

The Dreyer Flyer

A Weekly Harvest of Fantastic InFARMation (2 MORE weeks left!)



TIME TO ORDER

Ashley Turkeys
Thanksgiving Feasts
Dreyer Farms Pies
Forms by register or
online

Harvest Week 25

Zoup
Cauliflower
White Sweets
Lettuce
Butternut
Apple Cider
Apples

Market Box

Spinach
Mushroom
Pika Quiche
Butternut
White Sweets
Apples
Zoup

EVENT CALENDAR

PLYOGA 11/9
ExerciseOutsideTheBox.com
Or call
908.247.1594
Kids under 10 are FREE



Every year it sneaks up on you November 10th. Don't miss out because you KNOW we hate to say "NO" to our beloved CSA members. We must tell Aimee Ashley (**pictured with Bobby Flay below**) how many turkeys we need by 11/10 -Jess takes this part of the year very seriously. She even MAKES US wear turkey hats!!!! (ok, you know I love the hat) Order forms are available at the register & online!



Baked Buffalo Cauliflower wings

Make sure to coat your cookie sheet well with oil or they will stick.

Ingredients

- 1 head of cauliflower (approx. 4 cups of florets)
- 1/2 cup milk (for vegan: use water or almond or soy milk)
- 1/2 cup water
- 3/4 cup all-purpose flour (can sub gluten-free rice flour)
- 2 tsp garlic powder
- 1 tsp cumin
- 1 tsp of paprika
- 1/4 tsp salt
- 1/4 tsp ground pepper
- 1 cup frank's red hot sauce
- 1 tbsp butter (for vegan: use earth balance buttery spread)

Instructions

1. Line baking sheet(s) with parchment paper or grease very well with oil. Preheat your oven to 425-450 F depending on your oven.
2. Wash and cut cauliflower head into bite sized pieces/florets.
3. Mix the milk/water/flour and spices in a medium mixing bowl (set aside the hot sauce and butter for later). Mix until the batter is thick and is able to coat the cauliflower without dripping.
- 4.

5. Dip the cauliflower in the batter. You can do this one by one or in batches. shake off excess batter before placing cauliflower on the baking sheet. Lay the cauliflower single layer on the baking sheet.
6. Bake for 20-25 minutes until golden brown, flipping the florets over half way through to get all sides golden brown and crispy.
7. While the cauliflower is baking, get your buffalo wing sauce ready. In a small saucepan on low heat melt butter and mix in hot sauce. Remove from the heat just as it starts to melt. Stir together and set aside.
8. Once the cauliflower is done its first bake in the batter, remove them from the oven and put all the baked florets into a mixing bowl with the wing sauce and toss to coat evenly. Return cauliflower to baking sheet and bake in the oven for another 20-25minutes. Serve with ranch, blue cheese, or your favorite dipping sauce. Enjoy!

Notes

Recipe adapted from hotforfoodblog

From: foodiewithfamily.com (this blog takes their sweet potatoes seriously and I think they should bc there is nothing worse than a soggy fry of any kind!!! I know it is a long recipe but it is a keeper!!!)

Because there were so many brands of tasty bakeable sweet

potato fries in the freezer section, it seemed like it had to be possible to make them from scratch. I examined the backs of the bags of the brands I liked, used my previous experience as a professional slinger-of-pub-grub, made more than fifteen batches of sweet potato fries of varying degrees of success, but finally dialed in on a recipe that I'm confident will turn out crispy sweet potato fries every time! They're so irresistible that even my no-vegetable trio gobbles these up enthusiastically! I'm about to dazzle you with a breathtaking display of absolutely insane nit-picking detail on how to guarantee yourself crispy baked sweet potato fries. (she 'aint lyin')

How to Make Perfect Crispy Oven Baked Sweet Potato Fries

Take your time cutting your sweet potatoes to size. By size, I mean 1/4-inch by 1/4-inch by whatever length matchstick pieces. Yes, you do need to be particular about cutting them to size. It's better to err a little on the skinnier side than the fatter side if your knife work isn't your strong point. The best way to accomplish this is to cut a little piece off of one side of the peeled sweet potato so it can sit more securely on the cutting board. Cut lengthwise into 1/4-inch thick 'cards'. Then take each card and cut again into 1/4-inch thick matchsticks. I find it easier to do this -and far less frightening- by knife rather than by mandoline.

