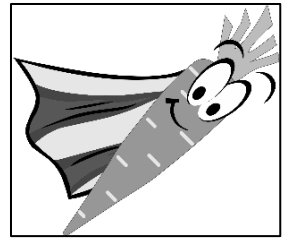


The Dreyer Flyer

A Weekly Harvest of Fantastic InFARMation



Harvest Week 20

Butternut
Parm-Mediterranean Spice
Broccoli
Peppers
Greening Apples
Corn

White Sweets
Arugula-Medium Only
Cucumber

Market Box

Butternut Squash
Broccoli
White Sweets
Wheat Berries
Walnuts
Griggstown 8 PC Chicken
Mozzarella or Curds
Griggstown Eggs

EVENT CALENDAR

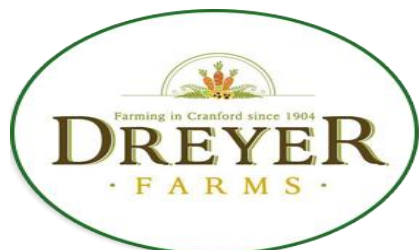
10/5 Trapeze Yoga

10/14 Art Show & light bites w/
wine of course

10/25 Tomasello & Nearly
NewYorkers Celebrate the Fall
Event with our vendors & music

11/2 Thanksgiving Dinner @
Dreyer Farms

11/9 The Great Pumpkin Plyoga
Event



Cranford Cure Diabetes 5K Sunday,
October 1, 2017 9:00am – across the
street at Nomehegan Park

!RUN WITH ME THIS SUNDAY!

AFTER COME & ENJOY DONUTS & CHOCOLATE MILK

**!!!THANKSGIVING
PREPARATIONS HAVE
BEGUN!!!!**



Me, Justine, Jess & John, hard at work planning YOUR Thanksgiving offerings and dinner!!

Ready to Enjoy

*It's hot, we used our ovens so you don't have
to!*

STUFFED SQUASH

Acorn & Butternut

ready to enjoy and super delicious

miso sweet potato and broccoli bowl

smittenkitchen

There's of course no reason to only use these vegetables, or to not swap in others, if you desire.

Serves 4

For the bowl

1 cup dried rice or another cooking grain of your choice
1 to 2 sweet potatoes (about 1.5 pounds)
1 large bundle broccoli (about 1 pound)
1 to 2 tablespoons olive oil
Coarse or kosher salt
Freshly ground black pepper
1 teaspoon white sesame seeds
1 teaspoon black sesame seeds

For the miso-sesame dressing

1 tablespoon minced fresh ginger
1 small garlic clove, minced
2 tablespoons white miso (the mildest kind)
2 tablespoons tahini (other nut butters can work in a pinch)
1 tablespoon honey
1/4 cup rice vinegar
2 tablespoons toasted sesame oil
2 tablespoons olive oil

Heat oven to 400 degrees. Place rice or grain and cooking liquid in a rice cooker or on the stove. Cook according to package directions.

Peel sweet potatoes and cut into 1-inch cubes. Cut tops off broccoli and separate into bite-sized florets. If your broccoli stems feel especially woody, I like to peel them (with the same vegetable peeler), then cut them into 1/2- to 1-inch segments.

Coat one large or two smaller trays with a thin slick of olive oil. Layer sweet potatoes on tray(s) and sprinkle with salt and pepper. Roast for 20 minutes, until browning underneath. Flip and toss chunks around, then

add broccoli to the tray(s), season again with salt and pepper, and roast for another 10 to 20 minutes, until broccoli is lightly charred at edges and sweet potato is fully bronzed and tender. Toss chunks around one more time if it looks like they're cooking unevenly.

In a small skillet, toast black and white sesame seeds until fragrant. (You can do this in the oven if using an oven-proof skillet.) Let cool.

While vegetables roast, prepare sesame-miso dressing: Combine everything in a blender and run until smooth, scraping down sides once. Taste and adjust ingredients if needed, but try to resist adding more honey if it tastes salty, as that extra pop of saltiness is exactly what I think sweet potato needs.

Assemble bowls: Scoop some rice/grains into each, then pile on the roasted sweet potatoes and broccoli. Coat lightly with sesame-miso dressing and finish with toasted sesame seed duo. Serve with extra dressing on the side.

