



The Dreyer Sheets

Week 10: July 20th & 23rd

BAM: Corn, Arugula, Cherry Tomatoes, Onions, Yellow Nectarines, Basil, Pickles, Dill, Yogurt

Small: Corn, Arugula, Cherry Tomatoes, Onions, Yellow Nectarines, Basil, Pickles, Dill, Yogurt

Medium: Corn, Arugula, Cherry Tomatoes, Onions, Yellow Nectarines, Basil, Pickles, Dill, Yogurt

Market Box: Corn, Arugula, Cherry Tomatoes, Onions, Yellow Nectarines, Basil, Pickles, Dill, Yogurt, Bacon

Wellness Tip - Earthing

I just saw this on Instagram. I'm not sure of the science behind it but it feels so good to feel the ground under your feet! I think my favorite is being at the beach with sand under my feet!

When you walk barefoot on the Earth, free electrons are transferred from the Earth into your body. This grounding effect is one of the most potent antioxidants we know of. - Dr Mercola

BLT Corn Salad

Ingredients

- 6 slices bacon , chopped
- 6 ears fresh sweet corn , kernels cut from the cob
- 2 cups baby arugula
- 1 cup cherry tomatoes , halved or quartered
- 1/4 cup chopped fresh basil
- 1/4 cup olive oil
- 3 tablespoons red wine vinegar
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black

Instructions

1. Heat a large skillet over medium heat and add the chopped bacon. Cook until the bacon is crisped and the fat is rendered, turning occasionally. Use a slotted spoon to transfer the bacon to a plate lined with a paper towel to drain.
2. In a large bowl, toss the corn kernels with the bacon, arugula, cherry tomatoes, and basil. Drizzle with the olive oil and red wine vinegar and season with the salt and pepper. Toss to coat and serve at room temperature or chilled.

Cucumber Dill Tzatziki

Ingredients

- 1 cup Greek-style plain yogurt
- 1 cucumber, peeled, seeded and chopped into 1/4-inch pieces
- 1 clove garlic, minced
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons chopped fresh dill, plus extra for garnish
- 1/2 teaspoon kosher salt, or to taste

- 1/4 teaspoon freshly ground black pepper, or to taste
- Toasted pita or pita chips, for serving

Instructions

- Stir together the yogurt, cucumber, garlic, lemon juice and dill in a medium bowl. Season with the salt and pepper. Taste and adjust the seasonings. Before serving, garnish with more fresh dill and serve with toasted pita.

Arugula Nectarine Salad with Fresh Basil Dressing

Ingredients

- 5 oz arugula
- 2 ripe nectarines pitted and thinly sliced or chopped
- 1/2 cup walnuts roughly chopped
- 1/2 cup feta cheese crumbled

For the Basil Vinaigrette

- 1/4 cup fresh basil leaves
- 6 tbsp extra virgin olive oil
- 2 tbsp balsamic vinegar
- 3 tsp maple syrup
- 1/4 tsp salt and freshly cracked black pepper

Instructions

1. Assemble the arugula, nectarines, walnuts and feta in a large bowl.
2. Add all of the ingredients for the basil dressing to a blender or food processor and blend until smooth.
3. Toss the salad ingredients together with the desired amount of dressing. Serve immediately.

Storage Tips

Peaches/Plums/Apricots/Nectarines/Pears (stone fruit): Store on the counter at room temperature until they are the ripeness you like. If you want to quicken the process place inside a brown paper bag. When they are ready they will be soft and smell delicious. Once ripe you can put them in the crisper drawer of your refrigerator. Wash before eating.

Arugula: Keep arugula refrigerated, stored in a perforated plastic bag, away from fruits to avoid deterioration. Keep the stems moistened in a damp paper towel and put in to the vegetable drawer or most humid part of your fridge. Arugula is good raw in a salad, cooked with other leafy greens or easily made in to pesto.

Corn: Eat right away, but if you need a few days keep the husks on and store in the refrigerator. As time goes on the starch content rises.

Cucumbers: Always store in the fridge, unwashed. They will keep for several days.

