

Get Vocal About Local...

2017 Year of a Better YOU-
WEEK 26 11/7/17

The Dreyer Flyer



Carrot Crusader Fun Farm Fact... Kale is packed with over 900% your daily allotment of vitamin K, 659% of vitamin A, and (a comparatively-paltry-sounding) 14% of calcium. It's got more vitamin C than an orange

**Kale, Broccoli, Apples, Delicata Squash, Yams, Green Peppers, Spinach, Leek
Cottage Bacon-Medium Only**

Market Box

**Delicata Squash, Kale, Green Peppers, Onions, Grains, Eggs, Plymouth Cheese, Griggstown
Sausage**

Mark your calendars for our FINAL events:

Turkey & Pie Pre-Ordering-Turkey needs to be ordered by 11/12

Thursday November 9th PLYOGA- Join Happy Hour Fitness at Dreyer Farms at 7pm for a workout of Yoga and Plyometrics then come into the farm stand and enjoy a wine tasting and a light meal.

DECEMBER 2,3,9,10th -MARK YOUR CALENDARS Chef Nick of Nicola's Pasta Fresca is bringing his wood burning PIZZA TRUCK to the farm, so YOU can grab your holiday treats while he makes your delicious dinner to go. One of the best parts of this is that the box is also the plates...NO COOKING & NO CLEAN UP...you can even grab a bottle of VINO to go with it!

The 2018 CSA Season-The Year to Strive for Five

#1 We will be rolling over your account 11/11/17

#2 What does that mean?

If you LOVED your subscription and are totally in for 2018 you do not have to do anything, your subscription will roll over and if you have a valid credit card on file it will be charged on 12/11/17 (this is the same as last year) If there are any aspects of your membership you want to change like pick up day, share type or to update your credit card info simply log into your account and click on the Membership Updates Tab!

If you are unsure an DO NOT want to auto-renew you have 30 days to CANCEL your auto-renewal

#3What does The Year to Strive for Five mean? We are here to help you, encourage you, inspire you to maintain a FRESH healthy lifestyle. We know life has its ups and downs and no one is perfect (did I mention the cheese steak on Saturday?) But we want to be here to help you get back on track with gorgeous, healthy, vital nutrients found in our AWESOME produce!

#4Why? Better Health, community benefits, environmental improvements and most of all support the GARDEN state. Save The Garden State's farmland because according to the Department of Agri-culture- "NJ has lost a greater share of its agricultural land to development than any state-more than 25%"

SMOKED SAUSAGE SKILLET WITH PEPPERS AND FARRO

When you need a quick and delicious dinner, this smoked sausage skillet fits the bill. Use your favorite cooked grain or pasta.

- 1 Tbsp olive oil
- 1/2 lb. smoked sausage
- 2 bell peppers
- 1 yellow onion
- 15 oz. can diced tomatoes*
- 1/2 tsp dried oregano
- Freshly cracked pepper
- 2 cups cooked farro
- 1/4 bunch fresh parsley, chopped (optional)

Thinly slice the onions and bell peppers. Slice the smoked sausage into 1/4 inch thick medallions.

Heat the olive oil in a large skillet over medium heat. Add the sliced sausage and sauté until browned. Drain off the excess fat.

Add the sliced onions and bell peppers to the skillet. Continue to sauté until the onions are soft and transparent.

Add the diced tomatoes (with juices), oregano, some freshly cracked pepper, and the cooked farro. Stir until evenly combined and allow to heat through (5-7 minutes). Taste and adjust the salt if needed. Serve topped with chopped parsley.

RECIPE NOTES

*I used diced tomatoes that were flavored with onion, bell pepper, and celery. Plain diced tomatoes will also work, as will fire roasted diced tomatoes. Budgetbytes.com
Oprah's Favorite Things 2015
Oprah says her 63 picks for this year's Favorite Things "just might be the most versatile and fun ever."

Block Party

Gift Box of Six Artisan Cheeses
"Crafted, cut, and waxed by hand since 1890 by one of the oldest cheese-making operations in America, these raw cow's-milk cheeses are happiness

in a box. The six varieties include Sage and Herb, Garlic Peppercorn, and Hot Pepper." —Oprah (we have the boxes!)

