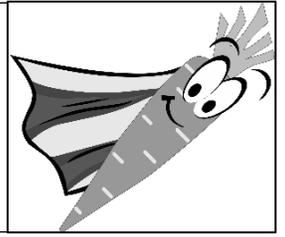


The Dreyer Flyer

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



2018

Week #19

.....
THE HARVEST

**Small & Medium
Shares**

Lettuce

Apples

Butternut Squash

Kale- Small Only

Cucumber

Beets

White Sweet Potato

Corn

Goat Cheese & Spice
for Medium Only

Market Box

2 Butternut Squash

2 White Sweet Potatoes

2 Kale

6 Corn

Zoup!

Pasta

Eggs

Cookies

BAM

Mini Pie

Tuscan Kale

Beets

Corn

Cucumber

edible
JERSEY



Did you pick up a FREE Copy of Edible Jersey
The Farm is FAMOUS

We are one of the feature stories!!!

Here is a quick a peek-

The gift of Jersey tomatoes is one that keeps giving for the Dreyer family, who started farming in Cranford in 1904. (For perspective, Las Vegas was founded in 1905.) Writer Kevin Nigel Watson profiles the history of this farm, nestled incongruously on a suburban street amid a neighborhood of backyard trampolines.

Today, the farm and market, run by the forward-thinking Jessica Dreyer, remains relevant, thanks in part to wine tastings, morning cider doughnuts and yoga in the field. See page 28.

As if that's not cool enough..check out The Rachael Ray Show this Tuesday (or you can check out her website after the show airs) to see The Wightman Farms Farm Stand Set with Rachael Ray and Dr. Oz...yes they are eating a Wightman Farms Peach

So-if you can come, we are host our first EVER Wightman Farms Yoga in the field with Three Birds Yoga, Athleta Fresh Press Juice Co (they have a Morristown location too!!!) If you are interested in coming Thursday September 20th at 9.30 please let me know the farm is in Morristown for the few of you who have not been there yet!

A light breakfast is included in the price and Athleta is doing raffles!!



FARMACIST

PRESCRIPTION

Dreyer Farms

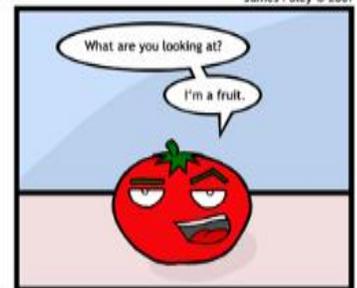
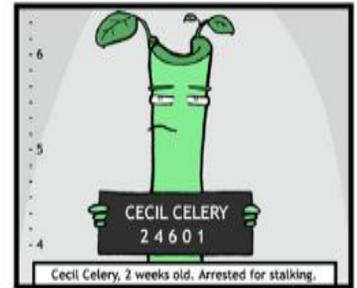
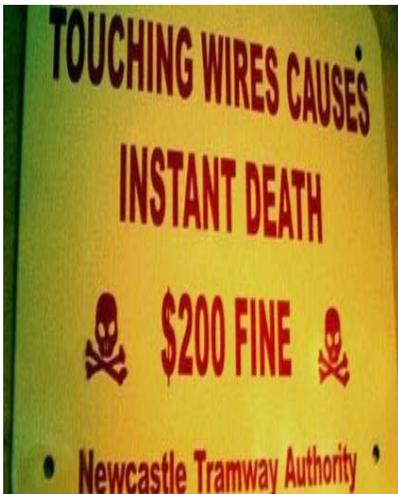
813 Springfield Avenue

Cranford, NJ 07016

License No: 1904

Client Name: Our Totally Amazing Member

Prescription: Laugh every day/read these real street signs and veggie puns



A man had a parrot that could talk. Unfortunately, it swore a lot. In an effort to get the parrot to be quiet, he put him in a cupboard. The parrot continued swearing and after a while the man decided to put the bird in the freezer. After that, the parrot started swearing even more. After a few minutes, he suddenly became quiet. The man opened up the freezer and the parrot said, "I'm sorry, sir, it will never happen again." As the man took the bird out of the freezer he wondered what the difference was between the cupboard and the freezer. Just then, the parrot said, "So, uh, what'd the chicken do?" What is a rabbit's favorite dance style??? HIP HOP How do you make an apple puff? Chase it around the garden! Do you have a great joke or maybe a fun video to share?? Please do!!