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

Stuffed Sweet Potatoes

If you want the max nutrition benefit of these comforting potatoes, you must eat the skins! (I promise they'll taste good since they're rubbed with a little olive oil and salt.) Many of the nutrients in plants are concentrated in their skins and

peels, so eat them whenever you can. This goes for carrots, potatoes, beets, pears, apples!

Meatless meals often revolve around beans, grains, or tofu. When I cook meatless, I prefer to let the vegetables take center stage. There's so much you can do with fresh produce and a little creativity.



Broccoli & Walnut Stuffed Sweet Potatoes

Makes 5 stuffed potatoes

For the baked potatoes:

1 tablespoon extra-virgin olive oil

Sea salt, to taste

For the stuffing:

1 tablespoon virgin coconut oil or extra-virgin olive oil

1 cup broccoli florets, finely chopped

1/3 cup toasted walnuts, finely chopped

1/4 cup dried cranberries (preferably fruit juice sweetened), roughly chopped

1/2 teaspoon ground cumin

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

Sea salt and black pepper, to taste

Preheat the oven to 400 degrees F. Arrange the potatoes in a large glass baking dish. Prick each potato a few times with the tip of a knife. Rub with the olive oil and salt to taste. Bake for 50-60 minutes until tender when pierced with a knife.

When the potatoes are cool enough to handle, carefully cut off a slice from the top of each to expose the flesh of the potato. With a small spoon, carefully scoop the potato flesh into a mixing bowl, taking care to leave behind a 1/3-1/2 inch thick potato "shell." Baked sweet potatoes are more delicate than white potatoes, so work carefully.

Mash the coconut oil into the potato flesh. Stir in the broccoli, walnuts, dried cranberries, cumin, garlic powder, onion powder, salt, and pepper. Spoon the filling back into each potato shell, mounding it up as needed. (Can be prepared up to this point 1 day in advance. Cover and refrigerate. See below for freezing instructions.)

Cover the stuffed potatoes in the dish loosely with a piece of parchment paper. Return to the oven for 10-15 minutes to heat through.

To Freeze: Prepare the potatoes up through the point of stuffing. (Cool completely if they are still warm.) Place them in a freezer safe container in a single layer and cover tightly. Freeze for up to 2 weeks. To reheat, thaw the baking dish for 18-24 hours in the refrigerator. Bake, loosely covered with parchment paper,

at 400 degrees F for 25-30 minutes until hot.

Sweet Potato and Wisconsin Cheddar Cheese Curd Gratin

Serves 8 – 10 as a side dish

3 to 4 sweet potatoes, thinly sliced about 1/8 of an inch, approximately 4 to 5 cups worth
10 Wisconsin Garlic and Dill Cheddar Cheese Curds (plain cheddar curds are fine)
5 cups aged Wisconsin Provolone cheese, grated
2 cups whole milk
1 shallot, peeled and finely minced
1 tablespoon butter
Pepper to taste

Place a pot of salted water on a burner set to high for the sliced sweet potatoes. Waiting for it to come to a boil, get a separate saucepan on a burner set to medium and melt the butter. Add in the diced shallots and let them sauté until lightly browned. Slowly add in the milk and let the saucepan come back up to a low simmer, turning down the burner as needed. Sprinkle small handfuls of the shredded Provolone, stirring constantly to ensure the melting is as even as possible. Add pepper to season, as the cheese should provide enough of a salty flavor. When the cheese sauce gets to a loose consistency, enough to coat the back of a spoon, take it off the heat and set aside.

When the salted water is at a boil, add the sweet potato slices and stir to make sure they don't stick together. Cook for only a few minutes; the thin slices will cook fast, and they only need to be par-boiled, so the oven will finish cooking them. The slices will start to take on a slight golden color to let you know when they're starting to cook.

Remove from the heat and strain out the water.

Preheat the oven to 375 degrees Fahrenheit. When the potato slices are cool enough to handle, arrange in a casserole dish, fanned out like cards or slightly jumbled so there's spaces between the slices for the sauce to get into. Carefully pour the cheese sauce over the potato slices, and sprinkle the Cheddar curds over the top before putting the dish into the oven to bake. Bake for 15 to 20 minutes or until the curds melt down over the top and brown into a crust. Remove from the oven and let it set for a few minutes before serving.

