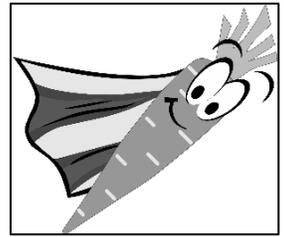


The Dreyer Flyer

A Weekly Harvest of Fantastic InFARMediation



Harvest Week 23

Brussel Sprouts
Honey Nut Squash
Winesap Apples
Cucumbers
Lettuce
Yams
Zucchini
Kale-Medium Only

Market Box

Griggstown Turkey Chili
Brussel Sprouts
Urban Accents Spice
Half Gallon Cider
or
Chocolate Milk
Zoup!
Yams
Zucchini
Carrots
1/2 dozen donuts

EVENT CALENDAR

10/20 DJ/GLOW Stick Trapeze
Yoga-THIS FRIDAY
(to sign up follow link for 10/15
email)

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



ARE THESE 7 WORDS & OR RULES PART OF YOUR WAY OF LIFE? I AM SURE I HAVE EITHER EMAILED THEM TO YOU OR REPEATED THEM IN THE DREYER FLYER. SOME THINGS MOST CERTAINLY BEAR REPEATING AND I THOUGHT THIS WAS APROPOS! IN JUST 4 MORE WEEKS, WE WILL BE LETTING YOU LOOSE INTO THE *NON CSA BOX - WORLD-YIKES!!!!* UNLESS, YOU WANT TO DO ANOTHER EXTENSION WITH ME? THIS YEAR THE THEME WILL BE ONGOING AND THAT THEME HAS BEEN- THE YEAR OF A BETTER YOU!!! WHAT BETTER WAY TO END 2017 & START 2018?

7 Words & 7 Rules for Eating

Pollan says everything he's learned about food and health can be summed up in seven words:

"Eat food, not too much, mostly plants."

Probably the first two words are most important. "Eat food" means to eat real food -- vegetables, fruits, whole grains, and, yes, fish and meat -- and to avoid what Pollan calls "edible food-like substances."

Here's how:

1. Don't eat anything your great grandmother wouldn't recognize as food. "When you pick up that box of portable yogurt tubes, or eat something with 15 ingredients you can't pronounce, ask yourself, "What are those things doing there?" Pollan says.
2. Don't eat anything with more than five ingredients, or ingredients you can't pronounce.
3. Stay out of the middle of the supermarket; shop on the perimeter of the store. Real food tends to be on the outer edge of the store near the loading docks, where it can be replaced with fresh foods when it goes bad.
4. Don't eat anything that won't eventually rot. "There are exceptions -- honey -- but as a rule, things like Twinkies that never go bad aren't food," Pollan says.
5. It is not just what you eat but how you eat. "Always leave the table a little [hungry](#)," Pollan says. "Many cultures have rules that you stop eating before you are full. In Japan, they say eat until you are four-fifths full. Islamic culture has a similar rule, and in German culture they say, 'Tie off the sack before it's full.'"
6. Families traditionally ate together, around a table and not a TV, at regular meal times. It's a good tradition. Enjoy meals with the people you love. "Remember when eating between meals felt wrong?" Pollan asks.
7. Don't buy food where you buy your gasoline. In the U.S., 20% of food is eaten in the car.

CREAMY ROASTED CARROT /ZUCCHINI SOUP

From greenvi.com

ingredients

- 3 small zucchini
- 10 carrots
- 1 small potato
- 1 clove of garlic
- 0,5 l water or vegetable stock (USE ZOUP!)
- thyme
- olive oil
- salt, pepper

Instructions

1. Preheat oven to 200°C. Peel the carrots and the potato, and cut them into bite sized pieces. Cut the zucchinis also into small pieces.
2. Place them on a baking tray and drizzle some olive oil, add the spices too. Roast them for 20-30 minutes.
3. Once they are ready put everything in a blender and blend until smooth. Add a little more water, if it would be too thick. Enjoy!

