



The Dreyer Flyer Week 10: July 21st & July 27th

Small: Marinara, Breadsmith Pizza Dough, Zucchini, Swiss Chard, Spring Onions, Sugar Plums, Lettuce, Cabbage

Medium: Marinara, Breadsmith Pizza Dough, Zucchini, Swiss Chard, Spring Onions, Sugar Plums, Lettuce, Cabbage, Green Beans

BAM: Sugar Plums, Scallions, Zucchini, Breadsmith Pizza Dough, Marinara

Market: Sugar Plums, Breadsmith Pizza Dough, Zucchini, Marinara, Ground Beef, Thyme Sprig, Onion, Tomatoes, Ginger

We may or may not have gone a little crazy with our Swiss Chard planting this year so buckle up and learn to love it! It can be sautéed or eaten raw though personally I am a huge fan of it in soup. It's also excellent in a Swiss Chard & Cheese pie made with pizza dough or you could get fancy and test your Stromboli making skills! The pizza dough should be kept in the fridge for up to 3 days or frozen after that. Let rise on the counter before using. Happy cooking!

Wellness Tip from Patty: Sleep

The importance of sleep

We sometimes take our sleep for granted - we fall asleep watching tv or on our phone, don't get adequate sleep at night or drink caffeinated or sugary drinks late in the day.

While we sleep our body and brain repair, restore and reenergize. Sleep helps to regulate mood, strengthens the immune system and help prevent excess weight gain. Our organs release toxins and our cells repair themselves.

Having a bedtime routine can help in increasing the quality of sleep. Try to go to bed and wake up at approximately the same time everyday, turn off phones and tv at least 30 minutes (optimally 2 hours) before bed and avoid caffeine or sugary drinks in the afternoon.

Sleep is as important as our nutrition and exercise!

Zucchini Pizza Boats by eatthegains.com

Ingredients

- 1 15-ounce can pizza sauce, divided (about 1 3/4 cups)
- 3 medium zucchinis (650 grams)
- 1 pound ground meat
- 1/2 tablespoon parsley
- 1/2 tablespoon dried oregano
- 1 teaspoon red pepper flakes
- 1 cup shredded mozzarella cheese (4 ounces)
- Salt and pepper, to taste
- *Optional toppings: fresh basil, grated parmesan cheese, red pepper flakes...*

Instructions

1. Preheat oven to 350 degrees Fahrenheit. Pour 1/2 cup pizza sauce in a large glass baking dish.
2. Make the zucchini boats. Cut bottom and top off the zucchini and then cut in half lengthwise. Using a spoon, hollow out the center of the zucchini halves, leaving about 1/4-1/2 inch shell. Place flesh side up in the glass baking dish. Set aside.
3. Place a large sauté pan over medium-low heat. Once it gets hot, about 30 seconds, add in ground pork, breaking it up with a spoon. Sauté 4-5 minutes until browned. Add in remaining pizza sauce (1 1/4 cup), dried parsley, dried oregano, red pepper flakes, and salt and pepper. Stir to combine and remove from heat once incorporated.
4. Stuff the zucchini boats with the sausage mixture, dividing it up evenly (make sure to get all the sauce). Sprinkle with mozzarella cheese, evenly distributing. Cover pan with foil and

bake for 30-35 minutes until zucchini is cooked through, but still has some firmness. Top with optional toppings and enjoy!

Unstuffed Cabbage Roll based on the recipe from allrecipes.com but changed up by Justine!

Ingredients

- 2 pounds ground beef
 - 1 large onion, chopped
 - 1 head cabbage, chopped
 - 2 (14.5 ounce) cans diced tomatoes*
 - 1 (8 ounce) can tomato sauce*
 - 1/2 cup water
 - 2 cloves garlic, minced
 - 2 teaspoons salt
 - 1 teaspoon ground black pepper
- **I got this idea from Dawn to use Dreyer's Marinara and a fresh tomato chopped up to add the same moisture and tomato flavor without the added sugar of many other canned products

Instructions

Heat a Dutch oven or large skillet over medium-high heat. Cook and stir beef and onion in the hot Dutch oven until browned and crumbly, 5 to 7 minutes; drain and discard grease. Add cabbage, tomatoes, tomato sauce, water, garlic, salt, and pepper and bring to a boil. Cover Dutch oven, reduce heat, and simmer until cabbage is tender, about 30 minutes. Or cook in crockpot for 4 hours. You can also add brown rice to stretch this meal for a little longer.

