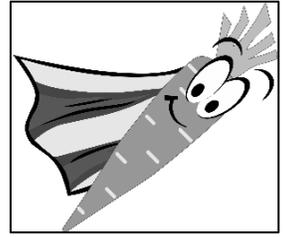


The Dreyer Flyer

Clean & Green in 2018...eating, la
ughing, moving & loving-



2018

Week #5

THE HARVEST

Small & Medium Shares

Yellow Squash, Broccoli,
Arugula, Cucumber, Turnips,
honey, donuts, lettuce, basil

BAM BOXS

Yellow Squash, Broccoli,
Arugula, Pastured Eggs, Goat
Cheese

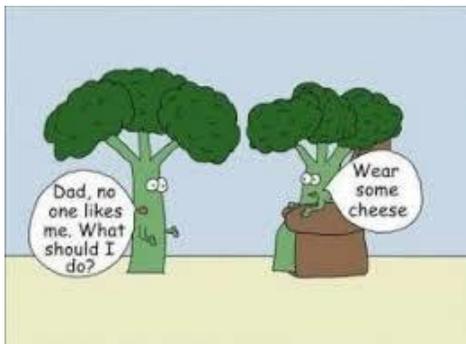
Market Box

Yellow Squash, Broccoli,
Arugula, Eggs, Beans, Goat
Cheese, Lettuce, Marinara

Something to chew on:

At 116, the world's oldest living
person loves eating eggs every
day

by A. Pawlowski / Oct. 31. 2016 /
3:39 PM ET / Source: TODAY
One year after a New York
supercentenarian revealed
she [ate bacon every day](#), the
Italian woman who succeeded
her as the world's oldest living
person is opening up about her
love of eggs — a daily part of her
diet for almost a century.



Food for thought-

Do you believe that when you eat good food you feel good? When you eat junk food you feel junkie?

Crack Broccoli

A beautiful plate.com

Ingredients:

- 1 and 1/2 pounds broccoli crowns (roughly 2 heads)
- 1/4 cup extra virgin olive oil
- 4 garlic cloves, pressed
- large pinch of dried red pepper flakes
- 1/2 teaspoon kosher salt
- 3 tablespoons raw, sliced almonds (with or without skin)
- 2 teaspoons freshly squeezed lemon juice
- 2 – 3 tablespoons freshly grated aged pecorino cheese
- zest of half a lemon

Directions:

1. Preheat the oven to 475 degrees Fahrenheit. **Note:** The high temperature ensures even and deep caramelization (and extra crispy, flavorful florets!). If your oven runs hot (you can check this by using an [oven thermometer](#)) or you prefer less crispy florets, you can reduce the oven temperature by 10 to 15 degrees Fahrenheit and adjust cooking time as necessary.
2. Line a sheet pan with aluminum foil. Trim any dry, tough ends of the broccoli crowns, leaving roughly 2-inches of stalk attached. Slice the broccoli into 1/2-inch-thick steaks, starting in the center of each broccoli crown and working out to the edges, reserving any small or medium florets that fall off for roasting. Slice any large remaining florets in half lengthwise.
3. In a large bowl, whisk together the olive oil, pressed garlic, and red pepper flakes. Add the broccoli steaks and toss gently until evenly coated. Arrange the broccoli, cut-side down, on the lined sheet pan, setting them apart slightly. Sprinkle with salt.
4. Roast the broccoli for 10 to 12 minutes. Remove the pan from the oven, flip the broccoli, and sprinkle the almond slices evenly across the sheet pan. Roast for an additional 8 to 10 minutes, or until the broccoli is evenly caramelized and fork tender, and the almond slices are toasted and golden.
5. Transfer the broccoli to a platter, toss gently with the lemon juice and top with the grated pecorino cheese. Garnish with fresh lemon zest. Serve hot or at room temperature (it also tastes great cold). Leftover broccoli can be stored in an airtight container in the fridge for up to 2 days.

Shaved Yellow Squash with Arugula, Goat Cheese and Pecans

Foodandwine.com

Paper-thin yellow squash imitates pasta when sliced lengthwise on a mandolin and tossed in olive oil with arugula and goat cheese. Pecans add wonderful texture.

GREAT TIP:

If you love the thought of using a mandolin but you love your finger and would miss them if they got sliced off...then buy a metal glove! PROBLEM SOLVED...I have a member that swears by this trick and says the glove was worth every penny!