SOAK YOUR SWEET POTATOES. I'm not joking. We soaked the regular potato fries in cold water in every restaurant where I worked. I applied the same technique to sweet potato fries and it worked beautifully. It

draws the excess starch out of the sweet potatoes (or regular potatoes) which helps them cook through better to be crispy on the outside, tender on the inside without burning. **Don't skip this step or you'll be disappointed.**

- Line your sheet pans with heavy-duty foil (dull side up!) AND spritz them with non-stick cooking spray. I experimented with regular foil, heavy-duty foil, parchment paper, straight up nekkid pans, stoneware sheet pans, and silpat lined pans. Garden variety heavy-duty foil yielded my best results Don't skip THIS step or you'll be attempting to chisel sweet potato fries off of foil. If THAT doesn't deter you from skipping this step, I don't know what will.
- After draining, rinsing, and patting dry your soaked sweet potatoes, add two handfuls of them to a very large plastic bag along with 2 teaspoons of starch (*See Cook's Notes) and shake vigorously. You should keep as much air in the bag as you can so the fries move around like popcorn in an air popper. The idea is to get a whisper thin coating of the starch on the potatoes, not to COVER them in starch. In fact, when you dump them out into a bowl, you should have to look pretty closely to even see the starch on them. Too much starch makes the fries taste like starch rather than sweet potatoes. Ick.
- DO NOT ADD SALT BEFORE COOKING. In this particular case, adding salt before cooking yields limp, sad fries. You can get them plenty salty after baking them.
- Let's talk oil, shall we? Yes, I know we already spritzed the pans with non-stick cooking spray, but that's an insurance policy... that's not a crisping agent. Don't even think about

olive oil here. While it's super tasty, the temperature and duration of the cooking process will make olive oil billow smoke out of your oven before the sweet potatoes are even close to being done. (yaahhh I'm guilty of that!!) My favourite oil for the job is grapeseed, but if you cannot find it, canola or peanut should stand in well.

- Even if you fail to heed my super detailed advice anywhere else, DO NOT CROWD THE PAN. If I could type it a million times and not be obnoxious, I would. Science dictates that if you crowd a pan, your fries will automatically be soggy. How so? When you're 'crisping' these, you're releasing the moisture from them. You release the moisture by applying heat and allowing air to circulate in your oven. If you apply the heat but don't allow the air to circulate around them, the moisture will have no where to go and will sit there steaming around those fries. You want steamed sweet potato fries? Neither do I. Keep them spaced out, not touching as much as possible, and absolutely, positively only in a single layer.
- By the same token, don't crowd the oven. You don't want too much moisture releasing from too many sweet potatoes at the same time or you're essentially giving the pretty little things a nice sauna bath.
- Halfway through the baking time, you'll remove the pans from the oven to flip the fries. This is best accomplished by using a thin metal spatula or fish turner. It will have enough backbone to get under the fries and enough flexibility not to mangle them. When you flip them, be sure they land in a single layer not touching. You can adjust them with tongs if needed.

- Oh, and when you return the pans to the oven, rotate 'em from top to bottom AND front to back. The pan that started in the top part of the oven should end the cooking process in the bottom of the oven facing the opposite direction from which it started. This helps compensate for any hotspots your oven may have.
- (ok..it's me your CSA Director..this is a crazy recipe and the author is crazy but they do come out delicious...it may be a bit too much work for some of you but a good fry is ...hmmm...like...I have to say like art work..really, isn't it? I think so!!)
- Ready for something counter-intuitive? When your fries are done, prop the oven door open about halfway and let them cool on the pan for at least 10 minutes. Believe or not, unlike regular potato fries, these bad boys crisp up even more as they cool slightly. Troubleshooting Even with all this advice, you may find the first batch doesn't work out exactly the way you planned. (is she kidding!?!?? I can't imagine going through all this for nothing!!)
- If your crispy baked sweet potato fries are darkening too quickly, but still not cooked through to your liking, you may have an oven that runs hot. Conversely, if you feel like you're baking your fries FOREVER and they're not crisping, your oven may run a little cool. Get a \$5 oven thermometer from Walmart and pop it in there to see how accurate your oven's calibration is then compensate for it.
- If your fries are soggy and you've followed all of my advice, you may have a smaller oven than the one I tested my fries in and may have to bake them one tray at a time.