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

5 ingredient sweet potato brownies

- **author:** Simple Vegan Blog
- **prep time:** 10 mins
- **cook time:** 50 mins
- **total time:** 1 hour
- **yield:** 8

Sweet potatoes are perfect to make low-fat vegan desserts like this 5 ingredient sweet potato brownies.

ingredients

- 1 pound sweet potatoes (450 g)
- 1/2 cup raw almonds (75 g)
- 1/2 cup oats (60 g)
- 10 tbsp cocoa powder
- 6 tbsp coconut or cane sugar

instructions

1. Peel the sweet potatoes, chop them and steam or boil them until soft (about 25 minutes).
2. Preheat the oven to 355°F or 180°C.
3. When the sweet potatoes are cold, place the almonds in a food processor and blend them to make almond flour.
4. Add the oats and blend again.
5. Add the rest of the ingredients and blend one more time.
6. Place the batter into a baking dish and bake for 25 or 30 minutes. We recommend you to put parchment paper onto the baking dish. Baking time may vary depending on the oven you're using.
7. Let the brownies cool for at least 10 minutes and cut them into squares.

BUTTERNUT SQUASH SOUP INGREDIENTS:

To make this butternut squash soup recipe-from gimmesomeoven.com, you will need:

- **Butternut squash:** You can either use 1 medium-sized fresh butternut squash.
- **Carrot, apple and onion:** To add some extra sweet and savory flavors to the soup.
- **Vegetable stock and coconut milk:** For your broth. (We'll stir the coconut milk in at the very end.)
- **Garlic, sage, salt, black pepper, cayenne, cinnamon and nutmeg:** My favorite seasoning combo. If you don't have fresh sage on hand, feel free to use a pinch of dried. (And if you *do* have fresh sage, I also love to fry up a few extra leaves and use them as a garnish on top.) Also feel free to add more or less cayenne to taste.
- **Your choice of garnishes:** I like to drizzle on some extra coconut milk, maybe sprinkle of toasted pepitas, and a sprinkle of extra black pepper and/or smoked paprika. Mom's version called for sprinkling cayenne on top. Or I've included lots of other ideas for fun garnishes below.

SLOW COOKER BUTTERNUT SQUASH SOUP INSTRUCTIONS:

To make crockpot Butternut Squash Soup, simply...

1. **Combine your ingredients (minus the coconut milk) in a slow cooker.** Roughly diced — don't spend time perfectly chopping all of your ingredients. Feel free to use a large (6-quart) slow cooker or a small (3.5- to 4-quart) slow cooker.
2. **Cook until tender.** Generally, about 6-8 hours on low, or 3-4 hours on high. Then remove and discard the sage and add in the coconut milk.
3. **Blend.** Either use an immersion blender to puree the soup until smooth. Or you can transfer the soup in two batches to a traditional blender and puree it there. (Just be extremely careful blending hot liquids; you do not want the blender to be too full.)
4. **Taste and season.** Add extra salt, pepper and/or cayenne if needed, to taste.
5. **Serve and enjoy!** Garnished with any of your favorite toppings.

Quinoa Beet Kale Apple Walnut Goat Cheese Salad

Ingredients

- 1 cup quinoa
- 2 cups water
- 4 cups lacinato kale cut into strips
- 2 teaspoons extra virgin olive oil
- juice of half lemon
- a few dash of salt
- 1/2 pounds roasted beets chopped

1/4 cup dried cranberries
1 apple diced
1/4 cup toasted walnuts
4 ounces goat cheese crumbled
2 scallions chopped

Dressing

2 tablespoons flax seed oil
2 tablespoons extra virgin olive oil
2 teaspoons raw honey
1/4 cup unfiltered apple cider vinegar

1 teaspoon Dijon mustard

1 teaspoon prepared horseradish

1 clove garlic minced

1/2 teaspoon sea salt

1/4 teaspoon freshly ground black pepper

Instructions

Rinse quinoa and place in saucepan with 2 cups water. Bring to a boil, then reduce heat to medium low, cover, and cook for 15-20 minutes until liquid is absorbed. Whisk together dressing ingredients and add to cooked quinoa; let quinoa cool to room temperature.