Original Plymouth-red brick

The Original Plymouth recipe is precisely that: it is the original Coolidge-era formula that was discovered on a frayed scrap of paper, taped to the walls of the old Plymouth factory, and revitalized by founder Jesse Werner in 2009. Aged for one whole year, this cheddar is the most antiquated of the English varieties, an old-world recipe with a sharp, rich flavor profile that lingers, like a passed down story. It's a full-bodied cheese, rounded with the perfect balance of cream and tang, and said to be closest to what the settlers of the 1600s consumed. Original Plymouth is the signature granular curd cheddar recipe on which all the other varieties are based. And as the great spark ignitor of the whole Plymouth line, this raw heritage cheddar literally tastes like a walk back in time.

East Meadow-YELLOW BRICK

East Meadow is our sun-is-shining happy place cheese. With its buttery consistency, just enough kick and mildly sweet notes, this natural raw artisanal milk variety is a favorite among cheese-loving children—but equally mature enough for an elegant or casual grown-up picnic sprawl. Named for the East Meadow on Plymouth Notch where the factory still stands proud, our youngest sixty-day recipe is the smile-and-a-hug equivalent of a raw cheddar.

Hunter-BLACK BRICK

Hunter, our sharpest cheese, won't waste your time. It's the cheese that wants you to grasp the essence of what sharp cheddar means—with your soul. As the lactose content decreases during the two-year aging process, crystallization occurs, which makes its consistency more brittle to the bite. The result is a robust, mature, ivory-hued, no-nonsense sharp Vermont cheddar that would wear a plaid flannel shirt, chop your wood and build you a fire if it could.

Easy Crockpot Potato, Sausage & Greens Soup-adapted from myrecipes.com

- 2 cups sausage (can use any variety like piggery or griggstown)
- 4 large or 8 small red potatoes, sliced in half, and then sliced in half again
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 cup fresh kale

- 1 cup fresh spinach ,Swiss Chard, Kale OR Collards can be used
- 4 cups ZOUP
- 1 cup heavy whipping cream or whole milk
- 1 tsp olive oil
- Salt & Pepper, to taste

Optional Seasonings (use as much or as little as you'd like):

Garlic Powder

Onion Powder

Red Pepper Flakes

You could also add some cottage bacon

Directions:

1. Chop onions, potatoes and garlic and set aside
2. Turn crockpot on high and add in 1 tsp of olive oil to the bottom
3. Place onions, potatoes, and garlic in the crockpot
4. Pour in the broth over top of the vegetables
5. Add in sausage and greens (kale & spinach) and stir all together
6. Cook on high-heat for about 3 hours, or until potatoes are fully done
7. Simmer for another 10 minutes.
8. Turn to low heat and add in cream/milk and stir.
9. Heat through and serve.
10. Salt and pepper to taste.

Why do we love kale salads so?

Well, for one, dressed kale salads keep well in the refrigerator for a couple of days, unlike most salads made with more delicate greens. Since they store well, they are a great pack-for-lunch option. Actually, I dare say they are even better day 2!

Secondly, kale salads are packed full of nutrients and fiber thanks to the kale and complementary produce. Did you know that just one cup of kale offers over two times the amount of Vitamin A you need in one day? It's no wonder we feel fantastic after we eat a giant kale salad.

Last but not least, kale salads are perfect for when you're in the mood for a big meal but don't want to feel

weighed down afterward. They're especially great during the holidays—whether you've overindulged in cookies, burgers & dogs or just need a hearty option to offer vegetarians, kale salad is the answer

Here are his tips to making a great kale salad:

Remove the ribs: Regardless of which variety of kale you choose (they all make great salads), you'll first want to remove the tough ribs from the leaves. Use a chef's knife to slice out the stems or just pull the leaves from the ribs with your fingers. The ribs are too chewy and distracting to include in the salad, but you can chop them and sauté them later. Or feed them to your dog, if your dog will eat anything like Baxter!

Chop the kale: Then, you'll want to chop the kale into pretty small, bite-sized pieces. Eating kale salads made with pieces of giant kale is mighty awkward.