Ingredients

- 3 medium yellow squash, sliced lengthwise paper-thin on a mandolin
- 8 ounces arugula
- 2 ounces toasted pecans
- 1 tablespoon red wine vinegar
- 2 tablespoons olive oil
- 2 ounces goat cheese
- Kosher salt
- Black pepper

How to Make It Step

In a large mixing bowl, toss the squash with the arugula, pecans, vinegar, oil, salt and black pepper. Top with crumbled goat cheese and serve

7 reasons dietary fat is good for you

1. Dietary fat contains more energy per gram than any other nutrient, so it's the most effective way to deliver energy to the parts of your body

that need it, like your brain.

2. Compared with protein or carbohydrates, fat has the lowest impact on insulin levels. Insulin spikes are what lead to energy crashes and weight gain. Insulin is the body's response to high blood sugar. You don't want your pancreas constantly pumping out insulin because it will get tired and give up on you. That's when diabetes happens.
3. Fat slows the absorption of carbohydrates, keeping blood glucose levels under control.[2] When blood sugar is high, so is cortisol, your body's main stress hormone. Circulating cortisol will keep blood sugar high and can contribute to inflammation and hurt your immune system.
4. Fat makes you feel fuller longer. You will actually eat less if you trade empty processed grains and sugar for quality fats.[3]
5. Quality fats often contain fat-soluble vitamins like vitamins A, D, E, and K. Eating fat alongside other nutrient-dense foods will increase the fat-soluble nutrients you absorb from them, too. That's why it's a good idea to eat fat at every meal, and especially with your vegetables. Good thing butter and veggies pair so well together.

Don't Fear the Fat: 7 Ways Fat Can Help You Lose Weight
By: DAVE ASPREY

Sautéed Turnips

Cook peeled and cut-up turnips and sliced garlic in olive oil in a large skillet until tender. (you can add your arugula and cook until wilted) Season with salt and pepper and a squeeze of lemon juice.

Roasted Turnips With Ginger

Peel and cut turnips into wedges. Toss with sliced fresh ginger, olive or avocado oil, salt, and pepper on a rimmed baking sheet. Drizzle with honey and roast at 400° F until tender.



Mashed Turnips With Crispy Bacon

Simmer peeled and cut-up turnips in boiling salted water until tender. Drain and mash with butter, salt, and pepper. Fold in crumbled cooked bacon and chopped chives; top with shaved Parmesan.

[Food: What the Heck Should I Eat?](#) This is a tasty and super-easy meal that can be on the table in less than 20 minutes. You can easily use 1 pound of chicken or beef in place of the tofu as well as different vegetables depending on what's in season
Ingredients:

- 2 teaspoons sesame oil
- 1 large red bell pepper, stemmed, seeded, and julienned
- 2 large broccoli heads (about 1 pound total), cut into small florets
- 1/2-inch piece fresh ginger, peeled and minced
- 1 pound non-GMO firm tofu, drained and crumbled
- 2 tablespoons wheat-free tamari
- 1 tablespoon rice wine vinegar
- 1/2 cup vegetable broth or filtered water
- 1 tablespoon arrowroot
- 2 tablespoons filtered water
- 1 tablespoon white sesame seeds
- 1/4 cup loosely packed cilantro leaves, roughly chopped

Step 1

Heat the sesame oil in a large skillet or wok over medium-high heat until shimmering. Add the peppers and broccoli, toss to combine, and cook, stirring occasionally, until soft, 3 to 4 minutes. Stir in the ginger and cook for 1 minute. Then add the crumbled tofu and stir until the tofu is well combined.

Step 2

Add the tamari, vinegar, and broth, and bring to a simmer. While the tofu cooks, combine the arrowroot with the water and pour the mixture into the pan. Stir well and simmer for another 2 to 3 minutes to allow the liquid to thicken.

Step 3: Divide the tofu among four bowls and serve immediately, garnished with the sesame seeds and cilantro.

This past weekend I had the honor and privilege of meeting Geneen Roth and participating in a workshop almost identical to the one described here and I can tell you it has changed me and I really wanted to share this with you guys!!

In my workshops, we do an exercise on paying real attention to food. Everyone gets a small cup containing two raisins, a corn chip, and a small piece of chocolate. Everyone looks at the cup. They look at me. They look back at the cup. "One corn chip? Are you kidding? I ate more than this when I was 2 days old," said a woman at one workshop.

Giggles and snickers.

"OK," I say, "I know this is a very small amount of food, but let me ask you: Do you remember the last time you actually tasted one raisin?" One woman says, "I've never eaten just one raisin. Raisins are meant to be eaten in bulk." Everyone nods their heads. Then we proceed with the exercise.

First they pick up the corn chip. They smell it. They look at it closely. They take a small bite and notice what the chip feels like in their mouths.

Then I ask them to comment on their experiences.