Sauteed Swiss Chard and Summer Squash bytwoluckyspoons.com

Ingredients

- 1 medium to large squash or zucchini sliced
- 1 lb Swiss Chard
- 1 T olive oil
- 2 cloves garlic sliced
- 1 teaspoon red pepper flakes
- 1 T fresh oregano minced
- ½ onion minced
- 2 oz . Crumbled feta cheese
- ½ t . Salt
- ½ t . Fresh black pepper

Instructions

1. Roughly chop Swiss chard leaves and stems, keeping them separate. Heat oil in a large skillet over medium heat and add onion, chard stems and garlic to the pan. Cook for 3 minutes or until slightly softened. Add squash, chard leaves, oregano , red pepper flakes and salt and pepper to the pan. Toss the mixture until all of the veggies are coated with the oil. Continue to cook until the Swiss chard has wilted and the squash are cooked through, stirring occasionally. About 10 minutes. Remove the veggies from the pan and toss with crumbled feta cheese. Serve immediately.

Simple Sauerkraut Recipe by
thestonesoup.com

Ingredients

- Cabbage
- Salt
- Water

1. Day 1. Cut cabbage in half lengthwise and trim the surfaces that were already cut. Remove outer leaves and discard. Finely slice the cabbage as well as you can.
2. Place sliced cabbage in a large bowl. Sprinkle with a few generous pinches of fine salt as you go. You want at least 0.5% salt. I just add and mix and taste as I go.

When the cabbage tastes slightly salty but still really fresh I leave it at that. (See notes below for more detailed quantities).

3. Massage cabbage with your clean hands. Sandor recommends 10 minutes but I usually do it for a few minutes and then leave it to stand so the salt can work its magic. You want the moisture from the cabbage to come out.

4. Pack the cabbage into a clean glass or ceramic jar. Press down firmly as you go to really release the moisture and pack it as tightly as possible. I like to use the back of a spoon. You want enough liquid to just cover the cabbage. If it looks too dry add a little filtered or boiled and cooled water. But be sparing as water will dilute the final flavour.

5. Seal with the lid and leave on the kitchen bench.

6. Day 2. Open the jar to release any gas buildup. Push the cabbage down to re-submerge. Taste.

7. Day 3+. Repeat as per day 2 and taste again. If the cabbage tastes tangy enough for you, pop it in the fridge and start eating. If not leave it out of the fridge and continue to taste every day until you're happy. Depending on the temperature and how funky you like your kraut it can take from 3 days to months.

Zucchini Grilled Pizza by
whatshouldimakefor.com

Ingredients

Garlic Oil

- 1 cup extra virgin olive oil
- 6-8 cloves garlic, peeled and smashed

Zucchini Grilled Pizza

- 10 oz fontina cheese, shredded or grated
- 3 lbs zucchini, peeled into ribbons

- 3 oz parmesan cheese, shredded or grated
- 12 oz fresh ricotta cheese
- 4 tsp fresh thyme, minced
- 1 lemon
- Kosher or pink salt, for finishing
- Pizza Dough!

Instructions

Garlic Oil

- Combine the olive oil and the garlic in a small saucepan over low heat. When the oil begins to shimmer and become fragrant, turn off the heat let the oil come to room temperature with the garlic cloves still in it. After an hour or so, strain out the cloves and reserve.

Zucchini Pizza

- Sprinkle a little salt over the zucchini ribbons and place them in a colander. Allow the zucchini to sit while you prep the other ingredients. After it's sat for several minutes, blot it with paper towels to remove the excess moisture.
- Preheat your gas grill set to medium heat. Prep all of your ingredients and arrange on a tray

with the garlic olive oil, a pastry brush, a microplane or small grater, and large tongs.

- Working with two pizzas at a time, brush one side of the dough with the garlic oil. Place the doughs, oiled side down, on the grill and grill until golden brown, about 2 mins
- Brush the top of the dough with garlic oil and flip them to the other side and reduce the flame to low.
- Work quickly and top with each round with one eighth of the ingredients in this order: fontina cheese. Zucchini ribbons, parmesan cheese, spoonfuls of ricotta, and a sprinkle of thyme. Using the microplane or grater, zest a little lemon peel over the pizzas.
- Add just a drizzle of the garlic oil over the top and then lower the lid and allow the pizzas to cook until the cheese has melted and the underside is browned, about 4-5 mins.
- Remove to a cutting board and sprinkle with salt to taste. Slice, serve and repeat with remaining dough and ingredients.

I couldn't fit all the recipes I wanted on here so make sure to check out our pinterest page or the CSA Farm-ily Group we have on Facebook to see some more ideas on how to use your box this week. There is even a very cool cocktail recipe and some baking recipes for the sugar plums if you don't gobble them up raw right away like I plan to do. Market Boxes—the unstuffed cabbage recipe is what I had in mind for you folks BUT you do have cabbage and scallions and ground beef so I threw in some ginger in case you were feeling stir fry this week or are not in the mood to dig out your dutch oven or crockpot for the unstuffed cabbage – no judgment I promise. Just a remind if you have any questions related to the CSA like going on vacation, being late for pick up , wanting to change your share size or add flowers send us an email to dreyerfarmscsa@gmail.com. Patty, Jess and I are ON IT.



