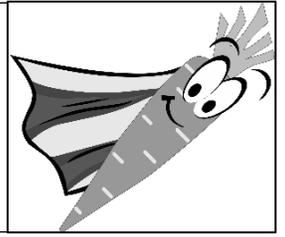


# The Dreyer Flyer

Clean & Green in 2018...eating, laughing, moving&loving-



**2018**

Week#18

.....  
**THE HARVEST**

**Small & Medium  
Shares**

Lettuce

Greening Cooking

Apples

Yellow Squash

Green Peppers

Radish

Scallions

Spaghetti Squash

Broccoli

Corn

**Market Box**

Lettuce

Corn

Onion & Pepper

2 lbs Griggstown

Ground Meat

Cheese

Sour Cream

Tortillas

Spice

Beans & Rice

**BAM**

Cabbage

Marinara

Griggstown Ground

Turkey

Onions

Green Pepper

## DREYER FARMS & YOU ME TRAPEZE FALL

2018

**!!!Athleta Discounts!!!**

**Shop while the store is open just for us**

**THEY OPEN AT 8.15**

This one hour event focuses on exploring & embracing new health methods that will compliment your current lifestyle.

Dreyer farms will educate you how to incorporate quick conscious recipes to nourish your mind and body. As YouMeTrapeze will support myofascial release, encouraging one's body to elongate and reduce back tension.

This event is limited to four alternating 15 minute sessions, open to 8 people per session, total of 32 people. Recommended to reserve your space online as space is limited.

Please bring your open heart & open mind for this first time complimentary event, we look forward to meeting you.

<https://clients.mindbodyonline.com/classic/ws?studioid=805230&stype=->

[7&sView=day&sLoc=0&date=09/15/18](https://clients.mindbodyonline.com/classic/ws?studioid=805230&stype=-7&sView=day&sLoc=0&date=09/15/18)

234 E Broad St/Westfield





# FARMACIST PRESCRIPTION

Dreyer Farms

813 Springfield Avenue

Cranford, NJ 07016

License No: 1904

Phone No: 908-477-0105

**Client Name:**

**CSA Member looking to mix up their workout routine**

**Prescription: a 15 minute yoga workout at Athletha this SAT**

- It's the most natural form of inversion therapy that lengthens the space between each vertebra. Think of it as an all-natural spine traction system or in simpler terms – what you need to reduce chronic low back pain!
- It supports and assists the body in deeper backbends that normally cannot be accessed.
- Helps build core and upper body strength through various movements.
- Allows you to get upside down, reverse your blood flow, send fresh oxygen to the brain, and be invigorated/inspired!
- Because we're a culture of sitting, our poor spines are constantly compressed which leads to all sorts of back pain – lumbar pain, herniated discs, pinched nerves, etc. The yoga trapeze helps create natural traction within the spine allowing it to lengthen and pull apart (instead of squishing together like normal).

**LOCAL**

**DATE:** Every Day

**REFILL: Breakfast / Lunch / Dinner / Snacks**

**Keep In The Reach Of Children**

**For Everyone's Use & Enjoyment**



Your Farmacist:

**Dawn Salerno**

Phone: 908-477-0105

Email: DawnSalerno@verizon.net

## **SLOW COOKER CABBAGE ROLLS-BAM BOXERS-this is your recipes for this upcoming week!!!!**

- 1 -1 ½lb [lean ground turkey](#) or 1 -1 ½ lb extra lean ground beef
- 2cups chopped [onions](#)
- ½cup chopped [green pepper](#)
- 3[garlic cloves](#), crushed
- ¼-½teaspoon [salt](#)
- ½teaspoon [pepper](#)
- ½teaspoon [thyme](#)
- 1small head [green cabbage](#), coarsely chopped
- 1(15 ounce) can [diced tomatoes](#), undrained
- ½teaspoon [sugar](#)
- 1(15 ounce) can [tomato sauce](#), can add another 8- 15 oz if you like more sauce

### **DIRECTIONS**

1. Spray crock pot with nonstick cooking spray.
2. Crumble the raw ground turkey (or beef) and spread along bottom of crock pot.
3. Add the onions, green pepper, garlic, salt, pepper, thyme and cabbage.
4. Pour the diced tomatoes over top.
5. Mix the sugar into the tomato sauce and pour over everything. If you like more sauce, add another 8-oz or 15-oz can of tomato sauce.
6. Cover and cook on low for about 8 hours or on high for about 4 hours.
7. When done, remove lid and stir to mix well.

## **Cheesy Stuffed Spaghetti Squash**

[www.lizshealthytable.com](http://www.lizshealthytable.com)

Spaghetti squash is my go-to winter squash because it cooks up quickly, and it's super versatile. My boys love the mild flavor and I love its endless dinnertime possibilities. You can top it with just about any combo of ingredients:

Beans, sauteed bell pepper, and gooey cheese for [Taco-Topped Spaghetti Squash Bowls](#)  
Meat-free crumbles, mushrooms, baby spinach, pasta sauce, and cheese for [Spaghetti Squash with Meat-Free Bolognese Sauce](#)

We've always loved twice baked potatoes, but I'm impatient and prefer the 40 minutes it takes to roast spaghetti squash vs. the hour-plus for potatoes. And as far as I'm concerned, the squash is just as versatile as potatoes, and for some kids it might also be more fun. Think, spaghetti!