Most of them say things like: "Oh my God, I've been eating corn chips for 20 years and I never ever realized I didn't like them." Or "Wow! What I really want is the salt. The rest tastes like cardboard." We move on to the raisins, but we eat only one.

People say that they usually eat a hundred of them. A box of them. Several handfuls of

them. But if you are eating raisins by the handful, how do you know when you have had enough? How do you even know what a raisin tastes like if you are eating 90 of them at once? At this point, it's the bulk you are enjoying, not the taste of the raisin.

And then, oh then, comes the moment everyone has been waiting for: eating the Hershey's Kiss. They unwrap it. Suspense builds. I ask how many of them are certain they are going to like it. Duh, they say, this is chocolate we're talking about.

So they smell the Hershey's Kiss and then they pop it in their mouths and chew for a minute or two. This is a radical act, taking time with a piece of chocolate. Usually the one in our mouths is just a prelude to the next one and the next.

One woman says, "I can't believe this, but it tastes waxy. I don't like it, even though I've been eating these things for years."

Another woman says, "I've eaten many bags of these over the years, but I've never tasted just one. And when I taste one, I like it, and one is actually enough."

Then we talk about translating this exercise into real life, and all at once everyone stops liking me. No one really wants to abandon her old habits. You probably don't either. Right now I'm sure you're thinking, There's no way I am going to give up watching *Grey's Anatomy* with my friend, ice cream. But could you be persuaded to try if I told you that there's something better waiting for you if you give up the comfort of distracted eating?

For one thing, you'll rediscover the pleasure of food itself. You'll learn whether you actually like the food you've been eating in quantity for years. You may find that whatever food is in front of you might actually make you happy. (And that's the only reason to pay attention to what's on your plate — that it might help make you happy. That's all.)

When we take time with food, it has a chance to give something back — the flavor, the sensual feeling, a satisfaction we can savor. But if we are busy doing something else, we miss the whole experience. It is like being glued to your laptop while the sexiest story ever told is unfolding right before you on TV.

The truth is, you don't have to choose between watching *Pride and Prejudice* and eating. You can have both. You can watch and then you can eat. That gives you two chances for pleasure, not just one.

Why not act on your own behalf? Why not live as if you deserve all the pleasure? Because — and of this I am certain — you do.

www.geneenroth.com

© 2007 by Randy Glasbergen.
www.glasbergen.com



"I'm going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake."

Maybe we will get to the place we don't even want the lasagna because it doesn't make us feel good OR maybe we have less of it!

Cucumber Arugula Salad

Alanaspantry.com

Ingredients

- 5 ounces arugula
- 3 medium cucumbers, quartered horizontally, then cut into cut 1" pieces
- 2 tablespoons [olive oil](#)
- 1 tablespoon lemon juice
- 1/8 teaspoon [celtic sea salt](#)

Instructions

1. Combine all ingredients in a large bowl
2. Serve

Avocado, Tomato, Arugula Salad

Therecipecritic.com

Ingredients:

- 2 avocados, diced
- 1 cucumber, sliced
- 1-2 small tomatoes, diced
- 1/4 cup red onion, sliced
- 1 cup arugula
- 2 Tablespoons olive oil
- 2 Tablespoons lemon juice
- salt and pepper
- 1/4 cup feta cheese

Instructions

1. In a [large bowl](#) combine avocado, cucumber, tomatoes, red onion and arugula. Gently toss.
2. In a [small bowl](#) whisk the olive oil, and lemon juice. Add to the veggies and toss.
3. Serve with crumbled feta cheese.

Best Pesto/Seriouseats.com

- 4 medium cloves garlic
- Generous pinch coarse sea salt
- 3 ounces basil leaves (from about a 4-ounce bunch)
- 2 tablespoons (30g) pine nuts
- 2 1/2 tablespoons (1 ounce) grated Parmigiano Reggiano
- 2 1/2 tablespoons (1 ounce) Pecorino Fiore Sardo (see note)
- 1/2 cup plus 2 tablespoons (150ml) mildly flavored extra-virgin olive oil

Directions

Using a mortar and pestle, combine garlic and sea salt and grind to a paste.

Add basil leaves, a handful at a time, and grind against the walls of the mortar; it's easier to use a circular grinding motion than to try to pound the leaves with the pestle. Continue until all basil leaves have been crushed to fine bits and have released their green liquid.

Add pine nuts and gently crush with pestle, then work into a paste with basil and garlic.

Add both cheeses and continue to use pestle to grind into a paste.

Slowly drizzle in olive oil, working it into the pesto with a wooden spoon until incorporated. [Pesto can be served with pasta right away](#), or transferred to a jar or container, covered with a small layer of olive oil, sealed, and refrigerated overnight.