

The Dreyer Flyer

Week 26 of 27 Harvest

White Sweet Potatoes, Kale, Arugula, Honey, Escarole, Parsnip, Apples, Broccoli
Seasoning from Tastefully Simple

Market Box:

White Sweet Potatoes, Honey, Chopped Almonds, Escarole, Zoup,
Beans, Broccoli, Sausage, Mini Ravioli

After this week, only 1 more week of the traditional CSA
Beginning, Tuesday, 11/29

For 4 weeks we will have a Market Box Extension-this is a great opportunity to try this share

The goal of the 4-week extension is to provide just about EVERYTHING that you need to make a large complete meal (8 total meals) during the crazy holiday season. This share will keep you eating healthy meals during the time which most people are gaining weight you can be deflating your weight. These meals are Jeni Fit friendly. What does that mean? Well, we have paired up with a local celebrity fitness guru **Jenifer Wirtshafter**. (She will be mad that I am calling her a celebrity) but if you know any of the lives she has changed you would whole heartedly agree that Jeni Fit is truly where change happens in a huge way. DYW(deflate your weight) is a proven 6-9 week program that focuses on nutrition, exercise and improving your habits to last a lifetime. We can help you with 4 of those weeks if you are in the program which begins November 14th. To find out more Call (908)-654-3300 or visit www.Jeni-Fit.com to register. Oh, and by the way these meals are totally delicious, turkey tacos, stuffed fall squash, chili, hearty soups and more.

2017 Memberships

We now have automatic renewals; this means that your membership will be automatically renewed.

Please read details BELOW

After speaking to so many of you it seems this is a fantastic way to streamline the process. If you are unsure about renewing, you can simply log into your account and opt out up until 11/19. The process is very simple and you have 4 weeks to do so before you are charged. If you have paid via invoice you can still do that as well. We are offering the fantastic perk of Pick Your Own Flowers and Tomatoes so remember you must pay in full to receive this perk. We open our program up to our existing members before we send out our mass mailings so we want you to have first dibs! If you have any questions at all about this process as always CALL ME, please **do not send an email**, you can even text me a time that is good to talk.



Last chance to order a Ashley Turkey Even Bobby Flay loves an Ashley Turkey! Available at Dreyer Farms for

Pre-Order Only

Bobby made sure to visit Ashley Farms, a family-owned turkey farm when he was in Flanders, N.J. This is the place to find the tastiest, most tender holiday bird, free of hormones, preservatives and antibiotics. Food Network.com

This soup uses red kidney beans and chick peas instead of the traditional white cannellini beans, so many of you said how much you liked the soup I thought let's try it this way now!

Escarole and Bean Soup

Marthastewart.com

Ingredients

- 3 tablespoons extra-virgin olive oil
- 4 cloves garlic, smashed and peeled
- Pinch of red-pepper flakes, plus more for serving
- 1 small head escarole, leaves torn into 2-inch pieces (about 12 cups)
- Coarse salt
- 1 can (15.5 ounces) red kidney beans, rinsed and drained
- 1 can (15.5 ounces) chickpeas, rinsed and drained-
- 4 cups low-sodium chicken broth

- Toasted bread, for serving
- Lemon wedges, for serving

Directions

1. Heat a medium saucepan over medium heat; swirl in oil. Add garlic and red-pepper flakes and cook, stirring, 1 minute. Add escarole, toss to coat, and season with salt. Cook until escarole is just wilted, about 2 minutes.
2. Add kidney beans, chickpeas, broth, and 2 cups water and bring to a simmer. Cook until heated through, about 3 minutes. Season with salt; remove garlic. Top with toasted bread and red-pepper flakes. Serve immediately, with lemon wedges.

Mini Ravioli or Orecchiette with Broccoli and Sausage

- 1 package cheese mini ravioli or 1 lb orechiette
- 5 tablespoons extra virgin olive oil, divided
- 1 package of your favorite sausage casings removed
- 3 garlic cloves, minced
- 1 cup ZOUP!
- 1 pound broccoli florets
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 3 tablespoons unsalted butter
- 1/2 cup freshly grated Pecorino Romano

Bring a large pot of salted water to a boil. Add the mini ravioli and cook per package instructions.

Meanwhile, in a large skillet, heat 1 tablespoon of the olive oil over medium high heat. Crumble the sausage into the skillet and cook, breaking apart with a spoon, until lightly browned, 5-6 minutes. Reduce the heat to medium and add the garlic; cook for 1 minute more. Add the remaining 4 tablespoons of olive oil, chicken broth, broccoli, salt and red pepper flakes.

