine or chicken broth or shrimp broth or vegetable broth
- 2 tablespoons lime juice (~1 lime)
- 3 medium zucchini, cut into noodles
- salt and pepper to taste
- 1 teaspoon lime zest
- 2 tablespoons cilantro, chopped

Directions

1. Melt the butter in a pan over medium-high heat until frothing, add the shrimp, cook for 2 minutes, flip, add the garlic and red pepper flakes and cook for 1 more minute before setting the shrimp aside.
2. Add the white wine and lime juice to the pan, deglaze it, simmer for 2 minutes, add the zucchini noodles and cook until just tender, about 2 minutes, before seasoning with salt and pepper, adding the shrimp, lime zest and cilantro, tossing everything and removing from the heat.

Garlic Scape Roasted Kale

Ingredients

- 1/4 cup olive oil
- 2 cloves garlic
- 1 garlic scape, cut thin on an angle (stem only, not the bud at the tip)
- 1/2 cup dry white wine or water
- 1 large bunch of kale, stripped from the stems and chopped roughly, about 6 cups
- 1 Tbs. red wine vinegar
- Kosher salt, to taste
- Fresh cracked pepper, to taste
- granulated sugar, to taste

Instructions

In a large sauté pan over medium, heat olive oil, garlic and garlic scapes for about 3 minutes. Add wine and half of kale, toss kale. After first half of kale has reduced, add remaining kale and toss gently. Cover pan and allow kale to reduce for 2-3 minutes. Note: If you start to see browning on the kale, turn off heat. Remove kale from heat and toss with vinegar, salt and pepper. Transfer to serving bowl and dust with sugar. Serve immediately. Serves 4-6.

Medium friends with the radishes, check out how to use them and cilantro in one easy recipe! You can use them on regular tacos or on zucchini boat tacos!

Pickled Radishes for Tacos

Author: The Sea Salt

Ingredients

- 1.5 lbs radishes
- 1.5 cups white vinegar
- 2 Tbsp sugar
- 4 tsp kosher salt
- 1/4 tsp red pepper flakes
- 1 cup roughly chopped cilantro
- 1 seeded, and chopped jalapeno

Instructions

1. In a small pot, bring vinegar, sugar and salt to a boil to dissolve. Add red pepper flakes and set aside to cool.
2. Trim radishes and slice thin.
3. Fill mason jar with radishes, cilantro and jalapeno, layering to evenly distribute.
4. Pour over cooled pickling liquid. Top off with water, seal and refrigerate. Wait 24 hours to let flavors do their thing before using.

Kohlrabi Slaw

from our CSA member Erin! Check out her blog at whiteplateblankslate.com

- ingredients
- 1/4 cup buttermilk, well shaken
 - 2 Tbsp. mayonnaise
 - 1 Tbsp. champagne vinegar (or use apple cider vinegar)
 - Pinch of salt

- 1 medium kohrabi, julienned
- 1 Granny Smith apple, julienned
- 1 cup shredded green cabbage
- 1 scallion, thinly sliced

instructions

1. In a small bowl, whisk together the buttermilk, mayonnaise, vinegar and salt.
2. In a bowl, toss the kohlrabi, apples, cabbage and scallion. Pour the dressing over and season to taste with more salt.
3. Refrigerate for at least an hour before serving.

Okay Market Box NOW I'm looking at you! Years ago the whole Dreyer CSA crew attended a farm dinner in Princeton and the Trapani's had offered their honey to be the base of a dressing on the first course and it went down in history that very day as a dressing we had to have at the farm! Your meals for this box are the **zucchini taco boats**, but made with ground turkey, and seasoned with salsa and the spice! You can use garlic scapes for scallions on top! For another day or to get your extra veggies we have the makings of a **delicious salad** for you! Freshly cut homegrown lettuce, golden beets to be roasted, goat cheese because it just goes so well with beets and the dressing!

A quick reminder, we WILL take back your boxes and if you have any questions or want to share a recipe please sends us an email at dreyerfarmscsa@gmail.com !
Dreyer Farms hours have changed to 8am-6pm Monday-Saturday and 8am-5pm on Sunday!

