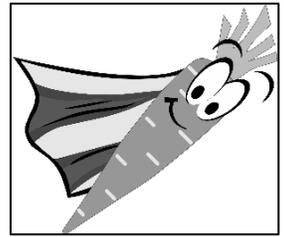


The Dreyer Flyer

A Weekly Harvest of Fantastic InFARMediation



Harvest Week 19

Apple Cider
Acorn Squash
Cauliflower
Macintosh Apples
Pickles
Lettuce
Peaches
Baby Collards
Yams

Market Box

Stuffed Acorn Squash
Lettuce
Tomato
Pickle
Piggery Dogs
First Field NJ Ketchup
Breadsmith Buns

EVENT CALENDAR

10/5 Trapeze Yoga

10/14 Art Show & 5k walk
10/25 Tomasello & Nearly
NewYorkers Celebrate the Fall
Event with
11/2 Thanksgiving Dinner @
Dreyer Farms
11/9 The Great Pumpkin Plyoga
Event



We have rescheduled the 2nd Trapeze Yoga Event (if you were scheduled for this Friday (NOT WEDNESDAY) you have 1st dibs. If this 2nd event sells out quick AGAIN, we will add a third!

Oct 5th at 7-9pm light dinner and wine tasting

<https://clients.mindbodyonline.com/classic/ws?studioid=805230&stype=-8&TG=23&VT=7&View=day&Loc=0&date=10/05/17>

I'll send it to you as well so you can click on it OR you can go on our website and pull up week 18 Dreyer Flyer!

YOU! YES YOU!

Try the Baby Collards!



!!!!Try this SUPER DUPER EASY SALAD!!!!

2 pounds fresh collard greens
1/4 cup vegetable oil
1/2 cup chicken broth
1 teaspoon salt
4 teaspoons apple cider vinegar
1/2 teaspoon dried crushed red pepper
2 apples, cut into matchsticks

Separate collard greens into leaves. Trim and discard tough stalk from center of leaves; stack leaves, and roll up, starting at 1 long side. Cut into 1/4-inch-thick slices; rinse under cold running water. Drain well. Stir-fry collard greens in hot vegetable oil in a large Dutch oven over medium-high heat 2 minutes or until greens begin to wilt. Add chicken broth (use ZOUP), salt, vinegar, and dried crushed red pepper; stir-fry 3 minutes or until greens are crisp-tender. Gently stir in apples; cook, stirring often, 2 minutes. YUM YUM

Griddled Bread with Marinated Tomatoes

- 3 c. cherry tomatoes
 - 1/4 c. Amish Country Butter
 - Breadsmith baguette
 - 1 clove of garlic
 - handful of parsley
 - handful of basil
 - large pinch of salt
 - 1/2 tsp. pepper
 - 3 T. olive oil
 - 2 T. red wine vinegar
1. Cut baguette into thick slices on an angle.
 2. Melt butter in a skillet. Brown each side of the bread, until golden, about 2-3 min. per side. Sprinkle with salt. Remove to a plate.
 3. Cut a garlic clove in half. Rub each piece of bread with the cut side of the garlic.
 4. Cut tomatoes into quarters.
 5. Finely chop garlic.
 6. Combine in a bowl with garlic, parsley, basil, salt, pepper, olive oil and red wine vinegar. Let sit for 5-10 min. to marinate and then top bread with tomatoes.

Billion dollar idea.

A smoke detector that shuts off when you yell

"I'm just cooking!"

Roasted Collard & Yams

Hungryharvest.com

For those that don't like collard greens yet, this recipe ushers in

their robust earthy flavor & texture on a succulent bed of creamy yams & sweet gala apples. If you're into making baby food, you'll find the wees ones love it pureed

Tools

Oven-safe roasting casserole dish or Dutch oven

Small covered sauce-pan

Harvest Ingredients

1 - 1 1/2 quarts Yams sliced
1 bunch Collards, stems removed
2 Gala Apples, diced
1 or 2 Red Onions, half-moon sliced
1 or 2 Grapefruits, juice & zest

Other Ingredients

1 Tbsp miso, doenjang, soy sauce or bouillon
1/2 tsp sea salt & 1/2 tsp pepper
2 tsp EVOO
OPTIONAL FLAVORING
1/2 cup Dry Sherry
Fresh herbs, rosemary, thyme, bay leaves, etc
2 Tbsp Hemp or sesame seeds
1" x 2" Kombu (kelp) Seaweed
1 or 2 pieces of cooked bacon or ham

Step 1 Preheat the oven to 400 while you prep the vegetables. Start the stock right away. In a small saucepan add 1-quart water, miso or bouillon, vegetable flotsom (collard stems, apple cores, onion skins, any herbs, hot chili, black pepper, etc.) and sherry (or more water). Bring to a boil covered, then uncover for 5+ mins while you finish prepping the veggies.