Cook, stirring frequently and scraping the bottom of the pan to release the flavorful brown bits, until the broccoli is tender-crisp, 3-4 minutes. Stir in the butter until melted and simmer for a few minutes to reduce and concentrate the sauce.

Drain the pasta well and add to the sausage and broccoli mixture. Toss to blend. Add half of the grated cheese taste and stir until the cheese is melted. Taste and adjust seasoning. Transfer to a serving platter or individual bowls and sprinkle with the rest of the grated cheese.

Breakfast Baked Sweet Potatoes- a take on the ambitiouskitchen.com recipe

Breakfast baked sweet potatoes stuffed with creamy almond butter, banana slices, chia seeds & a sprinkle of cinnamon! An easy to make paleo breakfast that tastes like dessert! (actually...this can be a DESSERT!!!)

Ingredients

- 2 medium sweet potatoes, washed (white or orange either way delish!)
- 2 tablespoons natural almond butter
- 1 banana, sliced
- 2 teaspoons chia seeds-or chopped almonds (can you have too many almonds?)
- Cinnamon
- Sea salt
- drizzle of honey

Preheat oven to 375 degrees F. Line a medium baking sheet with parchment paper or foil.

1. Use a fork to poke several holes in the sweet potatoes, then place on prepared baking sheet and roast sweet potatoes for 45 minutes-1 hour or until fork tender. Remove from oven and allow to cool for 5-10 minutes.
2. Once ready to eat, split the warm sweet potatoes open with a knife and sprinkle with a tiny bit of sea salt. Next drizzle 1 tablespoon of almond butter & honey, 1 teaspoon of chia along with banana slices and finally a sprinkle of cinnamon in each sweet potato. Serve immediately.

NOTES

For more protein (and if you aren't paleo/vegan): Add 1/2 cup of greek yogurt on top of the potatoes!

Baked Parsnip Fries with Rosemary

This parsnip fries' recipe is so good you'll be scarfing them down like French fries. Don't say we didn't warn you.

Ingredients

6 Servings

- 2 1/2 pounds parsnips or carrots, peeled, cut into about 3x1/2-inch strips
- 1 tablespoon finely chopped fresh rosemary, plus 5 sprigs rosemary
- 1 large garlic clove, minced
- 3 tablespoons olive oil
- Kosher salt, freshly ground pepper
- 1/2 teaspoon (or more) ground cumin

Preparation

Preheat oven to 450°. Mix parsnips, chopped rosemary, garlic, and oil on a large rimmed baking sheet. Season with salt and pepper and toss to coat.

Spread out in a single layer. Scatter rosemary sprigs over.

Roast for 10 minutes; turn parsnips and roast until parsnips are tender and browned in spots, 10–15 minutes

longer. Crumble leaves from rosemary sprigs over; discard stems and toss to coat. Sprinkle 1/2 tsp. cumin over.

Season to taste with salt, pepper, and more cumin, if desired.

Recipe by Rozanne Gold

Escarole, Kale, and Sweet Potato

Crockpot Soup

This time of year, brings cooler weather and warm comfort food. On a chilly day, our family's favorite fall meal is anything made in the Crockpot. The comforting aroma of a Crockpot meal is everything we love about fall wrapped up in one easy dish.

This hearty soup recipe is just that. I took traditional escarole and bean soup and increased its nutrient power by adding kale and sweet potatoes. Sweet potatoes add fiber, calcium, and iron.

They also give us a boost of vitamins A and C, which is much needed during flu season. Sweet potatoes [may even help regulate](#) blood sugar levels. Kale is a great source of fiber, vitamins, and minerals that make this soup even more nutritious. For those that like a little more protein in their meals, I also added lean Italian turkey sausage. The turkey sausage provides a nice balance of flavors and satiety to an easy family meal.

Ingredients (10-12 servings)

- 1 tablespoon extra-virgin olive oil
- 1 Parmigiano Reggiano rind
- 2 cloves garlic, finely chopped
- 2 large sweet potatoes, chopped
- sea salt to taste
- pepper to taste
- 64 ounces chicken broth
- 4 cups escarole, chopped
- 4 cups kale, chopped

- 1 (15.5 oz.) can cannellini beans, drained and rinsed
- 1 pound Italian sausage of your choice (optional)

Directions

1. Drizzle olive oil on the bottom of a warm crock-pot. Add the Parmesan rind and garlic.
2. Place the sweet potatoes in the crock-pot, season with salt and pepper.
3. Add the remaining ingredients.
4. Set crock-pot on high heat for 4 hours or low heat for 6+ hours.
5. Ladle soup into bowls and top with whole grain crostini.