A few words about cheese: I recently posted a spinach mac & cheese recipe, and I got pushback from a reader on the use of low-fat cheese.

For years, I've used low-fat cheese in most of the recipes here on Meal Makeover Moms' Kitchen. I am not a fan of fat-free cheese, because I don't like the way it melts (or shall I say, the way it does *not* melt). But I've always had great luck with low fat in terms of the flavor and meltability.

Cheese provides calcium, protein, a complex mix of fats, and a flavor kids (and adults) adore. While I typically cook with low fat, lately, I've been turning more and more to full fat. Yes, the calories are higher,

so when I use it, I use it in moderation. But I don't worry about its impact on heart health like I used to. A growing body of intriguing new research shows that the calcium, some of the fats, and the good bacteria in cheese (cheese is a fermented food) may protect against heart disease by lowering blood pressure and raising our body's good HDL cholesterol. I'm not talking about giant cheeseburgers here. Adding a small amount of luscious cheese to a diet rich in fruits, veggies (like spaghetti squash!), whole grains, nuts, and seeds is the goal.

Think, [healthy eating pattern](#). Dawn here...I think I like this girl Liz!!! At least on days I am not working on being a Vegan!

## **Cheesy Broccoli-Stuffed Spaghetti Squash Bowls**

I'm just a little bit obsessed with spaghetti squash. No, make that a lot obsessed. Spaghetti squash is easy to prepare and it's nutritious, providing fiber and potassium. Once it's roasted and shredded into strands, you can top it with just about anything. For this recipe, I chose cute little steamed broccoli florets, which boosted the vitamin C, gooey cheese for bone-building calcium, and super-flavorful basil pesto.

### **Ingredients**

- Two 1½ to 1¾ pound spaghetti squash
- 1 tablespoon extra virgin olive oil
- 4 cups small broccoli florets
- 1 cup + 4 tablespoons shredded part-skim or whole mozzarella cheese
- ¼ cup grated Parmesan cheese

- 1/4 cup prepared basil pesto

## Instructions

1. Preheat the oven to 400°F. Line a rimmed baking sheet with aluminum foil and lightly coat with nonstick cooking spray.
2. Carefully trim off the squash stems. Cut squash in half lengthwise, and use a spoon to remove the seeds. (To soften the squash first, poke a few holes into the squash, place on a microwave-safe plate, and heat in the microwave about 3 minutes.) Brush the insides of the hollowed out squash with the olive oil, and sprinkle with kosher salt and pepper.
3. Place, hollowed side down, on the prepared baking sheet. Place in the oven and bake until tender, 35 to 40 minutes.
4. While the squash is in the oven, steam the broccoli until tender, about 4 minutes.
5. Remove the cooked squash from oven and allow to cool about 10 minutes. Shred the cooked squash into spaghetti-like strands. Scoop the strands into a large bowl. Add the broccoli, 1 cup of the mozzarella cheese, Parmesan cheese, and basil pesto. Stir well to combine, and season with kosher salt and pepper to taste.
6. Scoop the mixture back into the empty squash bowls, and sprinkle the remaining 1/4 cup

mozzarella cheese evenly over the tops.

7. Place back into the oven until the mixture is heated through, about 10 minutes.

## Ingredients

- 1/4 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1 teaspoon chopped fresh dill
- 1/4 teaspoon salt
- 1/2 teaspoon freshly cracked black pepper
- 1/2 cup chopped red onion
- 1 large zucchini, cut in half lengthwise then into 1/4-inch slices
- 1 large yellow squash, cut into 1/2-inch cubes
- 4 radishes, cut into 1/4-inch-thick slices
- Add all ingredients to list

## Directions

1. Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
2. Whisk the olive oil, vinegar, dill, salt, and pepper together in a mixing bowl until evenly blended. Add the onion, zucchini, yellow squash, and radishes; toss until evenly coated. Spoon into an 8x8-inch baking dish, and cover with aluminum foil.
3. Broil in the preheated oven 10 minutes, then remove the foil, and continue broiling until

the vegetables are tender and nicely browned on top, about 10 minutes more.

## INGREDIENTS

- 3 medium apples, peeled, cored and diced
- 1 tablespoon lemon juice
- 1 tablespoon caster sugar
- 1/4 cup water

## CRUMBLE

- 1/3 cup plain flour
- 1/3 cup caster sugar
- 1/3 cup rolled oats
- 60g butter, chopped
- Ice-cream or whipped cream, to serve
- **Step 1**

Preheat oven to 180C/160C fan-forced. Combine apples, juice, sugar and water in small saucepan over low-medium heat. Cook, stirring for 3 minutes or until apple is slightly softened.

- **Step 2**

To make the crumble, combine the flour, sugar, oats and butter in a bowl. Use your fingertips to rub the butter into the flour mixture until the mixture resembles breadcrumbs.

- **Step 3**

Transfer apples into a 3 cup-capacity ovenproof dish, draining off most of the liquid. Sprinkle crumble mixture over the apples. Bake in oven for 20-25 minutes or until golden. Serve warm with ice-cream or whipped cream.