



The Dreyer Flyer Week 12: August 4th & 7th

Small: Eggplant, Corn, Muskmelon, Broccoli, Pickling Cucumbers, Peaches, Basil, Grape Tomatoes, Squash

Medium: Eggplant, Corn, Muskmelon, Broccoli, Pickling Cucumbers, Peaches, Basil, Grape Tomatoes, Squash

BAM: Corn, Broccoli, Muskmelon, Peaches, Basil, Grape Tomatoes

Market: Eggplant, Corn, Basil, Muskmelon, Grape Tomatoes, Pasta, Griggstown Chicken, Parmesan and spices (for the Spicy Eggplant Pasta dish!)

Muskmelons are a local and popular variety of cantaloupe that are picked ripe so you don't have to leave it on the counter waiting for it to ripe so you can enjoy it today! Please give us as much notice as possible when switching pick up days and please send your questions to us at dreyerfarmscsa@gmail.com.

Wellness Tip from Patty:

Your body is made up of mostly water and your organs need water to function properly. Sleeping for 7-9 hours at night is a long time to go without water. Starting your day rehydrating your body has so many benefits:

- Gives you a boost of energy and eliminates grogginess. Try this before your first cup of coffee.
- Your brain is 75% water. Drinking water first thing in the morning helps with alertness.
- Drinking water on an empty stomach helps flush out toxins which will help boost your immune system. Add lemon to your water for even more benefit.
- Drinking water in the morning helps prevent constipation.

Drinking 16 ounces of water as part of your morning routine is a great way to start your day!

We have a hydration contest amongst the employees every Tuesday and Friday- join us!

Spicy Eggplant Pasta*** by saltandlavender.com

Ingredients

- 1 medium eggplant cut into 1" pieces
- 2 tablespoons olive oil
- 4 cloves garlic minced
- 1 (14 fluid ounce) can diced tomatoes with juices
- 3 dashes Italian seasoning
- 1 teaspoon red pepper flakes or to taste
- Large handful fresh basil torn
- 1 tablespoon fresh parsley chopped
- 1 cup freshly grated parmesan cheese or ricotta salata
- Salt & pepper to taste
- 8 ounces uncooked pasta

Instructions

1. Boil a pot of salted water and cook pasta al dente according to package directions.
2. Meanwhile, warm the oil in a skillet on medium-high heat. Add the eggplant pieces and sauté for about 10-12 minutes, or until they're cooked through and lightly browned, stirring fairly often. If the pan gets really dry, add in some more oil.
3. Add the garlic and cook for about 20 seconds (stir constantly), or until fragrant (don't let it burn).
4. Add the tomatoes, Italian seasoning, red pepper flakes, and basil, and scrape the brown bits from the bottom of the pan to add more flavor to the sauce. Let the sauce simmer for a few minutes.
5. When the pasta is ready, add a few tablespoons of the pasta water to the sauce if desired, and toss the pasta with the sauce. Season to taste with salt & pepper. Sprinkle with the parmesan cheese and parsley and serve immediately.

Summer Corn Salad by yummys.com

- 3 cups corn kernels (about 4 cobs of corn)
- 1 cup cherry tomatoes (quartered)
- 1 cup cucumbers (diced)
- 1/4 cup diced red onion
- 3 tablespoons olive oil
- 3 tablespoons apple cider vinegar (or rice vinegar)

- salt (a generous sprinkle of course)
- pepper (to taste)
- 1 tablespoon fresh parsley
- fresh basil (or dill, optional)

Instructions

1. Either boil or grill corn. Once cooked, remove kernels from corn.
2. Combine all ingredients in a large bowl and gently toss.
3. Season with salt & pepper to taste.

Roasted Chicken Thighs with Basil***thesprucecreats.com

Ingredients

- 8 chicken bone-in, skin-on thighs (about 2 1/2 pounds)
- 8 large or 16 small basil leaves
- Kosher or coarse salt (to taste)
- Freshly ground pepper (to taste)
- 2 tablespoons olive oil
- Garnish: chives (minced)

Instructions

- Preheat the oven to 425F
- Loosen the skin from each thigh, and place one or two of the basil leaves under the skin. Season with salt and pepper.
- Heat a large heavy, ovenproof skillet over medium heat. Sear the chicken pieces skin side down for about 5 minutes until the skin gets brown and crisps up, turn the pieces over transfer the pan to the oven.
- Roast for 25 minutes, until the chicken is cooked through (an internal temperature of 165 F).
- Serve hot or warm, sprinkled with chives.

Fried Eggplant with Rice and Tomatoes by cravingtasty.com

Ingredients

- 2 eggplants
- 1 cup cooked rice
- 1 yellow onion (finely chopped)
- 3 garlic cloves
- 1 Tbsp tomato paste

- 2 Tbsp fresh parsley(minced)
- 2 tomatoes (sliced into 12 slices)
- Kosher salt (to taste)
- Ground black pepper (to taste)
- 6 Tbsp olive oil (plus more as needed)

Instructions

1. Preheat oven to 400F.
2. Rinse the eggplants, cut off stems and cut in half lengthwise. Sprinkle with salt liberally and set aside.
3. In a large non-stick frying pan, heat 2 tablespoons of olive oil over medium heat. Fry the eggplant halves, two at a time, on both sides, turning about every 30 seconds, until dark golden brown.

