



The Dreyer Flyer Week II: July 28th & 31st

SMALL: CORN, Garlic Herb Butter, Tomatoes, Frying Peppers, Onions, Lettuce, Cucumber, Nectarines

MEDIUM: CORN, Garlic Herb Butter, Tomatoes, Frying Peppers, Onions, Lettuce, Cucumber, Nectarines

BAM: CORN, Garlic Butter, Tomatoes, Frying Peppers, Onions, Lettuce, Nectarines

MARKET: CORN, Garlic Butter, Frying Peppers, Onions, Italian Sweet Grillers, Tomatoes, Lettuce, Cucumber, Nectarines, Potatoes, paprika, parsley and scallions

CORN! Enjoy it with some butter from the oldest family run dairy farm in the U.S! 5th generation just like us. If you need ANYTHING CSA related please email Patty & Justine at dreyerfarmscsa@gmail.com.

Wellness Tip from Patty: Exercise challenge for August

Don't you love when a new month starts on a Saturday? It feels like a great day for a new start! Let's all get moving together!

Every day for the month of August:

*Walk / jog / run 1 mile

*10 burpees

*30 second plank (low plank on your forearms)

If you exercise regularly, add this to what you already do.

If you are a beginner, start with every other day.

We can form a group (what's app or group me) to help motivate each other.

Email dreyerfarmscsa@gmail.com with the subject line August challenge. Give me your name and cell number and I'll form a group.

Italian Sausage, Potatoes, Peppers and Onions by

shelovesbiscotti.com

Ingredients

- 4 large potatoes peeled and quartered, yellow or russet, about 2 pounds
- 3 tablespoons olive oil extra virgin, separated
- 3-4 cloves garlic coarsely chopped
- 2 medium onions sliced
- pinch red pepper flakes optional
- 4 Italian sausages cut into thirds
- 1 red pepper trimmed and sliced
- 1 yellow pepper trimmed and sliced
- 4-5 green onions sliced
- 1-1½ teaspoons paprika
- salt and pepper to taste
- 3-4 tablespoons Italian flat-leaf parsley fresh and finely chopped

Instructions

1. Preheat oven to 425° F (220° C).
2. Place oven grate on the lower center rack, that is the second from the bottom.
3. Add the potato wedges to a large pot of cold salted water.
4. Bring to a boil, reduce the heat and then simmer until tender or a knife can pierce through. This takes about 8-10 minutes all depending on how thick your wedges are.
5. Add 2 tablespoons of olive oil to a large skillet, over medium-high heat.
6. Lower the heat to medium, add 3-4 chopped garlic cloves and stir for about 30 seconds.
7. Add the 2 sliced onions and cook for about 5-7 minutes.
8. Add salt and pepper to taste. If you like a little heat, go ahead and add a pinch or two of red pepper flakes.

9. Add the Italian sausages to the pan and combine with the onions. Saute for about 10 minutes.
10. Check the potatoes for doneness.
11. If a knife can easily be inserted, they are done. With a slotted spoon, transfer the parboiled potatoes to a large bowl.
12. Add 1 teaspoon of paprika and 1 tablespoon of olive oil. Combine with the parboiled potatoes and set aside.
13. Add the sliced red and yellow peppers and the green onions to the pan. Saute for about 5 minutes or until they just begin to soften
14. Transfer both the sausage and the potato mixture to a large deep baking dish (approximately 9 x 13 inches).
15. Toss gently together.
16. If desired, sprinkle with a little more paprika, about ½ teaspoon or so.
17. Cover with aluminum foil and bake for about 20 minutes.
18. Uncover and bake for another 15-20 minutes or until most of the moisture has evaporated and the top layer appears to be nicely roasted.
19. Transfer to a serving dish, garnish with fresh chopped parsley and serve.

Grilled Corn on the Cob by

willcookforsmiles.com

Ingredients

Garlic Herb Butter:

- 1/2 cup salted butter slightly softened
- 2 tbsp fresh minced parsley
- 1 tbsp fresh minced dill weed
- 3 garlic cloves pressed

Grilled Corn:

- 6 corn on the cob still in husks

Instructions

Garlic Herb Butter (DIY or use the Minerva Butter)

1. Take butter out of the refrigerator and let it sit on the counter for about 30 minutes to soften.
2. Add butter to a mixing bowl and add pressed garlic and herbs. You can either use a blender or simply mix it with a fork. Mix it until all ingredients are incorporated throughout the butter.
3. Divide it in half. Keep out one half to rub it all over the corn before putting it back on the grill. Remaining half of butter can be kept in the refrigerator and serve on the side of cooked corn.

