

What do you get if you
divide the circumference
of a pumpkin by its
diameter?
(Pumpkin pi!)

The Dreyer Flyer

TIME TO ORDER PIES/Turkey & Thanksgiving Feasts!!!

Week 23 Harvest

Mutzu Apples, Butternut Squash, Broccoli, Carrots, Radish, Rosemary, Lettuce, Cider Donuts, Black Beans, Fingerling Potatoes-medium & large only

Market Box: Griggstown Chicken, Whole Grain, Mutzu Apples, Fingerling Potatoes, Black Beans, Carrots, Donuts, Lettuce, Rosemary

Please be sure to order your Thanksgiving Pies NOW, thank you!



Only 10 days left to order the best turkey of your life, do not miss this opportunity! If you don't know why you should order an Ashley Turkey here are some reasons direct from our friends at the farm:

So... what makes our turkeys so juicy and tender? It's our homegrown corn and good handling. We make our own

feed on-site with the best ingredients available. The turkeys are handled by the same few people throughout their time here at the farm, which lessens chance of disease. It also makes for calmer turkeys which means less bruising and injuries. Our turkeys have lots of room in our turkey pens, so overcrowding is never an issue.

I visit this farm often and can tell you first hand these farmers care about their turkeys and it is an all-around feel good experience!

Butternut Squash and Black Bean Enchilada Skillet

ambitiousskitchen.com

Instead throwing all Mexican food out the window in my quest to eat better, I try and find ways to make it healthier yet still delicious enough to make me daydream about it allllll day long.

Butternut Squash and Black Bean Enchiladassssssssssssssss. OMG. In a freaking skillet.

Let's discuss this magical concoction that jumped out of my mind, into the skillet, and down my belly. ...Or we could just stare at photos and drool?

No, I need to explain how good this dinner is! It all started when I discovered an extra butternut squash laying around.

You'll need to peel the squash, cut off the ends, and slice it down the middle. Then simply scoop out the seeds (roasting them is awesome!), and cut the butternut squash into cubes! Just be VERY careful when using your knife!

The butternut squash is sautéed in the skillet with a bit of olive oil and onions, jalapeno, and Mexican spices until it becomes tender. Next, the black beans are added to the skillet, along with thick cut slices from yellow corn tortillas, red enchilada sauce, and some cheese. We're stirring up ooey goey enchilada love here. See?

The smells are completely intoxicating, but it's perfectly okay to inhale it as

much as you'd like. That's right, I'm giving you permission to get a buzz off of making enchiladas. Don't take these smells for granted. Seriously. This is my little bit of heaven.

All that's left to do is add a bit more cheese on top of the enchilada skillet and pop it under your broiler for a few minutes! How easy is that?! One serving (1/4th) of this recipe has right around 400 calories! Yep that's right, you get a heaping scoop of this delicious enchilada skillet casserole with 13g grams of fiber and 16 grams of protein too! Make this ASAP. It's my new favorite way to indulge.

Butternut Squash and Black Bean Enchilada Skillet

A healthy vegetarian Mexican-inspired dinner -- butternut squash and black bean enchilada skillet. Ready in less than 30 minutes! 13g fiber & 16g protein per serving!

- 2 teaspoons olive oil
- 3 cups 1/2-inch-diced, peeled butternut squash (from about a 2-lb. squash)
- salt and pepper, to season
- 1 medium yellow onion, diced
- 3 cloves of garlic minced
- 1/2 jalapeno, seeded and diced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 - 15 ounce can black beans, rinsed and drained
- 8 yellow corn tortillas, cut into thick strips
- 1-15 ounce can red enchilada sauce
- 1 cup reduced-fat colby jack or mexican cheese (or whatever you prefer), divided
- cilantro and low-fat sour cream, for serving

Instructions

1. Heat olive oil over medium-high heat in large oven-proof skillet. Add onions, garlic, and jalapeno and cook 2-3 minutes until onions become translucent and garlic is fragrant. Add cubed squash, cumin and chili powder and season with salt and pepper. Cook, stirring occasionally, until the squash is slightly tender, 10-13 minutes. You want the squash to be fork tender, but not so tender that it starts to fall apart and become mush.
2. Next add the black beans, corn tortilla pieces, and can of enchilada sauce and stir to combine. Reduce heat to medium-low and sprinkle in 1/2 cup of cheese. Stir again and simmer for a few minutes. Turn on your oven broiler to high. Sprinkle an additional 1/2 cup of cheese over the top of the enchilada mixture and place in oven under broiler for 3-5 minutes until cheese melts and tortilla edges become a tiny golden brown. Remove from heat and serve immediately. Feel free to add in cilantro. Serve with sour cream, guacamole, or hot sauce! Enjoy!

