



The Dreyer Sheets

Week 11: July 27th & 30th

BAM: CORN, Lettuce, Tomatoes, Cucumber,
Yellow Squash, Bell Pepper, Beans, White Peaches

Small: CORN, Lettuce, Tomatoes, Cucumber,
Yellow Squash, Bell Pepper, Beans, White Peaches

Medium: CORN, Lettuce, Tomatoes, Cucumber,
Yellow Squash, Bell Pepper, Beans, Eggplant, White Peaches

Market Box: CORN, Lettuce, Tomatoes, Cucumber,
Yellow Squash, Bell Pepper, Beans, Eggplant, White Peaches,
Whole Griggstown Chicken

Wellness Tip: Goals / Intention for August

This is the last week of July. Have you done the things you wanted to do this summer? Have you spent time in nature - beach, lake, hiking, relaxing in your back yard? Are you moving your body most days?

Use this week to think about what you want to do in August. Make a list, get out your calendar and block off some time. Don't let the summer get away from you! Use this week to make some plans!

Fitness challenge for week 11:

10 pushups (or more) every day.

These can be any kind of pushups you can do - on your toes, knees, hands on a wall or bench, etc.

Blistered Green Beans and Tomatoes With Honey, Harissa and Mint

- by Colu Henry

INGREDIENTS

- 2 tablespoons harissa
- 2 teaspoons honey
- 1 tablespoon lime juice (about 1/2 lime)
- Kosher salt
- 2 tablespoons grapeseed or canola oil
- 1 tablespoon olive oil
- 1 pound green beans, trimmed
- 10 ounces grape or cherry tomatoes
- 1 tablespoon unsalted butter
- 2 tablespoons roughly chopped mint
- Flaky salt for garnish (optional)

PREPARATION

1. In a bowl, combine harissa, honey and lime juice. Stir together until combined and season to taste with salt.
2. In large cast-iron skillet, heat 1 tablespoon of the grapeseed oil and the olive oil over medium-high heat. Add green beans and cook undisturbed until they begin to char in spots, about 3 minutes. Continue to cook, tossing frequently, until beans are just cooked through and slightly blistered and browned in spots, about 5 to 6 minutes more. Some beans will be more cooked than others — that's O.K. Season with salt and place beans in a bowl.
3. Heat remaining 1 tablespoon grapeseed oil in the skillet. Add tomatoes and cook undisturbed until they also begin to char in spots, about 1 minute. Stir tomatoes frequently until they are just cooked through and some begin to burst, about 2 minutes more. They do not need to be totally cooked through. Season with salt.
4. Remove skillet from heat and add green beans. Add harissa mixture and butter and toss until everything is combined and butter is melted. Add in half of the mint and stir again. Spoon into a large bowl and scatter with remaining mint. Garnish with flaky salt, if using.

Summer Minestrone al Pesto - by David Tanis

Ingredients:

For the Soup:

- 3 tablespoons extra-virgin olive oil
- 1 large onion, diced, about 1 1/2 cups
- Salt and pepper
- 6 garlic cloves, minced
- 1 bay leaf
- 1 tablespoon tomato paste
- Pinch of crushed red pepper
- Splash of white wine (optional)
- 2 large very ripe sweet tomatoes, chopped (about 2 cups)
- 3 or 4 zucchini or summer squash, chopped into roughly 1/2-inch cubes (about 3 cups)
- 1/2 pound romano beans, ends trimmed and cut into 2-inch lengths (about 2 cups)
- 2 cups small, dry pasta, such as pennette or orecchiette
- 1/2 pound small green beans, ends trimmed and cut into 2-inch lengths (about 1 1/2 cups)

For the Pesto:

- 2 medium garlic cloves, coarsely chopped
- Salt and pepper
- 2 cups basil leaves, loosely packed, washed and dried
- 1 cup parsley leaves, loosely packed, washed and dried
- 3/4 cup extra-virgin olive oil
- 1/4 cup grated Parmesan, plus more for serving

Preparation

1. Set a large, heavy-bottomed soup pot over medium-high heat, and add olive oil. When oil is hot, add onion and season generously with salt and pepper. Cook, stirring frequently, until softened and just beginning to color, 5 or 6 minutes.
2. Add garlic, bay leaf, tomato paste and red pepper. Cook, stirring, for another minute, then add wine, if using, and tomatoes, and bring to a brisk simmer.

3. Add 8 cups water and a good pinch of salt and let mixture return to a brisk simmer. Cook for 10 minutes, then taste for seasoning. The broth should be well seasoned before the vegetables go in.
4. Make the pesto: As the broth simmers, pound the garlic and salt to a paste in a large mortar. Beginning with a few basil leaves at a time, pound basil to a paste, then add parsley leaves and a little salt. Continue to pound until all the basil and parsley have been pounded into a coarse green paste. (Alternatively, pesto can be made in a food processor.)
5. Transfer to a serving bowl and whisk in olive oil and Parmesan. Taste and season with salt and pepper. Set pesto aside covered with a thin layer of oil or with plastic film pressed against its surface to prevent oxidation.
6. Add the zucchini, romano beans and pasta to the simmering broth and cook 7 to 8 minutes, until pasta is al dente. Add green beans and cook for a minute or 2.
7. Ladle soup into bowls, topping each with a dollop of pesto.

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.

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.

Eggplant (Sicilian, Globe): Eggplant is very sensitive to heat and cold. Ideally stored at 50 degrees. Place in the warmest part of your fridge. Do not cut or damage the eggplant before or during storage as it will perish very quickly once the skin is pierced. Use within 1-3 days.

Peppers: Store whole peppers in a cool, dry place away from fruits to avoid over-ripening. Always refrigerate cut peppers. You can put your whole peppers in the fridge in a plastic bag in the vegetable drawer.

String Beans/Green Beans: Store unwashed beans in their pods in a plastic bag in the refrigerator. Once cut the beans need to be used right away. They will keep whole, uncut for about 5 or 6 days.