*Add more oil as you are frying the eggplant as they tend to soak it in. You want the frying pan to have some oil on the bottom. If you see that it looks dry, it's a good time to add a little more oil.
4. Remove the eggplant from the frying pan and transfer to a baking sheet or a baking dish, cut side up. Sprinkle some more salt over the top of the eggplant halves. If you don't they will taste a little under-salted.
5. In the same frying pan, brown the onion over medium-high heat until golden brown. Add the rice, parsley, tomato paste and stir

Balsamic Basil Peach Kebabs by

thewholecook.com

Ingredients

- 4 chicken breasts
- 4 peaches

Marinade

- 1/4 cup balsamic vinegar
- 1/8 cup olive oil, *extra virgin*
- 1/2 tsp salt
- 1/2 tsp ground ginger
- 1 tbsp fresh basil, *finely chopped*

Balsamic glaze

- 1 cup balsamic vinegar

well. Cook for another minute frequently stirring. Season with salt and pepper to taste. Remove from heat, transfer the mixture to a bowl and let cool down.

6. Spread rice and onion mixture over the eggplant pieces, pressing down gently to make it stick.
7. Top each fried eggplant half with 3 tomato slices. Drizzle with a little bit of olive oil.
8. Transfer the eggplant into oven and bake for 25 minutes.
9. Remove from the oven, drizzle with some more olive oil, and sprinkle with a little bit of salt and pepper. Garnish with fresh parsley and/or coriander and serve.

Lemon Basil Broccoli by sweetordeal.com

Ingredients

- 4 cups broccoli florets
- 3 Tbsp. butter, melted
- 1/2 tsp. dried basil
- 1/4 tsp. fresh lemon juice

Instructions

1. Steam broccoli in steamer basket for approx. 10 minutes or until crisp-tender.
2. Meanwhile, in serving bowl, mix melted butter with basil and lemon juice.
3. Add cooked broccoli to bowl and toss to evenly coat. Serve immediately and enjoy.

INSTRUCTIONS

1. Cut your chicken breasts into large chunks. (If you cut them too small the chicken can dry out.)
2. Toss the chicken in a large ziploc bag with all marinade ingredients. Squeeze out excess air and zip closed. Use your fingers to massage the marinade evenly around the chicken. Let sit for at least 30 minutes, flipping the bag over occasionally.
3. Slice peaches into large chunks (I get 8 out of each peach) approximately the same size as your chicken.
4. Skewer your peaches and chicken.

5. Preheat grill to medium heat.
6. Place your kabobs on the grill. Grill for 5 -7 minutes, flip, and grill other side for another 5-7 minutes or until chicken is cooked through. (If your grill runs hot you may want to do less time or lower the heat. We don't want to char the kabobs!)
7. While chicken is grilling start your balsamic glaze. To make the glaze add 1 cup balsamic vinegar to a small pot. Heat to boiling. Reduce heat to low. You'll end up with small bubbles around the perimeter as it gently simmers. Let it continue simmering for about 10 minutes. Stir occasionally. It can burn quickly so keep an eye on it. Once it's reduced and thickened remove from heat. Drizzle over finished kabobs as you're plating.

Tomato Cucumber Avocado Salad

with Basil Pesto by juliasalbum.com

Ingredients

- 1/2 pound red cherry tomatoes or grape tomatoes, halved
- 1/2 pound yellow cherry tomatoes or grape tomatoes, halved
- 2 avocados , diced
- 1 cucumber , sliced
- 1/3 cup red onion , diced
- 1/4 cup basil pesto
- 1 tablespoon lemon juice
- salt and pepper to taste

Instructions

1. In a large bowl, combine halved red and yellow cherry or grape tomatoes, diced avocado, sliced cucumber, diced red onion.
2. Add basil pesto and lemon juice to the salad and toss to combine. Season with salt and pepper, if desired. Use more basil pesto, if desired.



- Denotes market box meal

Marinated Teriyaki Eggplant by

cupfulofkale.com

Ingredients

- 2 eggplants

Teriyaki Marinade:

- 1/2 cup soy sauce
- 1/4 cup mirin
- 1 tbsp rice wine vinegar
- 1-2 tbsp brown sugar
- 1 inch ginger, grated
- 3 garlic cloves, minced

To serve:

- Sushi/short grained rice
- Sesame seeds
- Spring onion

Instructions

1. Whisk the sauce ingredients in a bowl, making sure the sugar is dissolved.
2. Cut the eggplant into small chunks, place in a large bowl and then pour the marinade over the top. Stir and make sure it is all coated, set aside.
3. Let marinate for at least 20 minutes, stirring a few times.
4. Place a griddle pan on the hob over medium-high heat. Once hot place the marinated eggplant in.
5. Pour over any excess marinade over the top whilst cooking. You may need to do it in two lots so you can keep the first lot on a low heat in the oven.
6. Cook for a few minutes on each side until brown and starting to char from the griddle lines.
7. Serve straight away with rice or as a side and top with sesame seeds and sliced spring onion!