Sprinkle with salt: Next, transfer the kale to a serving bowl and sprinkle it lightly with sea or Kosher salt (salt helps cut the bitter flavor of kale). Of course, we prefer the S&P combo from Savory Spice called Tableside!

Massage the kale: Yes, this step sounds ridiculous, but it makes all the difference. Reach into the bowl with (clean) hands and start grabbing handfuls of kale. Scrunch, release, scrunch, release. Repeat until the kale is fragrant and dark green. This makes the kale less poky and more palatable. Kale is tough, so don't worry about damaging the leaves! This step should take 30 seconds or less.

Dress the kale: Drizzle in a bold dressing and massage that into the leaves so the kale is lightly and evenly coated with dressing (this is important!). Kale does particularly well with zippy dressings. If you've always followed the standard vinaigrette formula (one part vinegar to three parts oil), you'll probably want to up the ratio of vinegar for kale salads. I tend

to add a little more dressing to kale salads than other green salads.

Toss well: Now is the time to toss in additions like toasted nuts, grated/crumbled cheese and/or chopped raw fruits and veggies. If you have time, let the salad marinate for ten minutes before serving. Ta da!

ADD BACON: a little goes a long way. You can cook cottage bacon get it nice and crispy and make bacon bits a little adds a ton of flavor

Kale Apple & Radish Salad

Adapted from cookieandkate.com

Kale salad

- 8 ounces Tuscan kale or regular curly kale (one medium bunch)
- 2 apples diced
- 4 to 5 medium radishes, sliced thin and roughly chopped
- 2 ounces chilled goat cheese (or about 1/3 cup cup goat cheese crumbles)

Lemon honey mustard dressing

- 3 tablespoons olive oil
- 2 tablespoons lemon juice (about 1 small lemon)
- 1 tablespoon smooth Dijon mustard
- 1 1/2 teaspoons honey
- Sea salt and freshly ground pepper, to taste

Nutty granola "croutons"

- 1 cup old-fashioned oats
- 1/2 cup raw shelled pistachios (or walnuts or pecans)
- 1/2 cup whole almonds
- 1/2 cup raw sunflower seeds
- 1/4 cup raw sesame seeds
- 1 tablespoon fennel seeds
- 1/2 teaspoon fine-grain sea salt
- 1/4 teaspoon cayenne pepper
- 1 large egg white, beaten (optional, see note for vegans)
- 1/4 cup olive oil
- 1 tablespoon honey or agave nectar

1. To make the granola: Preheat oven to 350 degrees Fahrenheit. In a medium bowl, toss the oats, pistachios,

almonds, sunflower seeds, sesame seeds, fennel seeds, salt, and cayenne pepper. Stir in the beaten egg white, oil, and honey or agave nectar until well blended. Transfer mixture to a rimmed baking sheet and bake, stirring halfway, until golden, about 16-19 minutes. Let the granola cool on the baking sheet.

2. To make the dressing: In a small bowl, whisk together the olive oil, lemon juice, mustard and honey until emulsified. Season with a dash of sea salt and a generous amount of freshly ground black pepper.
3. To prepare the kale: Use a chef's knife to remove the tough ribs from the kale, then discard the ribs (or feed them to your dog!). Chop the kale leaves into small, bite-sized pieces. Transfer the chopped kale to a big salad bowl. Sprinkle a small pinch of sea salt over the kale and massage the leaves with your hands by lightly scrunching big handfuls at a time, until the leaves are darker in color and fragrant.
4. To assemble the salad: Drizzle in the salad dressing (you might not need all of it) and toss well, until all of the kale is lightly coated in dressing. Add the sliced strawberries & chopped radishes, then use a fork to crumble the goat cheese over the salad. Toss again, then sprinkle with a couple handfuls of granola. For best flavor, let the salad rest for 15 min before serving (this gives the dressing time to soak into the kale)

Crispy Kale Chips with Lemon & Parmesan

By Jennifer Segal

Servings: 2-4 as a snack

Ingredients

- 1 pound curly kale, leaves removed from tough stems and torn into large pieces
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon salt
- Lemon
- 3 tablespoons freshly grated Parmigiano-Reggiano

Instructions

1. Preheat the oven to 300 degrees. Line two baking sheets with aluminum foil.
2. In a large bowl, using your hands, toss the kale leaves with the olive oil until evenly coated. Arrange the kale in a single layer on the prepared baking sheets and bake for 25-30 minutes, until leaves are completely crisp but not browned.
3. While the leaves are still warm, sprinkle with Parmigiano-Reggiano, salt and a squeeze of lemon (go very easy on the lemon; a little goes a long way). Taste and adjust seasoning if necessary. Transfer to a platter and serve.

