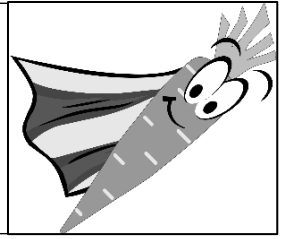


The Dreyer Flyer

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



2018

Week #20

.....
THE HARVEST

**Small & Medium
Shares**

Macintosh &
Honeycrisp Apples
Pumpkin Butter
Kirby Cucumbers
Arugula
Spaghetti Squash
Eggplant
Yams
Green Peppers

BAM BOXERS

Honeycrisp/Mac
Apples, Pumpkin
Butter & Arugula
AND granola!!!

**MARKET BOX
MEMBERS**

Spaghetti Squash
Arugula/Shallot
Pizza Doughs
Eggplant
BBQ Sauce
Harissa Sauce
Mint
Parsley
Honey

PUT THESE DATES IN YOUR CALENDAR



Saturday 29th 12-3 APPLE FEST!!!

We are sampling all things apple! Apple butter, apple cider doughnut ice cream, different apple varieties and more!

**Oct 4th Farm to Table Dinner &
Wine Education**

Sit Down and Dish the Dirt....Wine & Soil
Education at the Farm LIMITED
SEATING...this is going to be GREAT!! \$60pp
alcohol included in price.
call 908.276.1290 to RSVP

OCTOBERFEST

(Fall Vendor Night)

Oct. 11th 6:30-8:30pm

Our annual vendor tasting that you do not want to miss. This is when you get a chance to all hang out together and chat with the people behind the food! RSVP 908.276.1290

Did you know that we now make complete individual farm fresh dinners to go!??? Check the case they are amazing and are prepared by Chef Chris!



FARMACIST

PRESCRIPTION

Dreyer Farms

813 Springfield Avenue

Cranford, NJ 07016

License No: 1904

Client Name: Our Totally Amazing Member

Prescription: Try on a new way of eating! Yes..for just 7 days

Have you ever given up meat? How about dairy? How about sugar? Alcohol!? Chips? We all know the list is endless..the prescription this week is to try one of these..maybe something you haven't tried in a while or at all. Justine & I are recording a Vegan cooking demo with 2 fantastic CSA members! You may know them on the FB group...Erica & Lucy. We are pumped to work with them. We are doing it this Wednesday evening...maybe we will do a LIVE FB event!! Because Erica & Lucy are so inspiring I am committing to the Vegan thing....AGAIN....I will always aspire but not sure if I want to go all the way. If you can't give up anything, then consider adding. Maybe a fermented food, try these probiotic-rich foods for gut health. The good bacteria may improve digestion, boost immunity, promote a healthy weight and more.

Sauerkraut. Sauerkraut is good for more than just topping a hot dog. ...

- *Kimchi. Sauerkraut's Korean cousin, this fermented cabbage dish is spicy, Kefir, Kombucha, Miso, Tempeh, Yogurt. From eatingwell.com*

Or you can always just DRINK MORE WATER!!!

Drinking Water Helps Maintain the Balance of Body Fluids. Your body is composed of about 60% water. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature. From webmd.com

LOCAL

DATE: Every Day

REFILL: Breakfast / Lunch / Dinner / Snacks

Keep In The Reach Of Children

For Everyone's Use & Enjoyment



**Your Pharmacist:
Dawn Salerno
Phone: 908-477-0105**

Spaghetti Squash with Mushrooms

happykitchen.rocks.com

Easy and delicious roasted spaghetti squash with mushrooms made with 9 simple ingredients. Great vegetarian and gluten-free dinner recipe ready in 1 hour from start to finish!

Cuisine American

Prep Time 5 minutes

Cook Time 55 minutes

Total Time 1 hour 50 minutes

Servings [2](#)

Ingredients

- 1 medium-sized spaghetti squash
- 1 head garlic
- 2 tablespoons olive oil divided
- salt and freshly ground [black pepper](#)
- 1 medium-sized shallot
- 300 grams or 10 oz mushrooms
- 1 tablespoon chopped sage + fresh sage to garnish
- 120 ml or 1/2 cup crème fraiche or sour cream
- 3 tablespoons milk
- 50 grams or 1/2 cup shredded Parmesan cheese (or any other hard cheese), divided

Instructions

1. Preheat the oven to 200 °C or 400 °F. Cut the spaghetti squash lengthwise in half. Scrap the seeds with a spoon. Cut the tip off the garlic head, exposing the ends of the cloves, so that it's easier for you to peel them later. Drizzle the garlic head with a bit of olive oil, sprinkle with salt and pepper and wrap in foil. Grease the backing form with a bit of olive oil and place the

squash halves cut side down. Roast the squash and the garlic for about 40 minutes, until the squash is tender when pierced with a fork.

