



The Dreyer Sheets

Week 3: June 1st & 4th

(Thank you Jennifer Davis for the new name!)

BAM: Lettuce, Escarole, Spinach, Breadsmith pizza dough (Cranford, NJ) and Antonio's mozzarella (Newark, NJ)

Small: Lettuce, Escarole, Spinach, Cabbage, Breadsmith pizza dough (Cranford, NJ) and Antonio's mozzarella (Newark, NJ)

Medium: Lettuce, Escarole, Spinach, Cabbage, Kale, Breadsmith pizza dough (Cranford, NJ) and Antonio's mozzarella (Newark, NJ)

Market: Lettuce, Escarole, Spinach, Cabbage, Breadsmith pizza dough (Cranford, NJ), Antonio's mozzarella (Newark, NJ), Griggstown Farm Ground Turkey, Dreyer Farms marinara sauce

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: Mindful Eating

Do you eat while working? Do you eat while scrolling? Watching TV?

When we don't pay attention to eating, our brain and body don't experience the pleasure of eating which can lead to overeating - we keep trying to satisfy the need for pleasure!

Try just eating and pay attention to eating - notice what your food looks like, notice the smell, really taste it. Take a couple deep breaths before you start eating or if you notice yourself eating too fast. Maybe even light a candle! See how you feel.

Spinach-Mozzarella Grilled Cheese - An Edible Mosaic

Ingredients

- 1½ tablespoons olive oil
- 1 small onion, thinly sliced
- 1 clove garlic, minced
- 8 oz fresh baby spinach
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper
- 8 teaspoons butter
- 8 slices bread
- 1 cup shredded mozzarella cheese
- 4 teaspoons freshly grated Parmesan cheese, for garnish
- Chunky Marinara Sauce, store-bought or homemade

Instructions

1. Heat the oil in a medium skillet over medium-low heat; add the onion and cook for a few minutes until softened (you can let it caramelize a little if you want), stirring occasionally. Add the garlic, spinach, salt, pepper, and a splash of water and cook until the spinach is wilted and the water has evaporated, stirring constantly so the garlic doesn't burn.
2. Spread 1 teaspoon butter on 1 side of each slice of bread. Arrange 4 slices of bread (butter side down) on a cutting board and sprinkle 2 tablespoons of shredded mozzarella on top of each. Divide the spinach mixture between the four sandwiches, spreading it on top of the mozzarella, and then sprinkle 2 tablespoons more mozzarella on top of the spinach. Place the remaining slices of bread on each (butter side up).
3. Grill the sandwiches in a large frying pan (or on a griddle) over low heat until golden on both sides. Sprinkle 1 teaspoon of grated Parmesan cheese on top of each sandwich and serve warm, along with Chunky Marinara Sauce for dipping.

Sautéed Cabbage - Well Plated by Erin

Sautéed cabbage is an easy, DELICIOUS vegetable side that's healthy and goes with so many dishes!

Vinegar is the secret ingredient to making it taste great.

Ingredients

- 1 small head green cabbage *about 2 ½ pounds*
- 1 tablespoon extra virgin olive oil
- 1 tablespoon unsalted butter

- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- ½ tablespoon apple cider vinegar *plus additional to taste*
- 1 tablespoon chopped fresh thyme *optional*

Instructions

Cut the cabbage in half from its top down through its core. Place the cut-side down on your cutting board, then slice it as thinly as possible around the core so that you have fine ribbons. Discard the core.

Heat a large saute pan or similar heavy-bottomed pot over medium-high heat. Add olive oil and butter. Once the butter is melted, add the cabbage, salt, and pepper. Saute for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown.

Don't feel like you need to constantly stir it. Leaving cabbage undisturbed for a minute or two as you go is what will allow it to develop brown caramelized bits (aka FLAVOR).

Remove from the heat and stir in the apple cider vinegar. Taste and add a bit of additional salt and pepper if you like, or a splash more vinegar if you'd like to add more zippy and acidic flavors. Sprinkle with thyme. Serve warm.

Notes

- **TO STORE:** Store Sautéed Cabbage in an airtight container and place in the refrigerator for up to one week.
- **TO REHEAT:** Place Sautéed Cabbage in a microwave-safe bowl or on a plate and reheat gently until warm. You can perk your leftovers up by adding another sprinkle of salt and a splash of apple cider vinegar after reheating.
- **TO FREEZE:** Sautéed Cabbage can be frozen if placed in a freezer-safe container. The texture of the cabbage may change slightly while frozen, but will still taste delicious when thawed.

Spanakorizo - Greek Spinach Rice - Tania Sheff

Ingredients

- 3 tbsp. olive oil
- 1 medium onion chopped
- 4 garlic cloves chopped
- 4 tbsp. chives or scallions chopped and divided
- 4 tbsp. dill chopped and divided
- ½ lb. baby spinach
- 1 cup basmati rice

- 2 cups vegetable broth can substitute with water
- 3 tbsp. Butter
- 2 tbsp. lemon juice
- ½ tbsp. lemon zest
- feta cheese to garnish

Instructions

1. Heat the olive oil in a large pot over medium-high heat. Sauté the onions for about 5-7 minutes, or until translucent. Add the garlic, 2 tablespoons of dill, and 2 tablespoons of chives. Sauté for another minute or two.
2. Add the spinach, and cook for 3-4 minutes, just until it wilts down.
3. Add the salt, pepper, basmati rice, and vegetable broth and stir. Bring it to a boil, cover with a lid, and reduce the heat to medium-low. Simmer for 20 minutes.
4. Stir in the butter, lemon juice and zest, and the remaining dill and chives.
5. Garnish with feta cheese and lemon wedges. Serve.

Storage Tips:

Cabbage (Savoy, Napa, Green or Red): Store cabbage in the refrigerator in a perforated plastic bag. Keeping cabbage cold will keep it fresh and hence will retain its vitamin C content. Put the entire head of cabbage in the bag in the crisper of your fridge and it will keep for up to 2 weeks.

Escarole: Wrap escarole in paper towels and store in an unsealed or perforated plastic bag in the refrigerator. Will last up to 4 days.

Kale: Place in a plastic or perforated bag but keep the bag open and place in the refrigerator.

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 a plastic bag. The moisture will speed up decay so you want to make sure the stored spinach is dry.