Pesto Broccoli and Sweet Potato Casserole

– TWO WAYS!

Ingredients

- For the pesto:
- 2.5 cups basil leaves, packed
- 3 tbsp of pine nuts
- 1/4 cup of olive oil (if you like it thicker, less olive oil)
- 5 cranks of the sea salt grinder
- 5 cranks of the peppercorn grinder
- 1 large clove of garlic minced
- For the rest:
- 2 cups small broccoli florets
- 1 large sweet potato (350g), peeled, Blade C
- pepper, to taste
- 1/3 cup low-sodium vegetable broth

- 1.5 cups shredded mozzarella (optional)

Instructions

1. Preheat the oven to 400 degrees.
2. Place all the ingredients for the pesto into a food processor and pulse until smooth. Taste and just, if necessary. Pour half of the pesto out into a bowl and add in the broccoli. Toss until broccoli is coated with the pesto. Set the broccoli and remaining pesto aside.
3. In the bottom of the casserole, spread out a thin layer of pesto. Then, spread out a layer of the sweet potato rice. Then, add the broccoli. Then, add the rest of the rice to cover the broccoli. Drizzle the remaining pesto over the rice. Then, pour over the vegetable broth. Season with pepper. If using mozzarella, spread over in an even layer over the rice to cover. If you want to leave one half without MOZZARELLA-that's your 2nd way!!
4. Cover the casserole with tinfoil and bake for 40 minutes.

For Single Batch of Parmesan Mediterranean Roasted Squash:

1 acorn or butternut squash
3 Tbsp olive oil
1 Tbsp melted butter

1 Tbsp Parmesan Mediterranean Veggie Roaster seasoning

Preheat oven to 350°F. Cut squash in half lengthwise, remove seeds, then cut into half-

moon slices about 1/2-inch thick. Place in a single layer on a rimmed baking sheet. In small bowl, combine olive oil, melted butter and seasoning. Drizzle over squash slices and toss to coat all sides. Roast for 25 minutes or until tender, turning halfway through roasting.

Try this seasoning blend & recipe with potatoes and other root veggies... so yummy!

Each package makes three batches of Roasted Veggies.

Easy Squash Toast Appetizer Recipe

Make this easy appetizer recipe for the holidays! Squash Toasts paired with our Parmesan Mediterranean Veggie Roaster Seasoning add a lot of flavor without a ton of effort.

Ingredients

For: 10 people

- 3 tbsp olive oil
- 1 tbsp butter, melted
- 1 tbsp [Urban Accents Parmesan Mediterranean Veggie Roaster seasoning](#)
- 1 lb butternut squash, peeled and cut into 1-inch cubes
- 1/2 red onion, sliced thin
- 1 loaf sour dough bread, sliced
- 4 oz goat cheese
- 2 tbsp parsley, chopped

Preparation:

Instructions

1. Set oven 350 degrees. Mix together oil, butter and seasoning. Put squash and onion on a baking pan and drizzle seasoning

mixture. Mix until well combined. Roast for 25 minutes or until tender, turning halfway.

2. Turn up oven temperature to 400 degrees. On a separate baking pan, add bread and bake until brown. (about 5-7 minutes). Remove from oven and spread goat cheese onto each slice of bread. Top with squash mixture and sprinkle on parsley. Serve immediately.

What do you call a potato wearing glasses?



A SPEC-tator



Baked Pasta with Butternut Squash & Ricotta Cheese Pockets

ingredients:

- 1 Medium Butternut Squash, Peeled, Seeded, & Cut Into 1-inch Pieces
- 6 Tablespoons Olive Oil, Divided
- Salt & Pepper
- 4 Ounces, Pancetta, Finely Chopped
- 2 Garlic Cloves, Minced
- 2 (14 Ounce) Can Chopped Tomatoes
- 3 Tablespoons Chopped Basil

- 1 Cup Chicken Broth

For The Ricotta Pockets:

- 1 Cup Ricotta Cheese
- 3/4 Cup Grated Parmesan Cheese, Divided
- 1 Cup Shredded Mozzarella, Divided
- 2 Teaspoons Chopped Parsley
- 1 Pound Package Penne Pasta
- 8 Fresh Sage Leaves

directions:

