



The Dreyer Flyer Week 2: May 25th & 28th

BAM: STRAWBERRIES, Rhubarb, Lettuce, Radishes

Small: STRAWBERRIES, Rhubarb, Lettuce, Radish, Spinach

Medium: STRAWBERRIES, Rhubarb, Lettuce, Radishes, Broccoli Rabe, Escarole, Asparagus

Market: STRAWBERRIES, Rhubarb, Lettuce, Radishes, Broccoli Rabe, Griggstown Farm chicken sausage, beans, garlic, parmesan cheese, lemon

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 (continued)

Did anyone try adding 10-15 minutes of movement to your day? What if you did that a few times a day? You may notice you have more energy throughout the day and your mood has improved. Let me know how you are doing with it.

What are your movement goals? How are you doing with them? Do you need more support, maybe a workout buddy? We can start a walking or running group. Let me know if you are interested.

Don't forget to join the CSA Farm-ily Group on Facebook to join the community of seasonal chefs and share tips and tricks!

How to Cook Broccoli Rabe - by Christine Gally

INGREDIENTS:

- 1 large bunch broccoli rabe (about 12 ounces)
- 3 cloves garlic
- 1 medium lemon
- 2 tablespoons olive oil
- 1/4 teaspoon red pepper flakes (optional)
- 1/2 teaspoon kosher salt

INSTRUCTIONS:

1. **Prepare the blanching water and ingredients.** Bring a large pot of heavily salted water to a boil over high heat. Meanwhile, trim the ends from 1 large bunch broccoli rabe, then cut crosswise into 2-inch pieces. Thinly slice 3 garlic cloves. Cut 1 medium lemon into wedges. Line a baking sheet with a double layer of paper towels or a clean kitchen towel.
2. **Blanch the broccoli rabe.** Add the broccoli rabe to the boiling water and blanch until bright green and crisp-tender, about 1 minute.
3. **Dry the broccoli rabe.** Transfer the broccoli rabe with tongs or a spider to the prepared baking sheet and arrange into an even layer.
4. **Sauté the aromatics.** Heat 2 tablespoons olive oil in a large frying pan over medium heat until shimmering. Add the garlic and 1/4 teaspoon red pepper flakes if using, and cook, stirring frequently, until the garlic is very fragrant and light golden brown, about 1 minute.
5. **Sauté the broccoli rabe.** Add the broccoli rabe, season with 1/2 teaspoon kosher salt, and sauté until heated through, 2 to 3 minutes. Serve with the lemon wedges for squeezing.

Orecchiette Pasta with Sausage and Broccoli Rabe - by skinnytaste

INGREDIENTS:

- 1 large bunch broccoli rabe, washed and 2" trimmed off stems
- 1 lb lean chicken sausage, removed from casing
- 1 tsp olive oil
- 5-6 cloves garlic, chopped
- 10 oz orecchiette pasta, wheat or gluten-free
- 1 cup less sodium chicken broth
- 1/4 cup grated Parmigiano Reggiano
- crushed red pepper flakes, optional

INSTRUCTIONS:

1. Cut broccoli rabe in quarters.
2. Bring a large pot of water to boil. When it comes to a rolling boil, add broccoli rabe.
3. Blanch for about 1 1/2 - 2 minutes, drain and set aside in a colander.
4. Re-fill pot with water and salt for the pasta and bring back to a boil.
5. Add pasta and cook according to package directions for al dente.
6. In a large deep sauté pan, brown sausage on medium heat, breaking up into small pieces as it cooks.
7. When completely cooked through set aside in a dish or a bowl.
8. Increase heat to medium high, add olive oil to the pan; when hot add garlic and cook until golden (don't burn).
9. Return broccoli rabe to the pan, mix well with the garlic and oil, season with salt and pepper and cook about a minute. Return cooked sausage to the pan and mix well.
10. Drain pasta and add to the broccoli rabe. Reduce heat and stir for about 30 seconds.
11. Add chicken broth, parmesan cheese and red pepper flakes if using.
12. Adjust salt and pepper to taste and toss another 30 seconds so that everything is mixed well and the pasta is coated with the sauce.
13. Remove from heat and add to a large pasta dish or divide equally between 6 pasta bowls. Serve with additional grated cheese if you desire.

Strawberry Rhubarb Oat Bars - The Seaside Baker

Ingredients

Filling

- 1 1/2 cups fresh or frozen unsweetened rhubarb , cut into 1-inch pieces
- 1 1/2 cups sliced fresh strawberries
- 1 tablespoon lemon juice
- 1/2 cup sugar
- 2 tablespoons cornstarch

Crust

- 1 1/2 cups all-purpose flour
- 1 1/2 cups uncooked quick-cooking oats
- 1 cup firmly packed brown sugar
- 3/4 cup butter , softened
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt

Instructions

Filling

1. Combine rhubarb, strawberries and lemon juice in 2-quart saucepan.
2. Cover; cook over medium heat, stirring occasionally, until fruit is tender (8 to 12 minutes).
3. Combine 1/2 cup sugar and cornstarch in small bowl. Stir into fruit mixture.
4. Continue cooking, stirring constantly, until mixture comes to a boil (about 1 minute).

5. Continue boiling until thickened (1 minute).
6. Remove from heat. Set aside.

Crust

1. Heat oven to 350°F.
2. Combine all crust ingredients in large bowl.
3. Beat at low speed, scraping bowl often, until mixture resembles coarse crumbs. Reserve 1 1/2 cups crumb mixture.
4. Press remaining crumb mixture onto bottom of greased 13x9-inch baking pan.
5. Spread filling over crust.
6. Sprinkle with reserved crumb mixture.
7. Bake for 30 to 35 minutes or until golden brown. Cool completely.

Storage Tips:

Berries (Strawberries, Blueberries, Raspberries):

Refrigerate. Do not wash until ready to eat. Berries decay quickly and moisture speeds up that process.

Rhubarb:

For storage, first trim and discard the leaves. The freshly harvested stalks can be kept in the refrigerator, unwashed and wrapped tightly in plastic, for up to three weeks.

Broccoli:

Keep broccoli (broccollini, broccoli rabe) in the refrigerator in a perforated plastic bag or open plastic bag to retain moisture. You can loosely wrap in damp paper towels before putting into bag. It can be steamed, sautéed or roasted. Do not wash broccoli until you are ready to use it. Store unwashed.

Radishes:

Place in a perforated plastic bag in the crisper section of your fridge. Those purchased with tops removed can keep for a week. The radish leaves can be used within a day or so since they don't keep for long.