Roasted Radish with Rosemary

Ingredients

- 1 stick unsalted butter, softened
- 3 tablespoons heavy cream
- 1 tablespoon fresh lemon juice
- 1 teaspoon finely chopped rosemary
- Sea salt
- 3 bunches of radishes (about 2 1/4 pounds), 2 cups of the greens reserved

- 1 cup lightly packed mint
- Grilled rustic bread, for serving

1. In a small skillet, cook 4 tablespoons of the butter over moderate heat, swirling, until browned, 3 to 5 minutes; let cool completely.
2. In a bowl, blend the cooled brown butter with the remaining 4 tablespoons of butter and the heavy cream, lemon juice and rosemary. Season with salt.
3. Light a grill or preheat a grill pan. In a large bowl, toss the radishes with 2 tablespoons of the rosemary brown butter and season with salt. Grill on a perforated grill pan (if using a grill) over high heat, tossing occasionally, until lightly charred and crisp-tender, about 5 minutes. Return the radishes to the bowl. Add the 2 cups of radish greens and the mint; toss well. Pile the radishes and greens on a platter and serve with grilled bread, sea salt and the remaining brown butter.

MAKE AHEAD

The rosemary brown butter can be refrigerated for up to 3 days.

Rosemary & Garlic Roasted Carrots
Memeinge.blogspot.com

These carrots are 1000 times better than your normal cooked carrots. They are perfectly cooked and full of butter, garlic, and rosemary flavor

Ingredients

- 1 TBSP butter
- 1 clove garlic, minced
- 1 lb. carrots, sliced
- 4 sprigs rosemary
- 1/2 cup water
- 1/2 tsp salt
- 1/4 tsp pepper

Instructions

1. Add butter and garlic to a large skillet over medium-high heat. Once the butter has melted, add the carrots and sauté for about 3 minutes.
2. Add the remaining ingredients to the pan, and boil until the water has evaporated and carrots are crisp-tender, about 5-7 minutes. Make sure to stir occasionally.
3. Remove rosemary before serving. Enjoy!

Roasted Fingerling Potatoes with Brown Butter and Rosemary

Williamsonoma.com

Ingredients:

- 4 lb. fingerling potatoes
- 3 Tbs. olive oil
- Kosher salt and freshly ground pepper, to taste
- 8 Tbs. (1 stick) unsalted butter, cut into slices
- 1/2 tsp. finely chopped fresh rosemary

Directions:

Position 1 rack in the middle and 1 rack in the lower third of an oven and preheat to 450°F.

Cut the smaller potatoes in half and cut the larger ones into quarters, making sure they are roughly the same size. Place the potatoes in a large bowl, drizzle with the olive oil, and season with salt and pepper. Toss to coat well.

Divide the potatoes between 2 baking sheets, spreading them out in a single layer. Transfer to the oven and roast until the potatoes are browned and tender, 35 to 40 minutes. Rotate the baking sheets from top to bottom and 180 degrees as needed to ensure even cooking.

Heat a sauté pan over medium-high heat. Add the butter and cook, swirling the pan occasionally, until the butter just begins to brown, 2 to 3 minutes. Immediately remove from the heat and pour into to a small bowl.

If necessary, use a spatula to loosen the potatoes from the baking sheets and transfer to a large bowl. Drizzle with 2 to 3 Tbs. of the brown butter and sprinkle with the rosemary. Toss to coat well and transfer to a serving bowl. Pass the remaining brown butter at the table. Serves 6 to 8.