1. Preheat oven to 375 degrees F.
2. Toss the diced squash in 3 tablespoons of oil and season with salt and pepper.
3. Spread the squash over a foil lined baking sheet and roast for about 20 minutes, or until tender when pierced with a fork.
4. Heat the remaining oil in a pot, and once it is hot, cook the pancetta over medium heat until it is no longer pink, about 5 to 7 minutes.
5. Add the garlic and cook until fragrant, 1 or 2 minutes.
6. Add the tomatoes, broth, basil, salt and pepper, then bring to a boil.
7. Reduce heat to a simmer, and cook until sauce has thickened, about 15 minutes.
8. While the sauce is cooking, bring a large pot of lightly salted water to a boil.
9. Cook the pasta for half the recommended cooking time, then drain.
10. Place the pasta and roasted squash in an ovenproof casserole dish.
11. Pour the sauce over the pasta, and stir to mix.
12. In a small bowl, mix the ricotta, 1/2 cup Parmesan, and half the mozzarella along with the parsley.
13. Use a spoon to make 8 indentations in the pasta and spoon in some of the ricotta mixture.

14. Top the casserole with the remaining Parmesan and mozzarella.
 15. Sprinkle the casserole with the remaining mozzarella and Parmesan cheese, then arrange the sage leaves on top.
 16. Bake the pasta in the preheated 375 degree F. oven for 20 to 25 minutes or until the casserole is lightly browned and bubbly.
- ### Sweet Potato Arugula Salad Recipe

This Sweet Potato Arugula Salad Recipe is packed with pistachios, sweet potato, feta cheese and a delicious honey Dijon vinaigrette that pairs deliciously with arugula.

Ingredients:

- 4-5 cups arugula
- 1 cup baked sweet potato (diced)
- 3 tablespoons Feta (crumbled)
- 2 tablespoons pistachios
- 3 tablespoons [homemade salad dressing](#)
- 2 peeled and quartered hard-boiled eggs
- Salt and fresh ground black pepper to taste

Directions:

1. In a large salad bowl, mix together the arugula, sweet potato, feta and pistachios.
2. Just before serving, add the homemade salad dressing and toss until all the ingredients are coated.
3. Then, place the eggs on top of the salad.
4. Season with salt and ground black pepper to taste.
5. Enjoy!

How to Make Roasted Squash Seeds

What You'll Need

- 1 1/2 cups squash seeds (raw, any squash variety)
-
- 1 3/4 tablespoons butter (melted or [olive oil](#))

How to Make It

1. Gather seeds from squash and place in a [colander](#).

2. Squash can be any variety in the season - acorn, butternut, and spaghetti are good varieties. Rinse thoroughly in a colander to remove any excess [squash](#).
3. Once clean, spread out in an even layer on a cookie sheet and allow to dry. Seeds can be patted dry, but roast much better when they are completely dry.
4. Preheat oven to 275 degrees. Toss dry squash seeds with salt and butter and place in a single layer onto a cookie sheet lined with aluminum foil.
1. Place in oven and bake for 15-20 minutes or until seeds are golden brown.
2. For a variety, other seasoned salts, such as garlic salt, can be used in place of regular salt.

BBQ Chicken & Sweet Potato Poutine

Ingredients

- 1 (20 oz.) package Alexia Sweet Potato Fries-OK!!! This was what THIS recipe CALLED FOR – Obviously I recommend using your White Sweets and making fries with them-then following this recipe- (I would bake the fries in an air fryer or oven not in a TON of oil)
- 2-3 c. cooked, shredded chicken
- 1 (10 oz.) package cheese curds
- 2 Tbsp. chopped purple onion
- 2 Tbsp. chopped fresh cilantro
- BBQ Gravy:
- 2 Tbsp. butter
- 2 Tbsp. flour
- 2 c. chicken broth OR ZOUP
- 1/2 c. barbecue sauce

Instructions:

1. Prepare fries according to package instructions.
2. While fries are cooking, prepare gravy by combining butter and flour in a small saucepan.
3. Cook, stirring, until butter is completely melted.
4. Stir in chicken broth and barbecue sauce; bring just to a boil, reduce heat, and simmer until thickened.

5. Arrange cooked fries on a large serving tray or individual plates.
6. Top with cooked chicken, cheese curds, onion, cilantro, and bbq gravy.