- Sadly, there are some bum sweet potatoes out there. It may be that you got one that was past its prime.

Cook's Notes:

- I didn't mean to be vague when I said to toss the fries with starch, but I had a little explaining to do. In a perfect world, the best, crispiest baked sweet potato fries are made with a blend of three powdered starches: cornstarch, brown rice starch, and tapioca starch in a ratio of 2:1:1. It's a lot easier to find the more unusual tapioca and rice starches now that gluten-free baking is more prolific, but if you can't source them, have an allergy to one of them, or just don't feel as compelled to get down and dirty with making the most perfect baked sweet potato fries ever, you can use all of one of the kinds. Cornstarch is the easiest to find, but health-food stores, well stocked grocers, and Amazon are great places to buy both tapioca starch and brown rice starch. If you are fortunate enough to be in possession of all three starches, whisk them together in a bowl or jar before adding to the fries.
- I like my guaranteed crispy baked sweet potato fries with a hint of spice. To get this, I add about 1/4 teaspoon (or more, depending on how sassy I'm feeling) of ground chipotle powder when tossing the fries with oil before cooking. This is, however, strictly optional. I'm convinced, though, that this is part of the reason that the three of my children who are vegetable-phobic love the fries. (It's me again...I think this is the longest recipe I have ever given you...you may want to embark on it with a nice cold beverage..if you know what I mean...OY, this is crazy...but DELICIOUS!!!)

Guaranteed Crispy BAKED Sweet Potato Fries

Ingredients

- 2 large sweet potatoes about 3/4 pound, give or take
- 4 teaspoons starch corn starch, tapioca starch/flour, brown rice starch/flour, or a mixture of any or all of them
- 2 tablespoons grapeseed, sunflower, peanut, or canola oil
- 1/4-1/2 teaspoon chipotle powder
- non-stick cooking spray
- salt to taste

Instructions

1. Peel the sweet potatoes and cut them into 1/4-inch by 1/4-inch matchsticks. Put them in a bowl and cover with cold, fresh water. Let them soak for 1 hour or up to overnight. Pour the water and sweet potato matchsticks into a colander, rinse with fresh water, then pat dry with paper towels. They should not be visibly wet, but they don't have to be bone dry.
 2. Preheat oven to 425°F.
 3. Line two half-sheet pans with heavy-duty foil and spritz lightly with non-stick cooking spray. Set aside.
 4. Add half of the sweet potato matchsticks to a very large plastic bag. Sprinkle 2 teaspoons of the starch over the potatoes, cinch the top (trapping as much air in the bag as you can when you cinch it) and shake vigorously to coat the fries. Empty the bag into a mixing bowl and use your hands to toss with 1 tablespoon of the oil and the chipotle powder (if using). Arrange the fries on the prepared pan in a single layer, not touching. Repeat with the remaining fries, starch, and oil. It is important to remember not to crowd the pans. If needed, you can always use another pan and bake another batch.
1. Arrange the pans in the oven so that one is in the top third of the

oven and the other is in the bottom third of the oven. Set the timer for 15 minutes. After 15 minutes, use a stiff metal spatula or fish turner to get under the fries and flip them over.

Remember to keep them in a single layer after flipping. Return the pans to the oven, rotating the pans from top to bottom and front to back. In other words, the one that started in the top third of the oven should end in the bottom third of the oven facing the other direction. Bake for another 10-15 minutes, or until they have browned and are cooked clean though.