Black-Bean-and-Quinoa-Falafel Sandwiches

- This tasty riff on a falafel sandwich uses black beans and quinoa in place of chickpea
- SERVINGS: 6

FALAFEL

- 2/3 cup quinoa, rinsed
- 1 1/3 cups water
- 1 tablespoon extra-virgin olive oil, plus more for brushing
- 2 scallions, thinly sliced
- 1 garlic clove, minced
- 1 serrano Chile, seeded and minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- One 14-ounce can black beans with their liquid or 1 3/4 cups Classic Black Beans
- Salt
- 2 tablespoons all-purpose flour
- 2 tablespoons chopped cilantro

SAUCE AND TOPPINGS

- 1/2 cup tahini
- 1/2 cup water
- 1 small garlic clove, smashed
- 2 tablespoons fresh lemon juice
- Salt
- 6 naan breads, warmed
- Chopped tomatoes, cilantro, cucumbers and lettuce, for serving

- In a small saucepan, combine the quinoa with the water and bring to a boil. Cover and simmer until the water is absorbed and the quinoa is tender, about 17 minutes.
- Meanwhile, in a medium saucepan, heat the olive oil. Add the scallions, garlic, chile, cumin and coriander and cook over moderate heat until the scallions are softened, about 5 minutes. Add the beans and their liquid, season with salt and simmer over low heat until the beans are dry, about 3 minutes.
- Stir the quinoa into the beans. Scrape half of the mixture into a food processor, add the flour and puree until smooth. Add the remaining bean mixture and the cilantro and pulse just to combine. Scrape the falafel mixture into a bowl and refrigerate until firm, about 15 minutes.
- Preheat the oven to 425°. Line a baking sheet with parchment paper and brush with oil. Form the falafel mixture into 18 balls and press them into 1 1/2-inch patties. Transfer to the baking sheet and brush the patties generously with oil. Bake in the center of the oven for about 20 minutes until sizzling and crisp, flipping the patties halfway through.
- MEANWHILE, MAKE THE SAUCE In a blender or food processor, puree the tahini with the water, garlic and lemon juice and season with salt. Spread some of the sauce on the naan and top with chopped tomatoes, cilantro, cucumber, lettuce and the falafel. Serve right away.

Warm Quinoa Salad with Carrots and Grilled Chicken

Ingredients

- quinoa (1 cup)
- Salt and freshly ground black pepper
- 1/4 cup pine nuts
- 3 tablespoons extra-virgin olive oil, plus more for drizzling
- 3 garlic cloves, minced
- 1/2 medium red onion, finely chopped
- 2 medium carrots, halved lengthwise and sliced crosswise into half-moons
- 2 teaspoons ground cumin
- 1 tablespoon plus 1 teaspoon sherry vinegar
- 2 skinless, boneless chicken breast halves (about 6 ounces each), cut into 1-inch cubes
- 2 tablespoons small mint leaves

Directions:

1. Put the quinoa in a small saucepan and cover with 2 cups of water. Add a large pinch of salt and pepper and bring to a boil. Cover and cook over low heat until the water has been absorbed and the quinoa is tender, about 15 minutes.
2. Meanwhile, in a large skillet, toast the pine nuts over moderate heat, stirring, until fragrant, about 2 minutes. Transfer to a plate. Heat the 3 tablespoons of olive oil in the skillet. Add the garlic and onion and cook over moderate heat until softened, about 5 minutes. Add the carrots and cumin, cover and cook over low heat until the carrots are just tender, about 5 minutes. Stir in the quinoa and vinegar

and season with salt and pepper.

3. Light a grill. Drizzle the chicken with olive oil and thread onto 4 skewers. Season with salt and pepper and grill over moderately high heat, turning, until browned and cooked through, about 5 minutes' total.
4. Mound the quinoa salad on plates. Garnish with the toasted pine nuts and mint leaves and serve the chicken skewers alongside.

Farro - Wikipedia

<https://en.wikipedia.org/wiki/Farro>
Wikipedia

Farro is a food composed of the grains of certain wheat species, sold dried and prepared by cooking in water until soft, but still crunchy (many recommend first soaking overnight). It may be eaten plain, though it is often used as an ingredient in dishes such as salads and soups.

Cooking Farro-

Direct Method: Rinse and drain farro. Place in a pot and add enough water or stock to cover. Bring to a boil; reduce heat to medium-low and simmer 30 minutes. ...

Quick-Cooking Method: Cover farro with water and soak in the refrigerator overnight. Drain; place in a pot and add water or stock to cover then bring to a boil.

What is Quinoa?

