



The Dreyer Flyer Week 9: July 14th & July 17th

Small: Green Peppers, Lettuce, Tomatoes, Basil, Mozzarella, Blueberries, Scallions

Medium: Green Peppers, Lettuce, Parsley, Tomatoes, Basil, Mozzarella, Blueberries, Scallion

BAM: Blueberries, Green Peppers, Lettuce, Scallions, Tomatoes, Mozzarella

Market: Brown Rice, Basil, Green Peppers, Mozzarella, Ground Turkey/Chicken, Scallions, Blueberries

We are so excited to announce that NJ tomatoes are IN SEASON! To pair with it we added Antonio's Mozzarella and our own basil because nothing is better than a Caprese salad on a hot day! Some recipes even add blueberries if you want to get a little extra fancy. Folks who paid for your CSA in full today begins pick your own season! While eventually this will include tomatoes and herbs we are starting with flowers as they are ready first. Don't forget to return your boxes everyone and PYO folks, bring our own scissors or clippers!

Wellness Tip from Patty: Gratitude

In positive psychology research, **gratitude** is strongly and consistently associated with greater happiness. **Gratitude** helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

When life gets busy and stressful we can forget to pay attention to all that we have to be grateful for. Having a gratitude "practice" can keep you centered. Start your day being grateful for what the day will bring. End your day with a gratitude journal - write 3-5 things you are grateful for. These 2 simple things can change your life! Try it!

Mozzarella Tomato & Basil Pesto
Chicken by myfussyeater.com

- 4 chicken breasts
- 4 tbsp basil pesto

- 2 tomatoes, sliced
- 1 cup / 75g grated mozzarella
- Basil leaves to serve

Instructions

1. Pre-heat the oven to 180c / 370f.

2. Place the chicken breasts in an oven proof dish and spread 1 tbsp of the basil pesto onto each chicken breast.
3. Add the sliced tomatoes on top of the basil pesto.
4. Sprinkle the grated mozzarella on top of the chicken breasts.
5. Bake in the oven for 30-35 minutes ensuring that the chicken breasts are thoroughly cooked all the way through.
6. Garnish with fresh basil leaves and serve immediately.

Classic Stuffed Peppers ** (market box meal!) by feastandfarm.com

Ingredients

- 4 very large green bell peppers or about 5 small ones
- 15 ounce can tomato sauce
- 1/2 pound ground beef or turkey
- 1/3 cup chopped onion or scallion
- 1 cup cooked brown or white rice
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon garlic powder

Instructions

1. Cut the tops off the peppers and remove the seeds. Place the peppers in a large saucepan and cover with water. Bring to a simmer and cook 3 minutes, just until the peppers are slightly soft. Drain, rinse with cool water and set aside on paper towels to drain.
2. In a skillet, heat the ground beef and onion and cook until no pink remains. Drain.
3. Add the salt, pepper, rice, garlic powder and half of the tomato sauce.
4. Stir well and spoon into the peppers.
5. Top with the other half of the tomato sauce.

6. Bake in an ungreased dish at 350 for 25-30 minutes. Serve warm.

Stuffed green peppers are one of my weekly staples- you can spice things up however you want! I get the Medium box so I plan to cook a ground meat or chicken sausage from Griggstown and add parsley and basil and oregano. If you are a market box, feel free to deviate from this recipe! You can make it yours based on what you and your family like. Some weeks we make it taco themed and switch out the Italian herbs for taco seasoning and add black beans, corn and diced tomatoes! For the market box this week, we gave you tomatoes instead of sauce because a fresh tomato cannot be beat! Cook it down with the ground meat for the desired effect.

Laohu Cai (Chinese tiger salad) by curiouscuisinere.com

Ingredients

- 1 bunch cilantro, roughly chopped
- 1/2 green pepper, sliced
- 2 small cucumbers, julienned
- 3 scallions, sliced into thin strips
- 2 tsp sesame oil
- 1 Tbsp rice vinegar
- 1 1/2 tsp soy sauce
- Salt (to taste)
- Sesame seeds for serving

Instructions

1. In a medium bowl, mix chopped vegetables.
2. Add the sesame oil slowly, adding just enough to make the cilantro leaves shine.
3. Add the rice vinegar and soy sauce. Toss well. Taste and add salt or more oil if desired, being

careful not to over dress the salad.