2. Shut the oven off, prop the door open halfway, and let cool and crisp up further for 10 minutes before serving. Toss with salt to taste.

I think once you're done you will expect rainbows and unicorns to dance around in your mouth! Please tell me if you make this recipe if it was in deed thee best sweet potato fries you ever made if not..I AM SO SORRY I owe you a donut!!!

Sweet & Sour Cauliflower (it rhymes!!!)

<http://riseshinecook.ca/blog/sweet-and-sour-cauliflower-lets-not-sugar-coat-it>

INGREDIENTS

- 8 cups bite sized cauliflower florets (1 medium head cauliflower)
- 1/3 cup buckwheat flour
- 1/3 cup quinoa flour (or brown rice flour)
- 1 1/4 cups water
- 2 teaspoons garlic powder
- 1 red pepper, medium diced
- 1/2 cup canned pineapple chunks (juice reserved)
- 2 cups dry brown rice

Sauce

¼ cup reserved pineapple juice
2 tablespoons tomato paste
2 tablespoons apple cider vinegar
2 tablespoons brown rice vinegar
1 tablespoon + 2 teaspoons
tamari or Bragg's Seasoning
1 tablespoon agave
2 teaspoons hot sauce
1 ½ teaspoons arrowroot starch
1 garlic clove, minced
Garnish: sesame seeds, hemp
seeds or chopped parsley

INSTRUCTIONS

1. Preheat the oven to 375°F and line a large baking sheet with parchment.
2. The batter: In a large bowl add the buckwheat flour, quinoa flour, garlic powder and water and mix well using a spatula.
3. Add the cauliflower florets to the bowl and toss with the batter using the spatula. Be sure to get all the batter along the sides and the bottom of the bowl.
4. Transfer the battered cauliflower to the baking sheet and bake for 25 minutes. Remove from the oven flip and return to the oven for another 25 minutes. The cauliflower is done when they are soft and are easily pierced with a fork.
5. While the cauliflower is cooking sauté the vegetables and make the sauce and the rice:
 1. Cook brown rice according to directions or add 2 cups brown rice, 4 cups water and ½ teaspoon salt to a medium sized pot and cover. Bring to a boil then reduce to a simmer and simmer on low for

45-50 minutes.

Once cooked let sit for 5 minutes, covered.

2. In a medium sized pan sauté the red pepper and pineapple chunks until the red pepper is tender (about 5 minutes). Add water as is needed to prevent burning. Set aside.

Sauce/Assembly

1. Add all sauce ingredients to a blender and blend on high until smooth.
2. Transfer the sauce to a small saucepot and bring to a simmer, stirring constantly. The sauce will begin to thicken in 2-5 minutes. Once the sauce has thickened enough to coat the back of a spoon, turn the heat off and cover.
3. When the cauliflower is done, remove from the oven and transfer back to a large, clean bowl. Add the sweet and sour sauce and toss well. Add the sautéed red pepper and pineapple and toss again.
4. Put ½-1 cup brown rice on each plate, top with 1-1½ cups sweet and sour cauliflower and garnish with sesame seeds, hemp seeds and/or chopped parsley. Enjoy!

NOTES

- Cooking time will vary with different ovens, check often and remember that you should easily be able to stick a fork through each cauliflower bite. Crunchy cauliflower will compromise the quality of this dish.

- If you can't find quinoa or buckwheat flour, swap either (or both) for brown rice flour. The overall flavour will change but it still works well.

Cauliflower/Broccoli Poodle



Black Rice, Sweet Potato & Sunflower Seed Salad with Citrus Flax Vinaigrette

<http://riseshinecook.ca/blog/healthy-black-rice-salad--citrus-flax-vinaigrette-a-little-black-magic>

INGREDIENTS

1 cup uncooked black rice (will make about 3 cups cooked)
2 cups large diced sweet potato (peel on or off)
½ cup sunflower seeds
2 cups delicate lettuce (Boston lettuce, butter lettuce, or mixed baby lettuces), chopped into bite sized pieces

