



The Dreyer Flyer Week 5: June 16th & 19th

Small: Broccoli, Yellow Squash, Red Cabbage, Carrots, Peas, Cherries!

Medium: Broccoli, Yellow Squash, Red Cabbage, Carrots, Turnips, Peas, Cherries!

BAM: Broccoli, Organic Olive Oil (from a family farm), Peas, Cherries!

Market Box: Broccoli, Yellow Squash, Olive Oil, Chicken Sausage, Spinach, Tortellini, Parmesan, Shallot, Lemon, Cherries!

Enjoy the cherries everyone! They were hard fought and we hope you enjoy them this week! There are more recipes in the email that are also posted on our CSA Family Facebook page! Find us on Facebook to join the group and keep up with all the cool recipes other members are testing out!

Wellness Tip from Patty:

How many of you step on your scale every week? Every day? Multiple times a day? How does it make you feel? Do you judge yourself based on the number you see?

What if, instead of doing things to change a number on a scale, we do things to be kind to ourselves, to feel good, to be healthy.

Challenge: No scale for 30 days. Use the time to tell yourself you are perfect today!

**Baked Parmesan Squash
Rounds**

INGREDIENTS

- 2 medium-sized yellow summer squash
- Garlic salt & freshly ground black pepper
- 1/2 cup freshly grated Parmesan cheese

INSTRUCTIONS

1. Place an oven rack in the center position of the oven. Preheat the oven to 425°F. Line a

baking sheet with foil (lightly misted with nonstick cooking spray) OR parchment paper.

2. Wash and dry the squash, and then cut each one into 1/4-inch thick slices. Arrange the squash rounds on the prepared pan, with little to no space between them. Lightly sprinkle the squash with garlic salt and freshly ground black pepper. Use a small spoon to spread a thin layer of Parmesan cheese on each slice of squash.

3. Bake for 15 to 20 minutes, or until the Parmesan melts and turns a light golden brown. (Watch these closely the first time you make them and pull them out of the oven early if the Parmesan is golden before 15 minutes. Alternatively, you may broil them for a minute or two at the end of the cooking time to speed up the browning.) Serve immediately.

Easy Asian Slaw with Red Cabbage & Carrot

ingredients

- 1/2 small head of red cabbage, thinly sliced
- 1 tsp. salt
- 1 large carrot, shredded
- 1 scallion, thinly sliced
- leaves from a few sprigs of fresh cilantro
- 1 tsp. grated fresh ginger
- 1 small clove of garlic, minced
- 2 tsp. sesame oil
- 1 Tbsp. reduced sodium soy sauce
- 1 tsp. rice vinegar
- a pinch of sugar
- 1 tsp. black sesame seeds (optional)

Instructions

- Place the cabbage in a colander and sprinkle with the salt. Massage the salt into the cabbage and let sit for 15 minutes. Rinse the cabbage under cold water and drain well.
- In a small bowl, whisk together the sesame oil, soy sauce, ginger, garlic, rice vinegar and sugar.
- In a large bowl, combine the cabbage, carrot, scallion, and cilantro.
- Pour enough of the dressing over to coat the slaw. Let stand 15-30 minutes.
- To serve, sprinkle with the black sesame seeds.

Honey Glazed Carrots

Ingredients

- 1 pound small carrots peeled and trimmed
- 2 tablespoons olive oil
- 2 tablespoons honey
- salt and pepper to taste
- cooking spray
- Optional garnish: chopped parsley

Instructions

Preheat the oven to 400 degrees. Line a sheet pan with foil and coat with cooking spray.

1. Place the carrots in a single layer on the baking pan.
2. In a small bowl, mix together the olive oil, honey, salt and pepper. Pour the honey mixture over the carrots and toss to coat.
3. Place in the oven and bake for 25-35 minutes or until carrots are tender and browned. Roasting time may vary depending on the size of the carrots.
4. Remove from the oven and serve immediately, sprinkled with parsley if desired.

Crispy Broccoli and Carrot Vegetable Patties

Ingredients

- 2 cups chopped steamed broccoli
- 2 medium carrots
- 3/4 cups Flour
- 2 eggs

- 1 teaspoons dijon mustard
- 2 cloves garlic
- 2 tablespoons olive oil

Instructions

1. Start by cutting the florets off the steamed broccoli and cutting them into small pieces. Cut the stalks into small, thin slices. Peel and chop the carrots roughly.
2. In a food processor combine the flour, eggs, dijon mustard and garlic. Mix until well combined.
3. Add in the chopped broccoli and carrots and stir through
4. Heat the olive oil in a frying pan on medium heat. Once hot, use a ladle to spoon the batter into the pan to form small patties.
5. Allow the fritters to cook for 3 minutes until lightly golden and then flip and cook for 2-3 more minutes on the other side. Once cooked transfer to a paper towel and keep warm in the oven while you cook the remainder of the fritters.