It is considered to be a [whole grain](#) (similar to regular white rice, brown rice and other grains such as wheat and barley), it is actually a seed, but can be prepared like whole grains such as rice or [barley](#).

- First, it takes **less time to cook than other whole grains** and

even cooks quicker than rice: Quinoa takes just 10 to 15 minutes to cook.

- Second, **quinoa tastes great on its own**, unlike other grains such as [millet](#) or [teff](#). Add a bit of olive oil, sea salt and lemon juice or a bit of garlic and - yum!
- Finally, of all the whole grains, quinoa has the highest protein content, so it's perfect for vegetarians and vegans. **Quinoa provides all 9 essential amino acids**, making it a complete protein. Quinoa is a **gluten-free and cholesterol-free** whole grain, is **kosher for Passover**, and is almost always organic.

How to Cook it!

The ratio is 1 cup of uncooked **quinoa** to 2 cups of liquid. Bring **quinoa** and liquid to a boil in a medium saucepan. Reduce heat to low, cover and simmer until tender and most of the liquid has been absorbed, 15 to 20 minutes. Fluff with a fork.

How do you cook wild rice?

In a medium sauce pan, bring 1 cup **wild rice**, 3 cups water, and 1/2 teaspoon fine sea salt to a **boil**. Cover, reduce the heat to maintain a steady simmer, and **cook** until the **rice** is tender and the kernels pop open, 45 to 60 minutes. Uncover the **rice** and fluff it with a fork.

ABOUT YOUR APPLES!

Description/Taste

Mustu apples are smooth bright green to yellow in color. Its firm white flesh is crisp and juicy with a sweet-tart flavor that has subtle hints of spice. An excellent keeper, the Mutsu apple will take on an even sweeter flavor in cold storage.

Seasons/Availability

Mutsu apples are first harvested in late summer and are available through mid-winter.

Current Facts

Also known as Crispin, the Mutsu apple is a cross between the Golden Delicious and Indo apple. A popular dessert apple in Japan where it was first developed it is oftentimes referred to there as “the million dollar apple”.

Nutritional Value

Mutsu apples are a good source of soluble fiber, which has been proven to help lower cholesterol. They can be sliced and baked, hollowed out and stuffed, battered and fried or slow cooked into a sauce. Their sweetness will compliment pies and tarts. Cubed they will add moisture and flavor to muffins, breads and cakes. Mutsu apples will compliment savory applications as well. Try roasted or sautéed for a side dish or topping, slice and add to green, chopped and stacked salads or serve as an accompaniment to robust cheeses.

Geography/History

The Mutsu apple was developed in Japan at the Aomori Research Institute in the 1930’s. It made its commercial debut in the United Kingdom and the United States in the late 1940s where it was renamed Crispin. Today it is marketed under both names and is grown in apple growing regions around the world.

They also contain vitamins A and C, as well as a trace amount of boron and potassium, most of which is in the apples skin.

With its sweet and delicately spiced flavor the Mutsu apple is sought after for its use as an excellent dessert apple in the culinary world.

Jamie Oliver’s Take on utilizing your entire chicken!

Ingredients

- 1 higher-welfare chicken
- carrots
- a few sticks celery
- 1 onion
- 1 sprig of fresh rosemary
- 1 fresh bay leaf
- a few peppercorns
- 1 teaspoon sea salt
- 2 crushed bulbs garlic
- new potatoes
- mixed salad leaves
- fresh herbs
- 1 splash extra virgin olive oil
- lemon juice or balsamic vinegar
- noodles
- vegetables , such as sweetcorn, baby corn, pak choi, chilli or sugar snap peas

Method

1. POACHED CHICKEN
2. The first thing to do is to get yourself a good quality, higher-welfare chicken and put it in a large pot. Cover it with water and add any veg you have handy. I like to add some chopped up carrots, a few sticks of celery, and an onion. Then I throw in some herbs; perhaps a sprig of rosemary and a bay leaf. Add a few peppercorns, a teaspoon of sea salt and a couple of crushed bulbs of garlic and you’re off. Bring it all to the boil and then simmer for about an hour and twenty minutes. Trust me when I say you are going to get beautifully soft and silky cooked chicken, plus a lovely broth.
3. The reason I love this poached chicken is that you can make it into a hearty meal all year

round by using whatever seasonal veg is available. For example, after the chicken has been poaching for about an hour, you could add some quartered fennel. This will cook with the chicken for the last 20 minutes. Things like beans and peas should go in five minutes before the chicken is ready to come out as they cook quickly.