Citrus Flax Vinaigrette

¼ cup orange juice (juice of 1 large orange)
2 tablespoons cold pressed flax oil*
1 tablespoon balsamic vinegar
2 garlic cloves, minced
1 teaspoon Dijon mustard
¼ teaspoon Himalayan or sea salt

INSTRUCTIONS

1. Cook the black rice according to directions or add 1 cup to a small pot

- with 2 cups water and ¼ teaspoon salt, cover and bring to a boil. Once boiling, reduce to a simmer and cook on low for 45 minutes. Remove from heat and leave covered for 10 minutes. Then remove the cover, fluff with a fork and set aside until needed.
2. Meanwhile, preheat the oven to 400° F. Line a baking sheet with parchment paper and place chopped sweet potato on baking sheet. Bake for 30-35 minutes or until the sweet potato is tender and edges are golden brown. Remove from the oven and set aside.
 3. Now make the vinaigrette. Do this by adding all vinaigrette ingredients to a small blender and blend until smooth. You can also add ingredients to a small bowl and whisk by hand.
 4. Add the black rice, sweet potato and sunflower seeds to large bowl, add ¾ of the vinaigrette and toss. Taste, add remainder of vinaigrette if desired (I like to add it all).
 5. Lastly, add the lettuce and toss again. Divide among plates and garnish with additional sunflower seeds, orange slices or sprouts.
 - * Flax oil is rich in anti-inflammatory omega 3 fats and its buttery flavour works perfectly in this vinaigrette. However if can't source fresh flax oil, you can use extra virgin olive oil instead.
 - If you don't expect to use all the salad, set aside

leftovers before you add the lettuce. Some lettuces will wilt when left sitting in the acidic vinaigrette. Add lettuce to leftovers when ready to eat.

- Make sure the rice and sweet potato are cooled a little before assembling the salad, otherwise the heat from the cooked portion will quickly wilt the lettuce.

Blueberry, Buckwheat & Butternut Squash Muffin (Gluten Free, Vegan, Oil Free)<http://riseshinecook.ca/blog/a-healthy-gluten-free-muffin-for-fall-gluten-free-and-vegan-blueberry-buckwheat-and-butternut-squash-muffins>

- Dry
 - 1 cup oat flour
 - ½ cup buckwheat flour
 - ½ cup pumpkin seeds
 - ⅓ cup rolled oats
 - ¼ cup chopped walnuts OR sunflower seeds (for nut free option)
 - ¼ cup hemp seeds
 - 2 teaspoons baking powder
 - ½ teaspoon baking soda
 - 1 teaspoon cinnamon
 - ¼ teaspoon Himalayan salt

Wet

- 1 cup cooked and mashed butternut squash
 - ½ ripe large banana
 - ¾ cup unsweetened almond milk
 - ½ cup maple syrup
 - 1 flax egg (1 tablespoon ground flaxseed mixed with 2 tablespoons water)
 - 1 teaspoon vanilla
 - OPTIONAL: 1 tablespoon coconut oil
 - 1 cup fresh or frozen blueberries
1. Preheat the oven to 350°F.

2. In a large bowl mix dry ingredients (oat flour through salt) and mix to combine. Set aside.
3. Add all the wet ingredients to a blender and pulse 3-5 times until well combined but some texture remains. No blender? No problem! Simply add all ingredients to a medium size bowl and mash well until all ingredients are incorporated. **Note** - for oil free version omit coconut oil.
4. Add the wet ingredients to the dry, mix. Fold in blueberries.
5. Transfer the batter to a non-stick muffin pan. Bake for 26-28 minutes. The muffins are done when they are golden in colour and firm to touch, a toothpick inserted should come out clean. Let cool in muffin tin for 15 minutes then transfer to a cooling rack and let cool completely.

If you're going for the oil-free version of the recipe, the muffins won't stick if using a good non-stick pan. If you have an older muffin tin you can use muffin tin liners or rub the muffin moulds with a little coconut oil. If using a 6 muffin pan, cooking time might be slightly longer because the muffins are bigger (better!). Check at the indicated mark and return to oven for another 5-7 minutes. (cauliflower lamb)

