



The Dreyer Sheets

Week 5: June 15th & 18th

BAM: Garlic Scapes, Broccoli, Golden Beets, Yellow Squash, Kale, Red Cabbage, Cucumber

Small: Garlic Scapes, Broccoli, Golden Beets, Yellow Squash, Scallions, Cucumber, Kale, Red Cabbage

Medium: Garlic Scapes, Broccoli, Golden Beets, Yellow Squash, Scallions, Cucumber, Red Cabbage, Kale

Market Box: Garlic Scapes, Broccoli, Golden Beets, Scallions, Cucumber, Red Cabbage, Kale, Whole Griggstown Chicken, Rosemary, Parsley

Wellness Tip - Gratitude

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

When life gets busy and stressful we can forget to pay attention to all that we have to be grateful for. Having a gratitude “practice” can keep you centered. Start your day being grateful for what the day will bring. End your day with a gratitude journal - write 3-5 things you are grateful for. These 2 simple things can change your life! Try it!

“Gratitude is the single most important ingredient to living a successful and fulfilled life.” -Jack Canfield

Lemon Garlic Scape Compound Butter

INGREDIENTS

- 1 stick salted butter softened
- 1-2 garlic scapes
- zest from 1/4 of a lemon

INSTRUCTIONS

1. Chop the garlic scapes into small pieces, about a quarter of an inch each. Add the pieces to the bowl of a food processor and chop until fine.
2. Add the butter (you may need to give it a rough chop in order for it to fit in the food processor) and the lemon zest to the garlic scapes.
3. Puree in the food processor until all ingredients are evenly combined

Storage:

1. For immediate use, place the compound butter in a jar or plastic container. Store in the fridge for up to a couple weeks
2. For longer term storage, place the compound butter on a piece of wax paper, roll it into a log and twist the ends. See the image below. For additional protection, place the roll of butter into a plastic zipper bag. Store in the freezer for 2-3 months.

Super Healthy Kale and Red Cabbage Salad - Rebel Recipes

Ingredients

- 4 big handfuls organic kale – stalks removed (as much as you can)
- 1 tsp sesame oil
- 1 cup cooked organic quinoa
- 1/4 red cabbage sliced thinly
- 1 cup cherry tomatoes sliced
- 1/2 cup radishes sliced
- 2 tbs pumpkin seeds
- Optional;
- 1/2 cup olives
- 2 tbsp sliced gherkins
- 1/2 cup semi or dried tomatoes
- Tahini dressing

- Delicious on its own or served with;
- Red pepper dip
- Hummus
- Flatbread

Directions

1. Add the sesame oil to a frying pan then saute the kale on a medium heat for a few minutes until wilted down. Remove from the pan.
2. Chop the veg then add everything to a large bowl. Stir in the kale and toss everything together.
3. Divide onto two plates for a big salad or four as an accompaniment. Drizzle over the tahini dressing.
4. Yummy on its own or with lots of dips and flatbread.

ANYTIME PASTA WITH SCALLIONS, PEAS, AND PARMESAN

Ingredients

- Salt and freshly ground black pepper
- 4 Tbs butter, divided in half
- 1 bunch scallions, chopped, whites and green parts separated
- 1 package frozen peas (or fresh peas)
- 1 pound Penne or Orecchiette or Cavatappi Lots of pasta would work here; just don't use spaghetti. It won't catch the peas.
- 1 lemon
- 1/2 – 1 cup freshly grated Parmesan

Instructions

1. Bring a large pot of water to a boil. Season well with salt (it should taste like well-seasoned broth).
2. In a large skillet, melt two tablespoons of the butter and, when foamy, add the white parts of the scallion, plus a pinch of salt. When soft, add the peas and, at the same time, drop the pasta into the boiling water.
3. Using a ladle, lift about a cup of the pasta water into the skillet with the peas and scallions. Lower to a simmer and let that cook for a bit. If the skillet gets dry, add more pasta water. You don't want the temperature so hot that the peas break apart, so be gentle here.
4. When the pasta is cooked al dente, lift it with a spider tool into the skillet with the peas. Add another ladleful of pasta water, turn up the heat, and stir all around, until the pasta is coated in the buttery scallion pea mixture and there's no more liquid at the bottom of the skillet.

5. Turn the heat off, add the remaining butter, lots of black pepper, the zest of the lemon (zest it directly over the pasta to catch the oils), a little lemon juice (to taste), and at least 1/2 cup of the Parmesan. Stir it all around and taste to adjust with more lemon, black pepper, and Parmesan.
6. Serve in pasta bowls and top with more Parmesan and pepper.

Storage Tips

Broccoli: Keep broccoli (broccolini, 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.

Garlic Scapes: Garlic Is One of The Few Plants That Has Two Harvests. Garlic scapes are harvested in the late spring and early summer. Then the bulbs are harvested later in the summer. Harvesting the scapes is an integral part of garlic farming. If the scapes aren't cut off, the plant expends its energy trying to grow its stem and flower leaving the bulb small and flavorless. So, by harvesting & eating garlic scapes, you're doing your part in the garlic growing cycle! Store scapes in a jar with 1" of water or in a loose plastic bag in the fridge. Scapes that are harvested when young do not need blanching before freezing. Chop the scapes into pieces, wrap in plastic bag and squeeze out as much air as possible. They will keep in the fridge for a few days to a week or in the freezer for a few months.

Scallions: Fill a jar or small cup with an inch of water. Remove any rubber bands or wrapping. Stand the onions up in the jar/cup. Cover the entire thing with a plastic bag. Onions will stay crisp for about a week.

Zucchini: Store in a plastic bag in the refrigerator in the crisper drawer. It should last about 5 days. Wash right before use. When you see the zucchini getting soft it is deteriorating quickly so use it right away.