4. Basically, as long as you know how long your vegetables take to cook, the choices are endless. Below is a list of veg and their timings to get you started. Keep in mind that if it’s summer time the seasonal veg will cook really quickly and be light and delicious.
5.
 - Chopped swedes and turnips – 30 mins
 - Cabbage – 20 mins
 - Chopped potatoes/ new potatoes – 20 mins
 - Quartered fennel – 20 minutes
 - Frozen or fresh broad beans & peas – 5 minutes
 - Chopped asparagus – 5 minutes
 - Spinach – 30 seconds
6. When your chicken is cooked, take it out of the pot, and use a fork to shred as much meat off the bones as possible. Have a little taste to make sure it’s seasoned enough for your liking. Take that torn up beautiful white and dark chicken meat and divide it among some bowls. To finish off, ladle some of the tasty poached broth and veg over it to make a lovely meal of steaming potatoes, greens and peas. This is a great dinner, especially served with a nice

dollop of horseradish sauce or mustard.

7. The Italians do multiple versions of this dish using shins of beef, shoulders of pork and even poached duck (which is delicious). If you try these, don't forget that different meats take different times to cook. For duck, pork and shins of beef we're talking about 3 hours of poaching, or until the meat is falling off the bone.
8. CHICKEN SALADS
9. You can also use the shredded meat from your poached chicken to make a hearty salad. In the summer, toss it in with some cooked new potatoes, mixed salad leaves and herbs. Dress at the last minute with a splash of extra virgin olive oil and lemon juice or balsamic vinegar then serve it up on a big platter. Delicious!
10. TASTY BROTH
11. When you make poached chicken, you are going to be left with quite a lot of broth. Don't throw this away! There's something really nice about having simple, clean, therapeutic chicken broth. So put it through a sieve, bag it up and freeze it to use later. It will be fantastic as a stock for making risottos, gravy or soups. For an Asian twist, you could add noodles and veg such as sweetcorn, baby corn, pak choi, chilli or sugar snap peas to the broth.
12. AFTER A ROAST CHICKEN
13. Because I love roast chicken, and eat it on a regular basis, I am now in a routine where, before doing the washing up, I throw the carcass and any tasty scraps and scrapings from the

roasting and carving tray into a pot.

14. I cover the chicken with water, add some herbs and bring it all to the boil. This also makes a lovely cloudy broth that you can leave to simmer for an hour or so while you watch a bit of telly in the evening. This broth can be used in the same way as above.
15. I hope these ideas are helpful. They are certainly tasty. So give them a try and use up all of that chicken!

Jamie Oliver.com

Some people prefer a nice chicken dinner to a turkey dinner. If this is something you may like to do let me know I can get you a larger chicken for your Thanksgiving dinner!

THANKSGIVING DINNER SUPPLIES



Dreyer Farms offers three different sized options to help you prepare your Thanksgiving dinner, filled with fresh vegetables, Breadsmith stuffing, Dreyer's fresh baked pies, and much much more. Additionally, we are offering optional turkeys from [Ashley Turkey Farm in Flanders NJ](#) suitable for each Thanksgiving dinner size for preparation. Size options include: Intimate Gathering (8-12 people), A Family Affair (12-16 people), and The Gang's All Here (16-20 people). If needed [additional pies can be ordered separately](#)



WOW-Wine of the Week-

Autumn Leaf Red is a premium semi-dry red wine with depth and character. It is perfect with a pan-seared filet mignon served over a jumbo grilled portabella with an Autumn Leaf Red reduction. Autumn Leaf Red is the essence of Autumn.

The season is almost over; this week is #25 of 27. However, there will DEFINITELY be opportunities for you to extend your share until the farm closes for the 2016 season. We will be doing a sort of Market Box extension. The Farm Team is meeting this week to discuss the details. All comments, suggestions and input is all greatly appreciated.

Please come see me! If you are in a rush and cannot stay you can text me a time and date that is good for you and I will get back to you to confirm if I can accommodate you!

Also, if you have put your box on HOLD please bring the dates that you did, then it is easier to check the book and issue your credit.