Easy Pea Pesto

(My Kids Lick the Bowl)

- 1.5 cups frozen peas
- 35g parmesan cheese
- 1/3 cup olive oil
- 1/4 cup sunflower seeds
- 2 teaspoon lemon juice
- 1 garlic clove

Instructions

1. Defrost the peas if you are using frozen
2. Place all the ingredients in a food processor
3. Blitz until smooth
4. If you want a more liquid consistency add a little more oil

5. Store in an airtight container for 3 days in the fridge

Spicy Quick Turnip Greens

Ingredients

- 1 tablespoon olive oil
- 1 medium onion cut into wedges
- 1 pound turnip greens cleaned and chopped
- 1/4 cup water
- pinch brown sugar
- 1/8 teaspoon red pepper flakes adjust to preference

Instructions

- Drizzle olive oil into skillet over medium heat.
- Add onion and cook until just tender, about 3 minutes. Then add 1/2 of turnip greens. Allow to cook down and add the remainder of the greens.
- Add water, brown sugar and red pepper flakes. Adjust the amount of red pepper to your personal taste.

Rustic Cherry Galette

Ingredients

FOR THE CRUST:

- 1 1/4 cups unbleached all-purpose flour
- 2 teaspoons sugar
- a pinch of salt
- 6 tablespoons cold unsalted butter, cut into pieces
- 2 tablespoons shortening, cut into pieces
- 1/4 cup ice water
- 1 large egg, whisked with 2 teaspoons water for egg wash

FOR THE FILLING:

- 2 lbs cherries (fresh or frozen, if frozen thaw completely), pit and halved
- 1/4 cup sugar
- 1 tablespoon cornstarch
- 1 tablespoon lime juice
- 1 tablespoon limezest
- 1/2 teaspoon pure almond extract

- 1 tablespoon bourbon
- turbinado or coarse sugar, for sprinkling

- 1 tablespoon fresh lemon juice
- 2 cloves garlic chopped
- Salt and black pepper to taste

Yellow Squash Cheddar Biscuit Recipe (littlehouseliving.com)

Ingredients:

- 2 cups Yellow Squash, shredded
- 1 teaspoon salt
- 3 cups flour (you can use gluten-free [flour](#))
- 1 Tablespoon Baking Powder
- 2 teaspoons Baking Soda
- 1/2 teaspoon Garlic Powder
- 4 Tablespoons Butter, melted
- 1 cup Cheddar Cheese, shredded
- 3/4 cup Milk

Instructions

1. Start by gathering ingredients. I used fresh yellow squash from the garden but if you want to make this in the winter you can use frozen, shredded squash. You could also use zucchini if you don't have yellow squash.
2. Mix together all the dry ingredients. Add in the shredded squash and stir until coated with the dry ingredients.
3. Add in the remaining ingredients and mix together well. I used my hands to make sure I didn't leave any clumps in the dough.
4. Using a large cookie scoop, drop dough onto a lightly greased 9x13 baking dish or two 8x8 baking dishes. You should place the biscuits fairly close together.
5. Stick the biscuits in the oven at 400 degrees for about 15 minutes (20 minutes for gluten free). The biscuits will be brown on the top.

Lemon Broccoli Tortellini

Ingredients

For the Roasted Broccoli:

- 1 1/2 pounds broccoli cut into bite size pieces
- 1 tablespoon olive oil

For the Tortellini:

- 1 pound cheese tortellini refrigerated or frozen
- 3 tablespoons unsalted butter
- 1 tablespoon minced shallot
- 2 cloves garlic minced
- Dash of crushed red pepper
- 3 cups packed fresh spinach
- Zest of 1 large lemon

Instructions

1. Preheat the oven to 400 degrees F. Place the broccoli pieces on a large baking sheet. Drizzle with olive oil and lemon juice. Add the garlic and toss broccoli until well coated. Season with salt and pepper, to taste. Place baking sheet in the oven and roast for 20-25 minutes, stirring once. Remove broccoli when it is crisp and slightly charred. Set aside.
2. Meanwhile, bring a large pot of salted water to a boil. Cook tortellini according to package instructions. When cooked, drain, but reserve 1/2 cup of the pasta water. Set the water and tortellini aside.
3. Put the pot back on the stove and melt the butter over medium heat. Add the shallot, garlic, crushed red pepper, and spinach and cook until spinach is wilted, about 3 minutes. Add the lemon zest and stir.
4. Turn the heat to low and add the cooked tortellini and roasted broccoli to the pot. Stir in the reserved pasta water and lemon juice. Cook on low until tortellini is warm, about two minutes. Sprinkle Parmesan cheese over the tortellini and season with salt and pepper, to taste. Serve warm.
5. Note-the tortellini will keep in the refrigerator for up to 3 days. After reheating, drizzle a little olive oil and fresh lemon juice over the top and toss to freshen it up. You can also garnish it with additional Parmesan cheese and add chicken sausage!