Creamy Dreamy Butternut Squash Turmeric Broccoli Soup - Vegan and Paleo

Ingredients

1. 2 cups butternut squash puréed
2. 1 cup of frozen or fresh broccoli florets
3. 1/2 tsp. turmeric - I love Flavor of the Earth brand
4. 1/4 tsp. black pepper
5. 1/4 tsp. dried or fresh parsley (cilantro/coriander would be nice too)

6. 1/2 an onion (left whole)*

Optional

1. 1 tablespoon of tahini or cashew butter (for extra creaminess)**
2. pinch of sea salt if you prefer a saltier flavor (just a dash!)

Instructions

1. First, put your broccoli in a colander and give it a good rinse. Add it to a pot with 1/4 cup water and bring to a slow boil.
2. As the broccoli starts to cook down and becomes softer, add the butternut squash. Stir to incorporate and leave the stovetop on high.
3. Add in the 1/2 an onion (leave it whole), and let it cook with the broccoli and butternut squash. It will add tons of flavor without using salt. (You could also chop it up and use it the same way, I just don't tolerate/digest onions well at all, so I use it this way to add flavor instead.)
4. Let the mixture cook uncovered on the stove on high for about 6 minutes. It will cook down a bit and the flavors will start to develop.
5. Next, add in the pepper, parsley, and stir in the tahini or cashew butter if using (this makes it super creamy!).

6. Turn the heat off and put the lid on the pot. Leave the pot on the burner for a minute to sit.
7. Remove the lid from the pot, remove the onion with a pair of tongs and discard. Pour the soup into a bowl and serve. If using sea salt, go ahead and add just a small dash now (I don't use any).

8. Enjoy!

Notes

1. *If you want to add chopped onion and even a clove of garlic, that would be great too. I don't tolerate garlic and onions very well, so I just let them cook with my soups and stews and then remove them before serving. This works great to add flavor but doesn't cause GI distress.

2. **You could also use Earth Balance buttery spread (vegan), or a dash of cashew milk instead of the cashew butter or tahini if you like. Any of these options will add a little creaminess and some healthy fats too.

Adapted from
HeatherMcClees.com

Stuffed Bell Peppers with Butternut Squash, Spinach, and Brown Rice

TheRoastedroot.com

Ingredients

- 3 in bell peppers cut half length-wise, insides removed (colors of choice)
- 3/4 cup [uncooked brown rice](#)
- 1.5 cups water
- 1 tablespoon [grapeseed oil](#)
- 1/2 cups large yellow onion finely chopped (about 2.5 chopped onion)
- 2 cups butternut squash peeled and chopped into 1/4" – 1/2" cubes (about half a small butternut squash)
- 2 tablespoons vegetable broth or water
- 2 teaspoons [ground cumin](#)
- 2 teaspoons coriander
- 2 teaspoons fennel seeds
- 1 teaspoon garlic powder

- 1-1/2 teaspoons salt or to taste
- 1 cup baby spinach roughly chopped

Instructions

1. Prepare your brown rice as it states on the package. I use a 2:1 ratio of water to rice, boil the water and let the rice simmer for 35 – 45 minutes.
2. Heat the grapeseed oil over medium heat in a large skillet. Add chopped butternut squash, stir to coat with oil, cover the skillet and cook for 5 minutes.
3. Remove the cover and add the 2 tablespoons of stock/water. Replace the cover, cook an additional 2 to 3 minutes. Add the yellow onion, cumin, coriander, garlic powder, fennel seeds and salt. Stir and sauté an additional 8 minutes until butternut squash is soft and all the water has evaporated.
4. When rice is finished cooking, add the rice and the chopped spinach to the skillet with the butternut squash. Stir well and set aside.
5. Preheat the oven to 400 degrees.
6. Cut the bell peppers length-wise, remove their insides and place cut-side down on a parchment-lined baking sheet. Bake in the oven for 5 minutes.
7. Remove peppers from the oven, allow them to cool and then flip them over (cut-side up) and stuff them with the stuffing, loading them up to the max (you may have a little leftover butternut squash stuffing).
8. Bake the stuffed peppers for 7 minutes then remove and serve with your favorite meal!

RECIPE NOTES

Note: You can add grated cheese on top of the stuffed peppers before you bake them for some extra deliciousness! I'd recommend jack or goat cheese.

Cheddar would work too