Spiralized Apple and Arugula Salad with Roasted Honey Glazed Acorn

Squash Serves: 4

Ingredients

- For the salad:
- 1 acorn squash, seeded and halved and quartered (yield 8 slices) or delicata!
- 3 teaspoons honey
- salt and pepper, to taste
- 1 large honey crisp or Gala apple (or favorite apple)
- 6 cups of baby arugula
- 1/3 cup roughly chopped pecans
- 1/2 cup crumbled feta
- **For the dressing:**
- 3 tablespoons extra virgin olive oil
- 2 tablespoon apple cider vinegar
- 1 teaspoon honey
- 1 teaspoon dijon mustard
- salt and pepper, to taste

1. Preheat the oven to 400 degrees F.
2. Assemble the acorn squash on a parchment paper lined baking sheet. Drizzle each slice with about 1/2 teaspoon of honey and season with salt and pepper. Roast for about 35-40 minutes or until squash is tender when pierced with a fork.

3. Fifteen minutes before the squash is done roasting, spiralize the apple with Blade D and add it to a large mixing bowl along with the arugula, pecans and half of the feta. Set aside.
4. Place all the ingredients for the dressing into a small bowl and whisk together. Taste and adjust to your preference.
5. Once the squash is done, pour the dressing over the salad mixture and toss to combine thoroughly. Divide the salad onto four plates and top each with two squash slices and remaining feta.

THANKSGIVING 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](#)

Onion Onion

Onions made easy - no chopping, no tears! Shake on this blend of onion, shallots, chives and sea salt for everyday cooking or add to sour cream for dip. (4 oz.)

Did you know? 1 tablespoon Onion Onion Seasoning equals 6 tablespoons of fresh onion!

Braised Kale w/ Bacon

From [foodandwine.com](#)

- 4 thick slices of bacon
- 2 tablespoons extra-virgin olive oil
- 1 large onion, thinly sliced-or use your onion onion so you don't tear up cutting onions!
- 2 garlic cloves, minced
- 1 1/2 pounds kale, stems and inner ribs discarded, leaves coarsely chopped, washed and dried
- Salt and freshly ground pepper
- 1 1/2 tablespoons white wine vinegar

Instructions

1. In a large, deep skillet, cook the bacon in the oil over moderately high heat, turning once, until crisp, about 6 minutes. Drain the bacon on paper towels, leaving the fat in the skillet. Coarsely chop the bacon.
2. Add the onion and garlic to the skillet and cook over moderate heat, stirring occasionally, until softened and lightly browned, about 6 minutes. Add the kale, season with salt and pepper and toss until slightly wilted. Stir in the vinegar, cover and cook over high heat until the kale is tender, about 5 minutes. Stir in the chopped bacon and serve.

Broccoli & Parsnip Soup/Vegan

Theflexitarian.com

600g broccoli [1.3 pound]

- 300g parsnip [10.5 oz]
- 1 onion (roughly chopped)
- 3 garlic cloves (crushed)
- 6 cups of stock
- 2 Tbsp fresh lemon thyme leaves

- grated nutmeg to taste
- handful of parsley leaves
- handful of walnuts
- olive oil
- salt & pepper

Instructions

1. Heat some olive oil in a large sauce pan. Fry onion and garlic together until soft and golden.
2. Add roughly chopped broccoli (stems + florets) and roughly chopped parsnip.
3. Add vegetable stock plus lemon thyme. Bring to boil then reduce the heat and cook for 20 mins until vegetables are soft.
4. Liquidise the soup.
5. Season to taste with salt, pepper and nutmeg.
6. Serve sprinkled with chopped parsley leaves and walnuts.

NOTE: I recommend halving this recipe

WOW-Wine of the Week

Cranberry Moscato

Tomasello Cranberry Moscato is a blend of 100% Cranberry wine and Moscato. This blend combines the fruity and delicate character of New Jersey Cranberries with the spicy perfume of Moscato. So easy to drink character with a hint of sparkle. Great serve chilled and garnished with fresh cranberries