Prepare the grill:

1. Prepare your charcoal until it's ashed over and make sure the coals basket is at the lowest level, farthest down away from the grate. (If that option is available on the grill. If there are no levels up and down, move the coals to one half of the grill so there is a hotter side and a cooler side.)

Grilling corn

1. Trim the silks and tips of husk leaves sticking out of the top off the corn husk but leave the rest of the corn husk intact. The corn will steam and cook better inside if the the husk is not disturbed.
2. Lay corn on the grill and close the grill lid. Cook for 15-20 minutes, turning it half way through. Time will depend on the thickness of the corn.
3. Take corn off the grill and carefully, using metal tongs, take off the husk and the silk. (You can also use gloves to brush the silk off the corn easier.)
4. Cut off and discard husks if you wish.
5. Rub each corn on the cob with prepared garlic herb butter and place

back on the grill. Close the grill and cook, turning it every 2-3 minutes, until lightly charred on all sides.

6. Take the corn off the grill and serve with some more garlic herb butter.

Veggie Stuffed Tomatoes by

tasteofhome.com

Ingredients

- 2 medium tomatoes
- 1/2 small carrot
- 1/2 celery rib, sliced
- 1/2 small onion, peeled
- 1 small garlic clove, peeled
- 1/4 teaspoon dried oregano
- 2 teaspoons olive oil
- 1 tablespoon white wine or vegetable broth
- 1/3 cup dry bread crumbs
- 2 tablespoons grated Parmesan cheese
- 3 to 4 fresh basil leaves, thinly sliced

Instructions

- Cut a thin slice off the top of each tomato. Leaving a 1/2-in. shell, scoop out and reserve pulp. Invert tomatoes onto paper towels to drain.
- Meanwhile, in a food processor, cover and process the carrot, celery, onion, garlic and reserved pulp until finely chopped. In large skillet, saute vegetable mixture and oregano in oil until tender. Add wine or broth; simmer, uncovered, until liquid is reduced by half, about 2 minutes. Remove from the heat; cool slightly. Stir in the bread crumbs, Parmesan cheese and basil.
- Stuff tomatoes; replace tops. Place in a shallow baking dish coated with cooking spray. Bake, uncovered, at 350° until heated through, 15-20 minutes.

Tomato Cucumber Salad by

eatwell101.com

For the salad:

- 5 large tomatoes (tomatoes on the vine are best), quartered
- 1 English cucumber, peeled and sliced
- 1/2 large red onion, sliced
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh cilantro
- 1 pinch kosher salt + 1 pinch black pepper

For the dressing:

- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 1 teaspoon kosher salt + 1 pinch freshly ground black pepper
- 1 garlic cloves, minced

Classic Tomato Sandwich by

the seasonedmom.com

Ingredients

- 4 slices white bread
- 2 tablespoons mayonnaise (it's easy to make your own too)
- 1 ½ tablespoons snipped fresh basil leaves
- 1 ripe tomato, sliced
- Salt and pepper, to taste
- Add Mozz if you want!

- 1 teaspoon honey or brown sugar (optional for low-carb, Keto, or sugar free diets)
- 1 teaspoon dried oregano

1. To make the tomato-cucumber salad: In a large bowl, combine all ingredients for the salad: tomato, cucumber, red onion, parsley, and cilantro. Sprinkle with salt and pepper and toss to combine.
2. To prepare the dressing, throw all of the dressing ingredients into a small bowl or a mason jar and whisk together vigorously, until well blended.
3. Pour the dressing over the veggies and toss gently. Cover the bowl with plastic and let sit at room temperature until ready to serve, for 1 to 3 hours. This will allow the flavors to meld together. Serve the tomato-cucumber salad when you're ready, enjoy!

Instructions

1. In a small bowl, stir together mayonnaise and basil.
2. Spread each slice of bread with an equal amount of the basil mayonnaise.
3. Divide the tomato slices evenly between two pieces of bread. Season tomatoes with salt and pepper. Place the other two slices of bread (mayonnaise-side down), on top of the tomatoes to form two sandwiches. Slice in half and serve.

