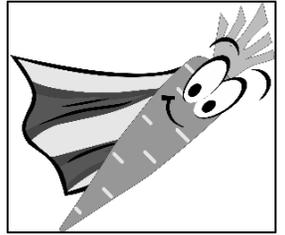


The Dreyer Flyer

A Weekly Harvest of Fantastic InFARMation



Harvest Week 22

Spinach

Broccoli

Empire Apples

Delicata Squash

(you can eat the skin)

Lettuce

Corn (last time ☹️)

Rainbow Swiss Chard

Fennel-Medium Only

Market Box

Delicata Squash

Ravioli

Rainbow Swiss Chard

Broccoli

Granola

Yogurt

Quinoa

EVENT CALENDAR

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

10/20 DJ/GLOW Stick Trapeze

Yoga

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



OUR FIRST EVER ART SHOW

The Dreyer Family has decided to publicly display their private works of art. Artists, utilizing various styles and forms as early as the 1960s to current day have painted their interpretation of the farm and we are so excited to share them with you-come see how beautiful the piece above truly is.

CRANFORD'S OWN-JULIE CASTILLO THE FEATURED ARTIST

SATURDAY OCTOBER 14TH FROM 5-7 PM

RAISING MONEY FOR AMERICARES



Here is Julie painting the farm

Tomasello will be doing wine tasting, and we will have a gorgeous array of delicious foods!

We are even working on a few new items special for this event

The Hungry Goddess' Roasted Delicata

Ingredients:

- Delicata Squash (1 squash makes enough for two)
- 1 tablespoon Olive Oil (or Coconut Oil)
- Salt and Pepper
- Mayonnaise or Vegenaise
- Sriracha

Directions:

Heat oven to 400F. Seed and cut Delicata Squash into half moon shapes. Lightly toss pieces in olive oil. Spread on baking pan, sprinkle with salt, and roast until brown on each side. First side took about 15 minutes and second side took about 10 minutes. Roast to your preferred level of browning.

Mix the mayo and Sriracha to your preferred level of spice. **Serve and Enjoy!**

Stuffed Delicata

mywholefoodslife.com

Ingredients

- 1 delicata squash
- 1/2 cup [quinoa](#)
- 1 1/2 cup [vegetable broth](#)
- 6-7 mushrooms diced (I used button mushrooms)
- 1/4 cup onion diced
- 1-2 garlic cloves minced
- 2 T [olive oil](#)
- 2 T [balsamic vinegar](#)
- 1/2 cup [slivered almonds](#) (you can chop whole almonds as well)
- salt to taste

Instructions

1. Preheat oven to 400.
2. Cut the squash lengthwise and remove the seeds.
3. Brush with oil and sprinkle with salt.
4. Roast the squash face down for about 20-30 minutes. You can tell it's done if you can

easily push a fork through the flesh.

5. In a small [saucepan](#), bring the quinoa and vegetable broth to a boil.
6. After it's boiling, turn down, cover and simmer until all the liquid is absorbed. Usually about 10 minutes.
7. In a large [saucepan](#), saute the mushrooms, onions, garlic and oil until they soften.
8. Then add the cooked quinoa, almonds and balsamic and saute for another 5 minutes.
9. Set aside and keep covered.
10. Once the squash is done, spoon the mushroom/quinoa mixture into the squash and serve immediately.

Notes-I found that the mushroom/quinoa mixture is awesome by itself as well.

Quinoa & Swiss Chard Cakes

Italianate.com

makes about 20 cakes

2 1/2 cups (more or less) cooked quinoa

1 1/2 lbs. swiss chard, washed and chopped crosswise into 1/2" ribbons, including stems, then boiled in salted water for about 10 minutes or until stems are soft. Shocked in cold water, drained and squeezed in small bundles

1/4 c plain bread crumbs (I accumulate stale bread pieces and let them dry out for a couple of weeks (or months), then process them into fine crumbs in the food processor)

1/2 c seasoned bread crumbs (Progresso is fine but my local

gourmet market, Citarella makes very fine seasoned crumbs)

1/2 c grated *parmigiano*

1/4 c chopped fresh parsley

1/2 tsp black pepper

1/2 tsp (or more) salt

2 large eggs

approx. 1/2 c olive oil for frying

Mix all ingredients except egg, then taste for salt. Add eggs, form into balls, then flatten each ball into a patty. Lay out on foil until ready to fry.