Cuban Black Beans w/ Kale

Healthygirlskitchen.com

Ingredients:

- broth, a few Tbsp
- 1 large yellow onion, diced
- 4 garlic cloves, minced
- 1 Tbsp grated fresh ginger
- 2 tsp chili powder
- 1 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp cinnamon
- 2 15 ounce cans black beans, undrained
- 4 cups finely chopped kale or other greens
- 2 Tbsp fresh lemon or lime juice

optional: hot sauce, to taste

- Place a medium pot over medium-high heat and coat the bottom of the pot with low sodium vegetable broth. When broth is boiling add onion and

stir. Cook for 5 minutes, stirring frequently.

- Lower heat to medium. Add garlic and ginger. Cook until onions are translucent, stirring frequently and adding more broth if necessary to prevent burning.

- Add chili powder, cumin, paprika and cinnamon. Stir.

- Add undrained black beans and stir. Mash with the back of a fork or a potato masher, leaving some of the beans whole.

- Add kale and stir. Lower heat to low and let simmer until mixture thickens. Stir in lime or lemon juice and hot sauce (optional) to taste. Cover until ready to serve.

Sausage, Pepper, Caramelised Onion and Spinach Quiche

confusedjulia.com

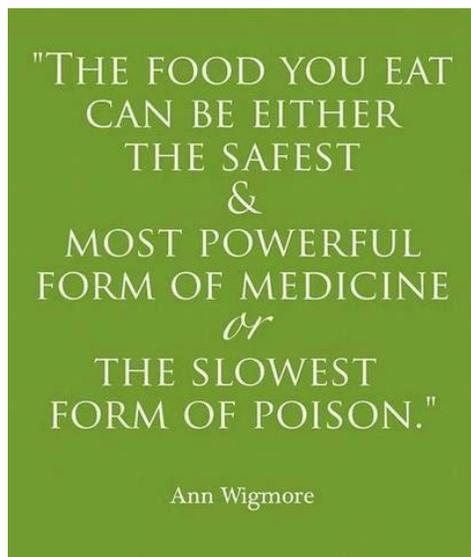
Ingredients

1. Store bought pastry crust
2. 1/2 white onion, sliced into strips
3. 1 tbsp butter
4. 2 sausages, pushed out of their skin (crumbled sausage patties can be substituted)
5. 3/4 cup red pepper, diced
6. 3 whole eggs and 3 egg whites
7. 1 cup low fat milk
8. 3/4 cup hard cheese, grated
9. Pinch salt and pepper

Instructions

1. Preheat oven to 200C (400F)
2. Roll the pastry crust into the base of a flan tin, pushing the pastry into all of the corners of the base. Prick the bottom of the base with a fork and set to one side.
3. Melt the butter in a small pan and add the sliced onions. Cook on a medium heat until browned, sticky and caramelised.
4. Meanwhile, cook the sausage in a heavy-bottomed frying pan until browned. Remove from the pan and remove any excess grease by patting the meat with some kitchen paper.

5. Using the same pan (adding a little oil or butter if necessary), cook the red pepper over a medium heat until softened. Remove from the pan and set aside with the sausage and onion.
6. In a mixing bowl, whisk the eggs and egg whites, milk and salt pepper until combined. Sprinkle in half of the grated cheese and mix well.
7. Line the bottom of your pastry case with the cooked sausage, pepper, onion and uncooked spinach and then pour over the egg mixture. Top the whole thing with the rest of the grated cheese.
8. Cook in the oven for 20 mins and then turn down the heat to 180C (350F) for another five minutes of cooking time.
9. Remove from the oven, allow to cool for a couple of minutes and then slice and serve.



Got Questions? Call me
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