Zucchini and Squash Pasta with seasoned sweet potato mash and kale

Author: Kaylee Pauley

ingredients

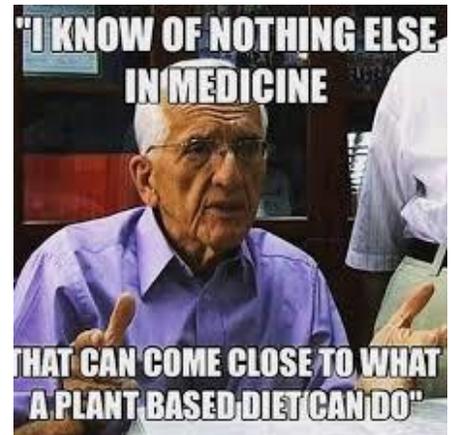
- 1 zucchini
- 1-2 summer squash
- 2 whole Carrots
- 1 large sweet potato
- 2 cups chopped kale

- ½ cup almond milk
- 2 tbsp feta cheese
- 1 garlic clove, minced
- 1 tsp chili pepper

Instructions

1. Use vegetable peeler to peel/shave zucchini, squash and carrots into a pasta consistency. If you have a mandolin, use it!
2. Chop kale into small pieces and mince garlic, set aside.
3. Cook sweet potato in microwave or peel, cube and boil on stove top until soft.
4. While sweet potato cooks, add all shaved vegetables to pan, spray with a little coconut oil nonstick spray and cook until tender (like pasta).
5. Once sweet potato is cooked, discard of any skins if left from microwaving, and mash well. Add in half of minced garlic, almond milk and ¼ tsp crushed chili pepper.
6. Once the shaved veggies are soft, remove from pan and set aside, add kale to same pan and cook until nearly crispy.
7. Add your seasoned sweet potato mash to your veggie pasta and stir until well combined. Dish the Sweet Potato Zucchini pasta out on each dish and top with cooked kale, feta cheese and remaining chili pepper - serve and eat!

This is Dr. T Colin Campbell-the author of The China Study, the guy that gave the talk at the VegFest:



SESAME PEANUT NOODLES WITH ZUCCHINI AND SWEET POTATO

I could eat peanut noodles every day of the week, so I love this version that offers extra vegetable goodness and far fewer calories than I'm sure are found in my favorite take-out. We keep it in the fridge and serve it chilled in the summer for quick lunches or a side for grilled meats or roasted salmon.

Author: Jess Smith via Inquiring Chef

Sesame Peanut Sauce:

- 1 Tbsp grated Fresh Ginger
- ¼ cup Sesame Oil
- ¼ cup Rice Vinegar
- ⅓ cup Soy Sauce
- 3 Tbsp Creamy Peanut Butter
- 2 Tbsp White Miso Paste
- 1 Tbsp Brown Sugar
- ½ cup Reserved Pasta Water (as noted in recipe)

Sesame Peanut Noodles:

- 8 oz Spaghetti
- 4 oz Sweet Potatoes
- (spiralized or sliced into ribbons, see note)
- 4 oz Zucchini (spiralized or sliced into ribbons, see note)
- 1/4 cup White Sesame Seeds
- 1/4 cup Crushed Peanuts, Roasted and Unsalted
- Cilantro sprigs, for garnish

Instructions

1. Bring a large pot of salted water to a boil.
2. While water boils, make sauce by whisking together ginger, sesame oil, rice vinegar, soy sauce, peanut butter, miso paste and brown sugar. Set aside.
3. Add pasta to boiling water and boil until tender. In the last minute of cooking, add sweet potato noodles so that both the pasta and sweet potatoes finish cooking together. (Sweet potato noodles only need to boil for 1 minute.)
4. When pasta is finished boiling, remove 1/2 cup of cooking water and add it to sauce.
5. Drain pasta and sweet potato noodles.
6. Toss pasta, sweet potato noodles and raw zucchini noodles in prepared sauce. At this point you can refrigerate the noodles for up to 3 days.

7. Serve noodles warm or chilled, sprinkled with sesame seeds and peanuts. Garnish with cilantro sprigs.

NOTES

Use any combination of wheat noodles and / or veggie noodles in this recipe as long as the total adds up to 16 oz. It is super easy to spiralize your veggies at home using a spiralizer or slicing them into ribbons with a peeler.

10 Health Benefits of... Sweet Potato



1. Calming for Stomach
2. Anti-inflammatory
3. Full of Nutrients
4. Healthy Heart
5. Boosts Immunity
6. Rich in Beta-Carotene
7. Good for Lung Functions
8. Detoxifying of Heavy Metals
9. Regulates Blood Sugar Levels
10. Easily Digestible (& Full of Fibre)

Coconut Chickpea Curry

Jessicainthekitchen.com

INGREDIENTS:

- 1 large onion, sliced into half rings
- 1 carrot, diced
- 3 celery stalks, diced
- 2 garlic cloves, minced
- 2 sweet potatoes, cut into 1/2-in cubes (or butternut Squash)
- 1 cup bone broth or good quality stock -USE ZOUP
- One 28-ounce can diced tomatoes
- 1 tablespoon curry powder
- 1 teaspoon sea salt (or salt to taste)
- 1/4 teaspoon black pepper