Step 2 I usually don't peel the apples, especially for savory & sweet dishes. Add the veggies to the to the casserole dish. Add in your favorite herbs, salt & pepper, juice & zest of the grapefruits. Strain the broth over and stir. I used fresh thyme sprigs today. There's something

about thyme with apples that is extra tasty.

Step 3 Sprinkle with the EVOO and optional seeds, ham, bacon, tuck in more herbs or kelp as you wish. Cover and place into the 400-degree hot oven. If my casserole doesn't have a cover I use a sheet or pizza pan as a cover, but you can use foil if you wish. Roast for 30 mins, remove cover and roast for 15 mins more.

Chef's Note The combo of robust collards with the sweet apple, rich & creamy yam & tart grapefruit comes together for a symphony of flavors in every bite. All the optional flavorings I suggest are loaded w/ texture & micro nutrients. Kelp, a centuries-old staple in the Japanese kitchen, is the "IT" ingredient in the US right now.

Sausage and Goat Cheese Farro Stuffed Acorn Squash

Inspirdnutrition.com

Farro is my favorite whole grain to use in savory dishes because of its texture, taste, and nutrient profile. It's the perfect companion to make a healthy sausage recipe! A 1/2 cup of farro provides about 7 grams protein, 7 grams fiber and nutrients such as magnesium, B vitamins and iron. The farro adds a nutty rustic taste that pairs perfectly with the sweet roasted acorn squash. Acorn squash is a winter squash that caramelizes beautifully when baked and makes two perfect bowls for stuffing. I added goat cheese for a creamy element and sausage to amplify the flavor. This healthy dinner sausage recipe is the epitome of fall!

Ingredients

serves 4

- 2 acorn squash
- 2-4 Tbsp olive oil
- 1 1/2 cups farro, cooked
- 1 shallot, finely chopped
- 3 garlic cloves, minced
- 1 lb spicy Italian sausage, casings removed-I would recommend Griggstown Italian Chicken Sausage-Of Course!!!
- 2 cups raw spinach, chopped-I would use Kale or Swiss Chard..who am I kidding you guys know I would use KALE!!!
- 3-4 oz goat cheese
- Kosher salt and pepper
- Pumpkin pie spice

Directions:

1. Preheat oven to 400 degrees. Cut acorn squash in half and scoop out the seeds with a spoon. Brush the inside and outside of the acorn squash with olive oil. Sprinkle the inside of each half with pumpkin pie spice and kosher salt. Place squash in the oven and roast for about 30-40 minutes or until tender when poked with a fork
2. While the squash is roasting, cook farro in boiling water until tender, about 20-30 minutes. Once farro is tender, drain and set aside. Cook the sausage in a large pan until cooked through. It may be necessary to wipe excess fat from the pan. Add the shallot and garlic and sauté until fragrant. Add cooked farro, spinach, and goat cheese

to the pan. Stir well and let spinach wilt into the mixture. Season to taste with salt and pepper.

3. When squash are done, spoon mixture into each half. Sprinkle with goat cheese crumbles and serve!

Spicy Roasted Sweet Potato Spirals with Guacamole

thecreativebite.com

- 3 medium sweet potatoes, spiralized
- hot water and 1 tsp salt
- 2 Tbsp. olive oil
- 1 tsp. salt
- 1 tsp. garlic powder
- 1/2 tsp. chilli powder
- 1/2 tsp. cumin
- Guacamole, Diced Green onion and lime wedges for garnish

1. Preheat your oven to 475°.
2. In a large bowl, soak the sweet potato spirals in hot salt water for 15 min. Remove from the water and pat the spirals dry, being sure to remove as much of the moisture as possible.
3. Return the spirals to a dry bowl and toss with the olive oil and seasonings until well coated.
4. Arrange on lined sheet and bake for 50-60 min at 475°, tossing every 20 minutes, until they reach your desired crunchiness.
5. Served topped with guacamole and garnish with green onions and lime wedges.