2. Meanwhile, prepare the stuffing. Finely chop the shallot and slice the mushrooms. I used crimini "brown" mushrooms, but you can use any kind of mushrooms you have at hand. Sauté [shallots](#) in a lug of olive oil in a skillet over medium heat until translucent. Add mushrooms and chopped sage and cook until golden brown, about 7 minutes, and set aside. In a bowl, combine crème fraîche with a bit of milk, then add shredded Parmesan cheese, [saving](#) a bit for the topping, and a bit of salt and pepper. Add mushrooms once they are cooled. Peel the roasted garlic and mash it with a fork. Add to the stuffing.
3. When the spaghetti squash is ready, scrape the flesh into strands using a fork. Remove about 1/3 of the strands from each boat. Place half of the stuffing into each boat and top with the rest of shredded Parmesan cheese. [Bake](#) for 10 more minutes, until the cheese is melting. Season with salt and pepper to taste and garnish with fresh sage. Enjoy!

crispy eggplant + harissa flatbread recipe

serves: 4-6

1 pizza dough
1/4 cup of harissa (you can buy this! or if you have the time you can make it from scratch it last a long time so it may be worth it if you like it!)
1 small eggplant
1 shallot
1/4 cup extra virgin olive oil, divided
2 tbsp raw honey or agave nectar
4 cups baby arugula
big handful of mint leaves
big handful of parsley leaves
squeeze of lemon juice
salt + pepper
1 tbsp dukkah spice (optional)
Preheat the oven to 400 degrees F.
Rip a piece of parchment big enough to fit the sheet pan you want to use. Lay it on the counter and begin rolling out your dough on top of it. Aim for a 10-11 inch circle, about 1/3 inch thick. Transfer the dough and parchment to your sheet pan. Apply the harissa to the dough evenly.
Trim the ends off of the eggplant and slice it into thin rounds. Arrange the rounds on the dough.
Peel and trim the shallot. Slice it as thin as you can. Scatter slices on top of the eggplant. Drizzly the top with 2 tablespoons of the olive oil. Season liberally with salt and pepper. Slide the sheet into the oven and bake for 20 minutes, or until the bottom seems brown and crisp and the eggplant has shrivelled up a bit. While the flatbread is baking, place the arugula into a medium bowl. Roughly chop the mint and parsley and add to the bowl as well. Drizzle the remaining olive oil onto the

greens, add the squeeze of lemon, season with salt and pepper and toss to combine. Once the flatbread is removed, drizzle with the honey or agave nectar. Cut flatbread into slices. Scatter the greens and herbs on top of the slices and sprinkle dukkah spice all over the greens. Serve warm or at room temperature.

BBQ Spaghetti Squash

Pizza

oshelikesfood.com

INGREDIENTS

- 1 ball of pizza dough or pre-made pizza crust, gluten free if necessary
- 1 small spaghetti squash
- 1/2 teaspoon olive oil
- Salt
- Black pepper
- 3/4 cup BBQ sauce
- 1 cup shredded cheese, I used a mix of white cheddar and smoked gouda
- Small handful thinly sliced red onions
- Fresh cilantro leaves for topping

INSTRUCTIONS

1. Cut the top off of the spaghetti squash, cut in half, lengthwise, and scoop out the seeds. Scrape the meat out of the squash with a metal spoon. It will come out in small pieces and you should get about 1 1/2 – 2 cups. Heat a large skillet over medium heat and add olive oil, spaghetti squash and a pinch of salt and pepper. Cook spaghetti squash until tender and cooked through, 10 minutes.
2. Pre-heat oven to required pizza dough temperature. Pre-cook pizza dough if necessary.

Spread the BBQ sauce on the pizza crust in an even layer and sprinkle on a small handful of cheese. Next, top with spaghetti squash, the remaining cheese and the red onion. Bake pizza until crust is cooked through and cheese is melted. Top with fresh cilantro leaves just before serving

Eggplant Meatballs with Spaghetti Squash

Tasty.com

- 2 eggplants, cubed
- 1/2 onion
- 3 garlic cloves, minced
- oil
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/4 cup fresh basil, chopped
- 1/4 cup fresh parsley, chopped
- 1/2 cup vegetarian parmesan cheese
- 1 cup bread crumbs
- 1/4 cup whole milk ricotta cheese
- 1 teaspoon dried oregano
- 1 egg
- 14 oz marinara sauce, 1 jar

SPAGHETTI SQUASH

- 1 spaghetti squash
- oil
- salt, to taste
- pepper, to taste

Preparation

1. Preheat oven to 375°F (190°C).
2. Combine eggplant, onion, garlic, oil, salt, pepper, and oregano on a baking sheet. Bake for 30 minutes, mixing halfway.

3. In the bowl of a food processor, combine eggplant mixture, basil, parsley, Parmesan, bread crumbs, ricotta, oregano, and egg, and blend until smooth.
4. Roll the mixture into golf ball-sized balls. Transfer to a cast iron pan spacing them about 2 inches apart from each other. Bake for 20 minutes.
5. On a baking sheet, cover spaghetti squash with oil, salt, and pepper, add to oven and bake for 40 minutes.
6. Remove meatballs, add marinara sauce, and return to oven for 10 minutes.
7. Remove spaghetti squash from the oven and with a fork pull at the edges to produce that stringy “spaghetti” quality.
8. On a plate combine spaghetti with meatballs and garnish with parmesan and basil.

Celebrity fitness and nutrition expert **JJ Virgin** says it's simple: Just drop **seven foods** from your **diet**, and you can lose **seven** pounds in one week. **The foods** you should drop from your **diet** include: gluten, dairy, eggs, soy, peanuts, corn and (grouped together) sugar and artificial sweeteners. This is similar to..

The **Pegan diet!** ... Devotees of the Paleo (or "caveman" Dr. Hyman) **diet**, consume foods that our hunter-gatherer ancestors ate: meat, fish, eggs, vegetables, and fruit. Grains, legumes, sugars, processed foods, and most dairy products are forbidden.