



## *The Dreyer Flyer Week 8: July 7<sup>th</sup> & July 10<sup>th</sup>*

**Small:** Arugula, Broccoli, Peaches, Pickling Cucumbers, Red Spring Onions, Green Zucchini, Green Beans

**Medium:** Arugula, Broccoli, Peaches, Pickling Cucumbers, Red Spring Onions, Green Zucchini, Green Beans, Kale

**BAM:** Peaches, Broccoli, Red Spring Onion, Green Zucchini

**Market:** Peaches, Broccoli, Red Spring Onions, Chicken Sausage (2), Lemon, Kale, Green Beans, Urban Accents Balsamic & Roasted Onion Veggie Roaster Seasoning Blend

Enjoy these AMAZING red onions from Wightman farms- I highly recommend grilling them! This variety is known for it's shallot like flavor and can be braised or roasted because of their sweetness. The other big surprise in here are the yellow peaches! We are so thankful they are on time unlike a lot of other crops due to this year's Mother's Day week snowstorm! Folks who plan to pay in installments, the second installment is coming up so see Patty, Jess, or Justine to make a payment at the farm for your CSA. The flower share (half and full share) will be starting this Friday and Pick your Own for flowers will start the week after!

### **Wellness Tip from Patty:** Meditate

Do you have a meditation practice? Have you thought about meditating? Do you want to start meditating but don't think you can sit still and quiet your mind?

What if the goal of meditating is not to quiet the mind but just to stop for a few minutes and connect with yourself. Some days will feel better than others. Some days you will feel peaceful while others your mind might wander the whole time. It's all ok.

Sit, close your eyes, breathe, when you notice your mind wandering bring yourself back to your breath.

Start every day with 5 minutes (or more) for you!

## Marinated Red Onions Magic Elixir

by nocrumbsleft.com

### Ingredients

- 1 Red small onion
- 1 Tbsp Red Wine Vinegar
- 1 Tbsp Dried Oregano
- ¾ cup of EVOO

### Instructions

Thinly slice the red onion and place in a low bowl.

In a separate bowl, stir the olive oil, red wine vinegar and dried oregano together to combine well. Pour the mixture over the onions, making sure they are submerged.

Let sit on counter at room temperature to marinate for 12 hours before using. Keeps for 2-3 days unrefrigerated. Enjoy on salads, burgers, pork chops, chicken- anything!

\* This is one of my all time favorite kitchen hacks! It makes any meal seem a little fancier!

## Easy Skillet Garlic Green Beans by

sprinklesandsprouts.com

### Ingredients

- 2 tsp olive oil
- 2 garlic cloves – thinly sliced (see note 1)
- 1 lb fresh green beans – ends trimmed (see note 2 for frozen)
- ¾ cup Zoup! vegetable broth
- Salt and pepper to taste

### Instructions

1. Place a large non-stick skillet over a medium-high heat and add in the olive oil.
2. Once it starts to shimmer add in the trimmed green beans and cook for 4 minutes, stirring often, until the beans start to blister and char.
3. Add in the sliced garlic then pour over and the vegetable stock.
4. Bring back to a simmer then cover and cook for 6-8 minutes (depending on the thickness of your beans)
5. Remove the lid and evaporate any remaining liquid

6. Season generously with salt and pepper then serve immediately.

## Bacon Wrapped Green Beans by

spendwithpennies.com

### Ingredients

- Green beans (about 1 ½ lbs) 6-8 beans per bundle
- ½ teaspoon baking soda
- 6 slices bacon
- ¼ teaspoon garlic powder
- salt & pepper to taste
- 1 tablespoon brown sugar

### Instructions

1. Preheat oven to 375°F.
2. Cook bacon on the stovetop until slightly cooked (You don't want it crispy). Reserve any drippings.
3. Trim and wash green beans. Bring a large pot of water to a boil. Add baking soda. Add green beans and cook 3 minutes until tender crisp. Remove from boiling water and place in a bowl of ice water to stop cooking.
4. Dab beans dry and toss with reserved bacon drippings (about 2 teaspoons), garlic powder and salt & pepper to taste.
5. Cut each slice of bacon in half and wrap around about 6-8 green beans, secure with a toothpick and place on a parchment lined pan.
6. Combine brown sugar with 1 tablespoon of water and lightly brush over each bundle.
7. Roast 20-22 minutes or until bacon is crisp and beans are lightly roasted.

## Juicy Baked Pork Chops with

## Peaches and Green Beans by

forkknifeswoon.com

### Ingredients

- 2 bone-on pork chops (¾ inch to 1-inch thick) (Try the Debragga ones we sell!)
- 1 tsp garlic powder
- 1 tsp ground sage
- ½ tsp dried rosemary
- 4 Tbsp (half stick) unsalted butter, divided
- ½ lb green beans, trimmed
- 2-3 tsp olive oil
- 1 large peach, thinly sliced
- 1 Tbsp (packed) brown sugar
- pinch of cinnamon