Gently place in pre-heated olive oil in broad nonstick skillet, then let fry for at least 3 or 4 minutes per side until golden brown. These are great hot, warm or cold. I generally fry the whole batch, eat some hot, then refrigerate or freeze the rest in foil. Although this evening, I served mine with the arugula, tomato and goat cheese salad in the opening photo, they're brilliant by themselves as a cocktail snack. (you can totally serve on your spinach!!!)

ROASTED DELICATA SQUASH WITH TURMERIC

from skinnytaste.com

INGREDIENTS:

- cooking spray
- 1 1/2 tablespoons olive oil
- 2 delicata squash, about 14 oz each, washed and dried
- 3/4 teaspoon kosher salt
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon garlic powder
- fresh black pepper, to taste
- chopped fresh cilantro, for garnish

1. Preheat oven to 425°F. Lightly spray 2 large nonstick baking sheets with oil.
2. Slice the squash in half lengthwise and scoop out the seeds with a spoon. Slice the seeded halves into 1/4-inch thick slices (half circles) and place them in a large bowl.
3. Drizzle the olive oil, salt, turmeric, garlic powder and black pepper, tossing toss well to coat. Lay flat on the prepared baking sheets and bake in the center of the oven until golden brown, about 10 to 14 minutes on each side. Remove from oven and top with fresh cilantro and eat right away.

EYESWOON ROASTED DELICATA SQUASH

2-3 delicata squash
 2 Tbsp extra virgin olive oil
 1 Tbsp maple syrup
 3/4 tsp salt
 pepper
 1/8 tsp hot red pepper
 2 Tbsp fresh sage
 2 Tbsp squash seeds

Rinse and cut squash crosswise, creating 3/4" disks. Use a spoon to core the seeds from each disk, removing from the center. Place disks on a roasting pan.

Save your seeds, wash and dry them.

Drizzle olive oil and maple syrup over your squash disks and toss.

Stack about 5-6 sage leaves (approximately 1 tablespoon) on top of one another, hold stack tight with your fingertips and cut thin slices through the leaves. Sprinkle sage, red pepper, and your seeds over the squash. Toss again.

Roast in a pre-heated 400-degree oven for 20 minutes, flip over to brown the other side, roast for 10 more minutes or until golden.

To finish, add the additional 1 tablespoon of thinly sliced sage slices and a sprinkle of Maldon sea salt.

Sautéed Broccoli and Corn Salad-from foodandwine.com

SALAD

- 1 1/4 pounds broccoli crowns
- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, minced
- 2 ears of corn, shucked (about 2 cups of kernels)
- 1/2 teaspoon chili powder

VINAIGRETTE

- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon kosher or sea salt
- Zest of 1 medium lemon
- Juice of 1 medium lemon (about 2 tablespoons)
- Fresh cracked black pepper, to taste

How to Make It

Cut the broccoli into bite sized pieces and set aside. Heat a large skillet over medium heat. Add the oil, then add the garlic. Cook the garlic for about 1 minute or until soft.

Stir in the broccoli and cook for about 2 minutes, or until broccoli is bright green. Stir in the corn and chili powder. Continue cooking for 3 minutes or until the vegetables are tender, and then remove from heat and set aside to cool to room temperature.

In a bowl, whisk together the vinaigrette ingredients.

After the broccoli and corn have cooled, toss with the vinaigrette and taste for seasoning. Season

with additional salt and pepper if desired and serve.

Orange Zest-from my love-DR OZ!!!

Juice up your day with America's favorite citrus fruit.

Ingredients

1 cup fat-free plain Greek yogurt
 Zest of one whole orange
 1 whole seedless orange, quartered (including the flesh, sections and pith)
 1/2 banana sliced
 1 Italian plum, pitted (or regular plum)
 Juice of whole lemon
 3 large chard leaves, deribbed
Blend ingredients together and enjoy!