Combine kale, olive oil and salt in a bowl and massage until soft, about 3-4 minutes.

When ready to serve, toss together quinoa, kale, beets, cranberries, apple, walnuts, goat cheese and scallions.

Recipe Notes

If cranberries are very dry, rehydrate them in hot apple juice or orange juice.

Butcher's Steak with Leafy Greens *c/o* CB and cooking.nytimes.com

Ingredients

- 1 1/2 pounds hanger, thick skirt or flat-iron steak
- Kosher salt and freshly ground black pepper
- 6 scallions
- 1/2 small bunch kale, Swiss chard, collard

greens or mustard greens, leaves and stems very finely chopped (about 2 1/2 cups)

- 1 garlic clove, finely grated
- 1/3 cup olive oil
- 1 tablespoon canola or grapeseed oil
- 1 lemon or lime, halved
- Flaky salt
- Potato chips (optional)

PREPARATION

Season steak well with salt and pepper and set aside.

Cut 4 of the scallions into 2-inch pieces; set aside. Finely chop remaining scallions and add to a medium bowl with kale, garlic and olive oil; season with salt and pepper. The mixture won't exactly be saucy yet, but as it sits the kale will soften and loosen up.

Heat canola oil in a large skillet over medium-high heat. Add steak and cook, without moving it, until deeply golden brown on one side, 3 to 5 minutes.

Flip steak and continue to cook until equally browned on that side, another 3 to 4 minutes.

Transfer salsa verde to a large plate, and place steak on top. Add remaining scallions to the pan, letting them sizzle in the leftover fat. Season with salt and pepper and cook until they're wilted and lightly charred, 2 or 3 minutes.

Roasted Butternut Squash Soup with Honey Pecan Butter

Vitamix.com

Ingredients

- 1 butternut squash, peeled, seeded, roasted
- 4 1/2 teaspoon butter
- 1 slice bacon, cooked, crumbled
- 1/2 onion, peeled, diced
- 3 cups (720 ml) chicken broth
- 1/4 cup (60 ml) heavy cream
- 2 Tablespoons orange juice

- salt and pepper, to taste
- 1 pinch ground nutmeg
- 1 1/2 Tablespoon pecans, toasted and finely chopped
- 1/2 Tablespoon honey
- 1 other parsley, for garnish

Directions

1. Preheat oven to 375° F (190° C).
2. Halve the squash and place it cut side down on an oiled baking sheet.
3. Bake for 45-60 minutes or until the squash can be easily skewered. Cool 20 minutes. With a spoon, remove seeds and discard. Scrape the pulp and reserve. Discard peel.
4. In a soup pot, melt 1 1/2 teaspoons butter over medium heat. Add the bacon and onions and cook, stirring occasionally, for 10 minutes or until the onions are soft. Add the squash and stock. Simmer for 30 minutes or until the squash falls apart. Cool 20 minutes.
5. Place 1/2 of the mixture into the Vitamix container and secure lid.
6. Select Variable 1.
7. Turn machine on and slowly increase speed to Variable 10, then to High.
8. Blend for 2-3 minutes. Repeat for the remaining mixture.
9. Strain into a clean soup pot and add the cream, orange juice, and nutmeg. Season with salt and pepper. Reheat as necessary.
10. In a medium-size mixing bowl, mash together the remaining 3 teaspoons butter, pecans and honey. Roll butter in plastic wrap into a cylindrical shape 1-inch (2.5 cm) in diameter. Refrigerate until it is able to be sliced.
11. Serve soup with a pat of butter.

Notes

If the soup is too thick, thin with additional water or stock.