- kosher salt and freshly-ground black pepper, to taste

### Instructions

1. Preheat the oven to 400° F. Line a rimmed baking sheet with parchment paper or lightly-grease with olive oil. Set aside.
2. Season both sides of the pork chops with the garlic powder, sage, and rosemary. Season generously with salt and pepper, to taste.
3. Melt 2 Tbsp of the butter in a large skillet over medium-high heat. Add the pork chops to the skillet, and sear until deep golden brown, about 2-3 minutes per side.
4. Transfer the pork chops to the prepared sheet pan. Add the green beans to the pan, in a single layer. Drizzle with olive oil, just enough to coat. Season with salt and pepper, to taste.
5. Bake for 7-10 minutes (depending on thickness), until the pork chops are golden and cooked through (reaching an internal temperature of 140° F), and the green beans are tender but still a bit crispy.
6. Meanwhile, wipe out the skillet with a paper towel, and return it to the burner. Melt the remaining 2 Tbsps of butter over medium heat. Add the brown sugar and cinnamon, and stir to combine.
7. Add the peaches, and cook, stirring occasionally, until the peaches are soft and fragrant, about 2-3 minutes. Turn the heat down to low, and continue to simmer, until the sauce thickens slightly, another 5 or so minutes more.
8. Remove the pork chops from the oven, transfer to a large plate (save any pan juices to drizzle over top!), and let rest for 5 minutes, tented loosely with aluminum foil. Top the baked pork chops with the peaches and sauce, and serve immediately, along with the green beans.

## Simple Zucchini Noodle Salad\*\* by [theprettybee.com](http://theprettybee.com)

### Ingredients

- 2 medium sized zucchini
- 1/2 cup red onion sliced very thin
- 3 Tablespoons olive oil
- 2 Tablespoons apple cider vinegar
- 1/2 Tablespoon Italian seasoning
- 1 teaspoon maple syrup
- 1/4 teaspoon salt

### Instructions

1. Whisk together the olive oil, apple cider vinegar, Italian seasoning, maple syrup, and salt in a large bowl and set aside.
2. Use your spiralizer to make zucchini noodles.
3. Add the zucchini noodles and red onion to the dressing and toss to coat.
4. Serve immediately or store in the refrigerator.

## Peach Slushies by [biteofdelight.net](http://biteofdelight.net)

### Ingredients:

- 4 cups white grape juice, cold
- 2 lbs peaches (about 6 medium)

### Directions:

1. Blanch, peel and slice peaches. Place on a baking sheet in a single layer and freeze.
2. Add frozen peaches and white grape juice to a blender and puree until smooth.
3. Enjoy immediately if the consistency is right, or place in freezer and stir every 30 minutes until it's as slushy as you want.
4. Leftovers can be stored in the freezer, but will need to thaw to a slushy consistency before enjoying.

### Notes:

- To blanch peaches, bring a large pot of water to a rapid boil. Gently drop peaches into the boiling water for 30-60 seconds (less time for more-ripe fruit). Remove to an ice bath (to stop the cooking process). Skins will slip right off.
- This recipe makes approximately 8 1-cup servings.
- Feel free to make into an adult beverage with the liquor of your choice!

## Savory Broccoli Pancakes by

thespruceeats.com

### Ingredients

- 1 cup of broccoli florets
- 1 clove of garlic minced
- 1 shallot (or cipolini onion) coarsely chopped
- 1 cup of all purpose flour
- 1 teaspoon baking powder
- ½ cup of milk (whole)
- 1 egg
- 1 tbsp parsley rough chopped
- 5 fresh chives
- ½ tsp Salt
- 1/8 tsp Black Pepper
- Butter for griddle or pan

### Instructions

1. Place the broccoli, garlic, and shallot in a blender and pulse until it's finely chopped. Add the flour, baking powder, milk, and egg. Run the blender on medium speed just until all the ingredients are combined into a thick batter. Add the parsley, chives, salt and pepper and pulse until the parsley is mixed into the batter.
2. Heat a skillet or griddle and coat the cooking surface with butter. Spoon about 2 tablespoons batter for each pancake onto the griddle. Cook for about 3 minutes, until the underside is lightly browned, then flip and cook for 2 minutes more. Transfer to a paper towel-lined plate and keep warm under aluminum foil until all the pancakes are made. Serve warm or at room temperature.
3. For a savory yogurt dip, combine one cup of plain yogurt with 1 teaspoon minced

fresh chives, 1/4 teaspoon garlic powder and 1/4 teaspoon kosher salt. Mix well.

## Lemon Pepper Chicken Sausage Kale

Skillet \*\*by cleanfoodcrush.com

### Ingredients

- 1.5 Tbsps avocado or extra virgin olive oil
- 2 Tbsps freshly squeezed lemon juice (I love to add A LOT of lemon! Adjust to your taste)
- 1.5 tsp freshly ground pepper
- zest of 1 lemon
- 1 red onion, thinly sliced
- 1 – 12 oz package chicken sausage (nitrate free), casing removed, & cut into 1 1/2-inch cubes
- 2 large bunches kale, ribs removed and sliced into strips

### Instructions

- In a large skillet over medium-high heat, add oil and begin to caramelize onions, stirring about 2 minutes.
- Turn heat down to low and cook onions to golden brown, about 5 additional minutes.
- Turn heat back up to medium-high, toss in sausage and cook until browned on all sides and hot throughout.
- Two minutes before sausage is finished cooking add sliced kale, and toss to cook.
- Serve immediately with additional lemon slices.

**\*\*Denotes Market Box Meals**



