



The Dreyer Flyer Week 1: May 18th & 21st

BAM: Asparagus, Golden Beets, Shiitake, Spinach, Eggs

Small: Asparagus, Golden Beets, Romaine, Shiitake, Spinach, Goat Cheese, Eggs

Medium: Asparagus, Golden Beets, Romaine, Shiitake, Spinach, Goat Cheese, Eggs

Market: Asparagus, Romaine, Shiitake, Spinach, Goat Cheese, Eggs, Pasta, Shallot and Chicken

Welcome / Welcome back! We are so excited for another CSA season. If you have any questions or problems throughout the season you can always talk to me at pickup or email me at dreyerfarmscsa@gmail.com.

Wellness Tip: Movement

Our bodies are meant to move. Instead of exercising because you 'should' or you 'have to', find some kind of movement that you enjoy doing. The best movement is the one you do! If you enjoy it, it will be easier to stick with.

There are so many options - give them all a try. Walking, running, swimming, dancing, lifting weights, yoga, biking, hiking, etc.

Don't feel like you have to commit to an hour for it to be worth it. If you only have 10 or 15 minutes, do something for 10 or 15 minutes. You would be amazed what a few minutes of moving can do for you!

Grab a friend to join you - having an accountability buddy makes it more fun and easier to stick with as well

Simple Grilled Romaine Salad - from heartbeet kitchen

Ingredients:

2 heads of fresh and firm romaine lettuce cut vertically
3 tablespoons olive oil
kosher salt divided
black pepper
one medium lemon cut in half
fresh parmesan cheese

Instructions:

Make sure grates of grill are clean and turn to medium high.

Brush lettuce halves liberally with 1 1/2 tablespoons olive oil, cut side and back side. Then sprinkle each halve with some salt.

Grill for 3 minutes, cut side down, pressing with your tongs to make sure the lettuce gets a good sear. Flip and grill for one or 2 more minutes.

Remove from grill. Sprinkle with more salt and pepper, drizzle with remaining olive oil. Squeeze fresh lemon juice over each half. Top with a tablespoon of parmesan on each halve.

Mushroom Pasta with Goat Cheese - by Pinch of Yum

Ingredients:

16 ounces uncooked whole wheat farfalle pasta
2 tablespoons butter
2 tablespoons oil
24 ounces fresh mushrooms, sliced (I used cremini and shiitake)
1/4 cup minced garlic or shallots, or a combination of both
1/3 cup white wine
1/2 cup heavy whipping cream
1 teaspoon salt
1 cup chicken or vegetable broth (as needed)

- 1/4 cup Parmesan cheese
- 2 cups spinach, chopped
- 6 ounces goat cheese

Instructions:

1. PASTA: Cook the pasta according to package directions. Drain and set aside.
2. MUSHROOMS: Heat the butter and oil in a large skillet or pot over medium high heat. Add the mushrooms and saute until golden brown and soft, 5-10 minutes. The mushrooms will cook down and reduce in size. Add the garlic and white wine (it should sizzle a bit) and give it a few good stirs. Add the whipping cream and salt.
3. TOSS: In a large pot, toss the pasta with the mushroom sauce from step two. Add some or all of the broth (it sort of depends on personal preference - we had it with the added broth, and without, and it was good both times).
4. SERVE: While the pasta is still warm, stir in the Parmesan cheese. Just before serving, stir in the spinach and goat cheese, or just top each serving with a few hunks of goat cheese.

Farro with Shiitake Mushrooms and Roasted Yellow Beets - by Lynda Balslev

Serves 4 to 6

- 1 tablespoon unsalted butter
- 2 tablespoons olive oil, divided
- 1 small shallot, finely chopped, about 2 tablespoons
- 8 ounces shiitake mushrooms, sliced 1/4-inch thick
- Sea salt
- 1 large garlic clove, minced
- 1 teaspoon thyme
- 1 cup semi-pearled farro, rinsed and drained
- 1/4 cup dry white wine
- 2 cups chicken stock (or mushroom stock for a vegetarian version)
- 1 medium beet, 6 to 8 ounces, peeled and diced
- 2 tablespoons chopped Italian parsley, plus extra for garnish
- 1/2 teaspoon freshly ground black pepper

1/4 cup crumbled fresh goat cheese or feta, optional

1. Melt the butter with 1 tablespoon olive oil in a large saucepan over medium heat. Add the shallot and sauté until softened, about 2 minutes. Add the mushrooms, lightly season with salt, and cook until they begin to soften and release their juices, 3 to 4 minutes, stirring constantly. Add the garlic and thyme and sauté until fragrant, about 30 seconds. Add the farro and cook until slightly toasted, about 2 minutes, stirring constantly. Pour in the wine and stir until absorbed. Add the stock and 1/2 teaspoon salt and bring to a boil. Reduce the heat to low and cover the pot. Simmer until the farro is tender and the liquid has been absorbed, 30 to 40 minutes.

2. While the farro is cooking, heat the oven to 400°F. Toss the beets, 1 tablespoon oil, and 1/4 teaspoon salt in a bowl. Spread on a small rimmed baking sheet or baking pan and roast in the oven until the beets are tender and golden brown in spots, about 20 minutes.

3. When the farro is ready, stir in the beets, parsley, and black pepper. Serve garnished with additional parsley and crumbled fresh goat cheese, if using.

Storage Tips

Asparagus: Cut an inch off the bottom of asparagus spears. Submerge ends in water and refrigerate. Steam or sauté until just tender and be careful not to overcook.

Beets: Keep beets refrigerated. Store unwashed beets with the tops on. Do not cut until ready to use. Once you cut the tops, use immediately. Can be sautéed similar to spinach or chard. Both the beets and beet greens are edible.

Lettuce (Romaine, Boston, Red Leaf, Green): Store loosely in a closed plastic bag. Do not wash until ready to use.

Spinach: Refrigerate unwashed and loosely wrapped spinach in plastic bag. The moisture will speed up decay so you want to make sure the stored spinach is dry.

