



The Dreyer Flyer Week 13: August 11th & 14th

SMALL: Tomatoes, White Peaches, Arugula, Kale, Corn, Lettuce, Mint

MEDIUM: Tomatoes, White Peaches, Arugula, Kale, Corn, Lettuce, Mint,
Yellow Doll Watermelon

BAM: White Peaches, Yellow Doll Watermelon, Tomatoes, Lettuce, Corn

MARKET: Fulper Farms Feta, Arugula, Yellow Doll Watermelon,
DeBragga Chicken Breast, Balsamic, Lime, Mint, White Peaches, Kale

Farm friends! Don't forget that the best way to reach your CSA team is via dreyerfarmscsa@gmail.com. Reach out for holds, changes in size, feedback, anything! If you know you are going to be away please give as much notice as you can.

Wellness Tip from Patty: Beach Time!

How good do you feel after a day at the beach? You may not be able to explain exactly why you feel so relaxed but there are definitely benefits.

*Stress relief - The warm sun, the sound of the waves and just looking at the ocean are so soothing and peaceful.

*Sleep - The beach lowers stress and anxiety levels, and being more relaxed you are able to get into a deeper sleep.

*Vitamin D is one of the most essential vitamins in our diet. Humans produce vitamin D as a response to sun exposure.

The next time you feel yourself stressed out, try to find some time and spend a little time at the beach.

Watermelon Feta & Mint Salad with Chicken **by yummys.com

Ingredients

- 4 cups arugula
- 3 cups watermelon (cubed)
- 1/4 cup mint leaves
- 1/4 cup feta cheese
- 2 cups chicken (cooked shredded)
- balsamic vinegar
- 1 tablespoon extra-virgin olive oil

Instructions

- Chop the watermelon into cubes, and shred the chicken, as needed.
- Finely slice the mint, and crumble the feta.
- Spread the arugula over a serving platter.
- Top the arugula with chicken, watermelon, feta and mint.
- Drizzle the salad with balsamic vinegar, and olive oil.

Kale Salad with Peach Vinaigrette *

by detoxinista.com

Ingredients

- 1/2 red onion, diced
- 1 ripe peach, pitted and chopped
- Peach Vinaigrette
- 1 ripe peach, pitted and chopped
- 2 tablespoons raw apple cider vinegar
- 2 tablespoons extra virgin olive oil
- 2 tablespoons water
- 1 tablespoon honey (optional)
- 1/4 teaspoon salt

Instructions

1. To prepare the dressing, combine the chopped peach, vinegar, oil, water, honey (if using), and salt in a blender, and blend until completely smooth.

2. Rip the kale into small pieces, and then use your hands to massage the dressing into the leaves until they are tender and slightly wilted. Toss in the red onion and chopped peach, and allow the salad to marinate for 30 minutes before serving. Save any leftover salad in a sealed container in the fridge for up to 3 days.

Peach, Tomato & Corn Arugula Pasta Salad by ambitiouskitchen.com

Ingredients

- 8 ounces fusilli or bowtie pasta (regular, whole grain or gluten free will work)
- 2-3 tablespoons extra virgin olive oil
- 1 lemon, juiced
- 1/2 teaspoon sea salt, plus more to taste
- Lot of freshly ground salt and pepper
- 1/4 teaspoon of red pepper flakes
- 4 ounces crumbled feta or sub goat cheese (about 3/4 cup)
- 2 large ripe peaches, sliced
- 1 pint cherry tomatoes, halved (I love using heirloom cherry tomatoes for color variety!)
- 1 cup raw corn off the cob (or you can use thawed frozen corn or canned)
- 1/2 medium red onion, thinly sliced
- 5 ounces baby arugula (about 6 packed cups of arugula)

Instructions

1. Bring a large pot of water to a boil and add a little salt. Once water boils, add the pasta and cook until al dente, about 7-9 minutes. Drain pasta, reserving a few tablespoons of water for later. Place pasta in large bowl.
2. In a small bowl, whisk together the olive oil, lemon juice, salt, pepper and red pepper flakes until well combined. Pour the dressing over warm pasta and add a little reserved pasta water to help keep the

pasta moist and non-sticky. Immediately add feta and gently give the pasta a toss.

3. Next add in the peach slices, cherry tomatoes, corn, red onion and arugula. Toss to combine. Taste and add more olive oil, lemon juice, salt and/or pepper, if necessary. Great warm or cold. Serves 6.