- 1/3 cup all-natural peanut butter (100% peanuts)
- 1 cup coconut milk
- 2 cups cooked chickpeas (or 15-ounce can chickpeas, rinsed and drained)
- 1 bag frozen artichoke hearts
- 1 16 oz. bag of chopped frozen spinach

DIRECTIONS:

1. Turn on your Instant Pot to Sauté setting. Add oil and add your veggies. Sauté stirring occasionally for about 5 minutes or so.
2. Add your curry, salt, pepper and garlic. Continue to sauté for another minute. Add bone broth, tomatoes, peanut butter, coconut milk, chickpeas, artichoke hearts and frozen spinach.
3. Turn Instant Pot setting to Manual and set for 25 minutes.
4. Use natural release and serve over your choice of grain. ENJOY

Simple Roasted Brussel Sprouts

Ingredients

- 1 pound Brussels sprouts
- 1 tbsp extra virgin olive oil
- 1/2 tsp ground black pepper
- 4 garlic cloves, thinly sliced
- 1 tbsp chopped fresh rosemary
- Salt to taste

Instructions

Mix 1 tsp of the oil, garlic and rosemary and set aside for 15-30 minutes.

In a bowl, mix the remaining oil, Brussels sprouts, salt and pepper. Spread the sprouts on a baking sheet in a single layer.

Preheat the oven to 400 degrees F. Roast the Brussels sprouts for 35 minutes. About 15 minutes into the baking, sprinkle the oil-infused garlic and rosemary over the sprouts and stir slightly to mix. Continue roasting.

Serve hot or cold. These are so delicious, I pop them into my mouth like candy.

HERE ARE WEBSITE REVIEWS ON YOUR **URBAN ACCENTS** BALSAMIC & ROASTED ONION VEGGIE SEASONING:

Without exaggeration, I refused to eat Brussels sprouts until I discovered this blend. My husband loves Brussels sprouts but from the time I was little I always assumed I was being punished when my mom brought out the sprouts for dinner. It became an on-going family joke and she would make them every Christmas and chide me when I wouldn't even take a bite. "I worked so hard making this meal and you don't even want to try".... blah, blah, blah! When I would finally take a guilt induced bite, it would just confirm my life-long disdain. It didn't matter that every year she would try a new recipe. Now we eat them once a week. No joke, my kids get

excited when they find out it's Brussels sprout day. Literally life changing. My mom is none too happy it wasn't her that made me finally embrace the sprouts. Worth it!!! Thank you for adding to our family's veggie repertoire.

I used this on roasted onions and apples with delicious results!!! Served with a Pork Tenderloin and it was fantastic.....will be trying on more veggies soon. Glad to have your Company making such great spice blends etc.....

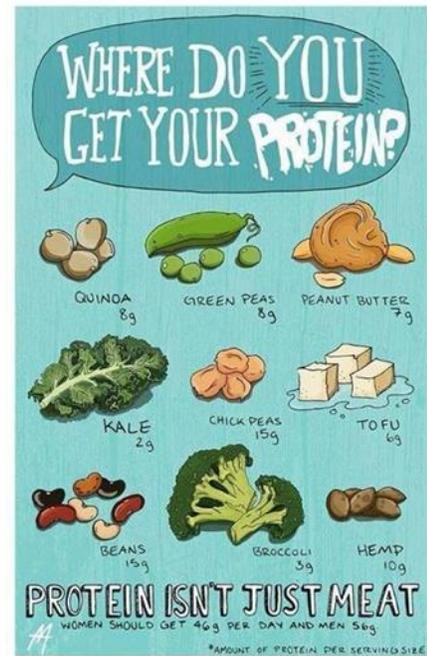
For Single Batch of Roasted **Balsamic & Roasted Onion Brussels Sprouts:**

- 1 lb Brussels sprouts
- 3 Tbsp olive oil
- 1 Tbsp melted butter
- 1 Tbsp Balsamic & Roasted Onion seasoning

Preheat oven to 350°F. Trim stem of Brussels sprouts and remove any yellow leaves. Cut in half and place in a single layer on a rimmed baking sheet. In small bowl, combine olive oil, melted butter and seasoning. Drizzle over Brussels sprouts and toss to coat evenly. Roast for 25-30 minutes or until tender and slightly charred, turning halfway through roasting.

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

Each packages makes three batches of roasted veggies



HEY FARM FRIENDS AND FELLOW YOGIS-

IF YOU WANT TO COME TO

DJ TRAPEZE YOGA

THIS FRIDAY

AND CAN NOT FIGURE OUT HOW TO SIGN UP PLEASE TEXT ME 908.477.0105...I HOPE TO BE HANGING WITH YOU!