4. Refrigerate 2-4 hours to let the flavors come together before serving with a sprinkling of sesame seeds. Makes a great side dish for skewers or other grilled dinners!

Healthy Lemon Basil Vinaigrette by thecleaneatingcouple.com

Ingredients

- 1/3 cup olive oil

Blueberry Basil Balsamic Mozzarella Crisps by halfbakedharvest.com

Ingredients

- 1 pint blueberries
- 1 tablespoon honey
- 1/4 cup balsamic vinegar
- 1/2 lemon juiced
- 2 tablespoon fresh basil chopped
- 5 ounces fresh mozzarella cheese diced
- 1 1/2 tablespoon canned coconut milk or heavy cream
- 1/2 tablespoon olive oil plus more for brushing
- 1/2 inch of a whole grain baguette sliced into 12 half thick slices
- salt and pepper for sprinkling
- fresh basil for garnish

Instructions

- Preheat your grill to high heat or preheat your oven to 400° degrees F.
- In a medium saucepan, cook the blueberries, honey, balsamic vinegar and the lemon juice over high heat, stirring often, until the mixture thickens and the blueberries burst, about 10 minutes. Remove from the heat and stir in the basil, set aside.

- 3 tablespoons lemon juice
- 1 tablespoon lemon zest
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/3 cup packed fresh basil

Instructions

1. In a food processor or blender, blend all ingredients until smooth.
2. Pour over your favorite salad + enjoy!

- While the blueberries cook mix together the mozzarella cheese, coconut milk or heavy cream and the 1/2 tablespoon olive oil in a medium bowl. Brush the baguette slices with olive oil and sprinkle with salt and pepper. Grill or toast the baguette slices in the oven on a baking sheet for about 5 minutes flip and top with a dollop of the cheese/milk/olive oil mixture and grill or bake until the cheese melts, about three minutes.
- Immediately top with the blueberries and a sprinkle of fresh basil and a grate of lemon zest if desired.

Baked Tomato Slices by allrecipes.com

Ingredients

- 2 tablespoons olive oil, divided, or as needed
- 1 large tomato, cut into 1/2-inch-thick slices
- 1 sprig fresh rosemary, leaves stripped and finely chopped
- 1 clove garlic, minced
- 1 pinch salt and ground black pepper to taste

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Brush baking sheet with about 1 tablespoon olive oil.
2. Arrange tomato slices on the baking sheet. Sprinkle rosemary and garlic over tomatoes and brush with remaining olive oil; season with salt and pepper.
3. Bake in the preheated oven until tomatoes are tender, 5 to 10 minutes.

Peach and Tomato Caprese Salad by allrecipes.com

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon flaked salt, divided
- 2 large tomatoes, thinly sliced
- 2 ripe peaches - halved, pitted, and sliced into half moons
- 6 leaves fresh basil
- 1 (8 ounce) ball fresh mozzarella, thinly sliced
- **Step 1** Whisk olive oil, balsamic vinegar, and 1 pinch flaked salt together in a bowl until dressing is smooth.
- **Step 2** Alternate tomato slices, peach slices, basil leaves, and mozzarella slices in layers on a platter. Drizzle dressing over salad and sprinkle remaining flaked salt on top.
- **(this recipe is perfect if you still have a peach or two leftover from last week's share!)**

Side Note: If you aren't feeling using your green peppers this week, I'll let you in on a little secret- you can freeze them. Next

week we are planning on putting more of those delicious sweet spring onions in all the share sizes. If you freeze these green peppers and wait a week, sausage peppers and onions will be oh too easy for a weeknight dinner! Try it with our Griggstown Chicken Sausage or our pork sausage from PA!

How to freeze peppers in a few easy steps:

1. Wash and clean the peppers of dirt or particles
2. Use a sharp **paring knife** to cut around the stem. Remove the stem slowly as this will remove a majority of the seeds. Cut the pepper in half and rinse away any remaining seeds. If needed use the paring knife to remove any extra sections of the inside of the pepper.
3. Dice, slice or leave peppers cut in half.
4. Spread peppers out on a small cookie sheet and place in the freezer for 3-4 hours.
5. Remove tray from freezer and place into **freezer bags**.
6. Place back into the freezer until needed. They should last up to 6 months or more.