Easy Kale & Corn Succotash by

askchefdennis.com

Ingredients

- 2 cups corn - fresh or frozen off the cob
- 2 cups fresh kale - chopped in small pieces
- 1 shallot - finely diced
- 1 cup grape tomatoes sliced in half longways
- sea salt and black pepper to taste
- olive oil as needed to saute

Instructions

1. In a large saute pan add a little olive oil and allow pan to get hot.
2. add corn to pan and saute for 2-3 minutes. Season with sea salt and black pepper to taste.
3. add in chopped kale and shallots, continue to saute for 3-5 minutes. Add additional oil if necessary, or add water.
4. add in grape tomatoes and remove from heat. Reseason with sea salt and black pepper if necessary.
5. Reheat briefly when ready to serve.

Skillet Roast Chicken with Peaches, Tomatoes and Red Onion by

purewow.com

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon butter
- 8 pieces chicken (mixture of thighs and legs)

- Salt and freshly ground black pepper
- ½ cup all-purpose flour
- 4 peaches, cut into thick wedges
- 3 tomatoes, cut into thick wedges
- 2 red onions, thinly sliced
- 2 garlic cloves, diced
- ¼ cup white wine
- ¼ cup chopped fresh basil

Instructions

1. Preheat the oven to 400°F.
2. Heat a large cast-iron skillet over medium heat. Add the olive oil and butter to the hot pan. Season the chicken with salt and pepper, and then dredge each piece well in flour.
3. Add the chicken to the pan and cook until golden brown on all sides, 6 to 8 minutes. Remove the chicken from the pan.
4. Add the peaches to the pan and sear until browned on both sides, 2 to 3 minutes. Remove the peaches from pan. Repeat with the tomatoes, and then remove them from the pan.
5. Add the red onions to the pan and saute until tender, 4 to 5 minutes. Add the garlic and cook until fragrant, 1 minute more. Deglaze the pan with the wine and then return the chicken to the pan.
6. Transfer the pan to the oven and roast until the chicken is fully cooked, 10 to 12 minutes. Add the peaches and tomatoes to the pan and cook 3 to 5 minutes more.
7. Garnish with basil and serve immediately.

Small Batch Maple Peach Muffins by

amyshealthybaking.com

Ingredients

- 1 cup (120g) whole wheat flour
- ½ tsp ground cinnamon
- ½ tsp baking powder

- ¼ tsp baking soda
- ¼ tsp salt
- ½ tbsp (7g) coconut oil or unsalted butter, melted and cooled slightly
- 1 large egg white, room temperature
- 1 tsp vanilla extract
- ¼ cup (60g) plain nonfat Greek yogurt
- ¼ cup (60mL) pure maple syrup
- 2 tbsp (30mL) nonfat milk
- ¾ cup (155g) diced peaches (about 1 large)

Instructions

1. Preheat the oven to 350°F, and lightly coat 6 muffin cups with nonstick cooking spray.
2. In a small bowl, whisk together the flour, cinnamon, baking powder, baking soda, and salt. In a separate bowl, whisk together the coconut oil, egg white, and vanilla. Stir in the Greek yogurt, mixing until no large lumps remain. Stir in the maple syrup. Alternate between adding the flour mixture and milk to the syrup mixture, beginning and ending with the flour, and stirring just until incorporated. Fold in the peaches.
3. Evenly divide the batter between the prepared muffin cups. Bake at 350°F for 19-21 minutes, or until a toothpick inserted into the center comes out clean. Cool in the pan for

5 minutes before transferring to a wire rack.

Sauteed Zucchini, Corn & Mint Salad with Lemon & Parmesan by lifeisbutadish.com

Ingredients

- 2 tablespoons olive oil
- 3 medium zucchini (about 1.5pounds), diced
- 1 teaspoon salt
- 1/8 teaspoon lemon pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried thyme
- pinch red pepper flakes (optional)
- 1 cup frozen corn
- 2 tablespoons grated parmesan cheese
- juice from 1/2 lemon
- 2 tablespoons chopped fresh mint

Instructions

1. Heat a large pan over medium/high heat. Add the oil, zucchini, salt, lemon pepper, garlic powder, thyme and red pepper flakes. Cook for 5-7 minutes.
2. Add the corn and cook for another minute. Turn off heat and add the parmesan, lemon juice and mint. Add salt to taste and serve warm or room temperature.

**** denotes market box main meal****