Cauliflower Rice Stuffed Acorn Squash

Author: 24 Carrot Life

Ingredients

Roasted Acorn Squash

- 2 acorn squashes, cut in half lengthwise and seeds scooped out
- olive oil and salt

Cauliflower Rice

- 1 head of raw cauliflower, chopped into florets
- 1 tablespoon olive oil
- 1 sweet onion, chopped
- 4 stalks of curly kale, stem removed and chopped
- 1 teaspoon salt
- 1/2 teaspoon pepper

Garnish

- chopped roasted pecans, dried sour cherries or cranberries, and parsley

Instructions

1. Preheat oven to 400 degrees F.
2. Rub olive oil on squash halves and sprinkle with salt. Place cut side up on a baking sheet and roast for about 45 minutes-1 hour, or until soft throughout (you can test with a fork).
3. While squash is cooking, add cauliflower florets to a food processor and pulse until rice-like in texture. You may need to do this in small batches so you are not left with large pieces.
4. Add olive oil to a large pan and heat over medium heat. Once oil is hot but not smoking, add chopped onion, and cook until soft and translucent.
5. Add cauliflower rice and kale to the pan and stir. Cook for about 3 minutes more, or until kale is soft.
6. Spoon rice mixture into squash halves and top with chopped pecans,

dried fruit, and parsley.
Serve warm.

Maple Syrup & Apple Cider Vinegar Collard Greens

From yumuniverse.com

Maple Syrup & Apple Cider Vinegar Collard Greens recipe is one that is easy to prepare, and makes a great side dish for the holidays. (or ANY DAY!!) Check out the adaptations at the end of the recipe for a bunch of tasty ways to make the recipe the perfect fit for your main course.

Tongs (optional, but great for serving greens)

Ingredients:

30 large collard leaves
1/2 cup apple cider vinegar
1/2 cup grade B maple syrup
1/4 cup water
Pinch fine ground sea salt

Let's get started.

1. Wash and chop collards. If you like the crunch of the stems, you can leave them. I prefer to remove stems from collards before cooking. It's your call.

2. Place collards in a large pot and stir in maple syrup, apple cider vinegar, water and salt and bring to a boil over medium-high heat.

3. Reduce heat to a slow simmer and cook until liquid reduces completely. Serve warm.

Adaptations & Tips:

1. You can add more maple syrup and/or apple cider vinegar to taste as you cook down the collards. Just make sure that you wait until the liquid reduces almost completely, first—it's pretty sweet once reduced. If you add more, just cook until it reduces again. If you over sweeten, add more greens (they wilt quickly) until you get the balance you want.

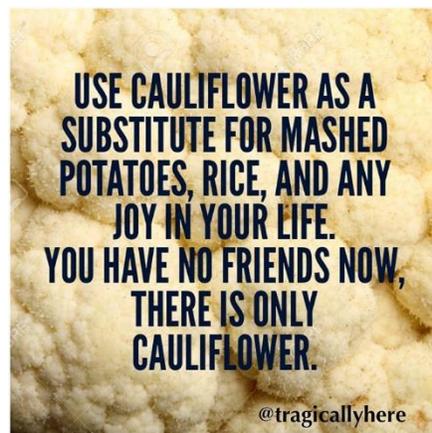
2. Sauté 1 diced yellow onion and fold into the greens as they cook. You can also add 1 clove minced garlic for extra flavor.

3. Before serving, sprinkle greens with toasted, chopped pecans.

4. 30 leaves may seem like a lot, but you may be surprised how they cook down to about a quarter of the original size.

5. Substitute kale or mustard greens with this recipe—just use about 50 leaves since each is about half the size of a collard leaf.

6. Add a few drops of Liquid Smoke, or use a smoked sea salt for a nice smokey, sweet flavor.



A little over the top I know...but made me giggle!!!

Slow Cooker Sweet Potato and Cauliflower Soup

yield 4 quarts

This Slow Cooker Sweet Potato and Cauliflower Soup is positively delicious and so easy to make.

Ingredients

- 2 lbs fresh cauliflower, roughly chopped
- 2 lbs sweet potato, peeled and cubed
- 1 quart vegetable broth
- 1 large onion, diced
- 5 cloves garlic, peeled

- 4 stalks of green onion, chopped
- 1 tsp dried thyme
- 1 tsp paprika
- 1/2-1 tsp red pepper flakes
- 1/4 tsp salt, or to taste
- 2 cups milk
- 2 oz cream cheese
- topping options:
- crumbled bacon
- chopped green onions
- freshly grated or shredded cheese
- homemade croutons or garlic bread
- red pepper flakes [for a kick!]
- hot sauce [for even more kick!]
- salt and pepper to taste

Instructions

1. Set your [5 or 6 quart slow cooker](#) to high and add cauliflower, sweet potato, veggie broth, onion, garlic, green onion, thyme, paprika, red pepper flakes, and salt.
2. NOTE: If the broth you're using is on the saltier side, feel free to skip the salt and simply add it in later, to taste. Same goes for the red pepper flakes - if you want a super mild soup you can always sneak some in later. I added a teaspoon of RPF to mine and it gave the soup a delightful little zing.
3. Cover and cook for 4-5 hours on high.
4. Once the veggies are fabulously tender, turn off the crock-pot and add your milk and cream cheese. Blend using an [immersion blender](#) [my favorite space-saving appliance ever!]