Roasted Delicata Squash with Fennel

Ourstabletable.com

Ingredients:

- 2 delicata squash, de-seeded and sliced (no need to peel!)
- 1 large fennel bulb, cut in half and sliced
- 1/4 cup coconut oil, melted
- 1 tsp pink himalayn salt
- 2 tsp rosemary, chopped
- 1 tbsp fennel fronds (the soft, feathery green things that sprout out of the the fennel bulb)
- 1 tsp red pepper flakes (more for spicy)

Directions:

1. In a large mixing bowl, place fennel, delicata squash, and rosemary.
2. Add coconut oil, and stir quickly. Add salt and red pepper flakes and mix again.
3. Spread squash and fennel out on a large baking sheet, and try to get as many pieces to lay as flat as possible.
4. Bake at 400 degrees for 30 minutes, stirring once.

5. Remove from oven and garnish with a little more salt and fresh fennel fronds,
6. Eat immediately and enjoy!
Or save for later and mix up a salad with some quinoa, spinach, and dried cranberries.

Roasted Delicata Squash & Fennel Frittata w/ Herb Salad-kaleandcarmel.com

- 1 medium delicata squash
- 1 medium bulb fennel fronds reserved
- 3 tablespoons olive oil
- 1 teaspoon flaky or kosher sea salt
- freshly cracked black pepper to taste

frittata

- 12 large eggs
- 1/2 cup sour cream plus lots for garnish
- 1/4 teaspoon sea salt
- freshly cracked black pepper to taste
- 1 cup grated parmesan divided
- 1 tablespoon olive oil
- 1/4 cup minced shallot

herb salad

- 6-7 cups baby arugula-or swiss chard or spinach!!
- 1 tablespoon chopped fennel frond
- 1 tablespoon chopped fresh dill
- 2 tablespoons olive oil

herb salad dressing

- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon minced shallot
- 2 pinches sea salt

Instructions

1. Preheat the oven to 425°F and line a baking sheet with parchment paper. Trim and slice delicate squash lengthwise, then deseed and slice in 1/4-inch crescents. Thinly

slice fennel bulb, reserving fronds for the salad. Lay squash crescents and fennel on the parchment in a single layer, and drizzle with olive oil. Toss to coat evenly, then sprinkle with salt and pepper. Roast for 30 minutes, flipping halfway through. Remove and set aside to cool.

2. Reduce heat to 350°F.
3. In a large bowl, whisk eggs, sour cream, salt, and pepper until completely homogenous. Stir in 3/4 cup of the grated parmesan cheese.
4. Place 1 tablespoon of olive oil in a 12-inch cast iron skillet or other ovenproof frying pan, and swirl to coat bottom and sides. Add 1/4 cup minced shallot and sauté over medium heat until tender and beginning to brown.
5. Transfer the roasted squash and fennel to the pan. Pour in the egg mixture, and cook the frittata over medium heat, without stirring, until its edges begin to set, about 5 minutes. Sprinkle the top with the remaining 1/4 cup of parmesan cheese and transfer skillet to oven.
6. Bake the frittata until it's puffy and golden brown and the center is set, 22-25 minutes.
7. While the frittata bakes, toss the arugula, fennel frond, and dill in a medium bowl. Whisk together the dressing ingredients in a small bowl, and toss the salad,

with dressing to taste, just before serving.

Rachel Ray's Apple Crisp

Serves 4 – 6 (Recipe can be doubled for a 9" x 13" pan)

For the filling:

5-6 large apples (about 2+ pounds) (Granny Smiths and Empires are my favorite)

zest & juice one half of a lemon
1/4 cup granulated sugar
2 tablespoons flour
1 teaspoon cinnamon
pinch of kosher salt

For the topping:

3/4 cup flour
1/4 cup granulated sugar
1/4 cup plus 2 tablespoons brown sugar
1/4 teaspoon kosher salt
1/2 cup oats
1 stick cold butter, diced

Directions:

Preheat oven to 350 degrees. Peel and core apples and cut them into large uniform chunks. Place apples in a bowl and toss with lemon zest, lemon juice, granulated sugar, flour, salt and cinnamon. Transfer to either 5 one-cup ramekins or an 8" square baking dish.

For the topping:

Combine flour, sugars, salt, oats, and cold butter in an electric mixer with a paddle attachment. Mix on low speed for 2 minutes, until mixture is well combined and crumbly.

Spread evenly over fruit mixture and pat down slightly.

Place baking dish on a cookie sheet and bake for one hour, until top is browned and fruit is bubbly. (You can also refrigerate, covered, and bake later for 1 hour – 1 hour and 15 minutes. Serve warm with vanilla ice cream.