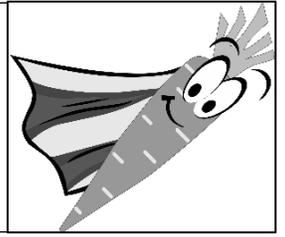


The Dreyer Flyer

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



2018

Week #21

.....
THE HARVEST

**Small & Medium
Shares**

Escarole

O'Henry Sweet Potatoes

White Acorn Squash

Gala Apples

Bosc Pears

Griggstown Broccoli Rabe

Chicken Sausage

Beans!

Last Tomatoes for the
season!!

BAM BOXERS

Escarole

Pears

Sausage (Zoup for Vegan
and Vegetarian Shares)

Tomatoes

Beans

MARKET BOX

MEMBERS

Escarole

Sausage X 2

Tomato

Zoup!

Green Beans

Cannellini Beans

Garlic

Pasta



**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

Wine & Passed Appetizers to start at 7pm
Followed by an evening to remember under the
sky...a few seats are left as this is a small,
intimate gathering!

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

Porch Fest

at the Farm

October 13th 2-3

*We will be hosting the 1st stop White Lightning
will be performing, no RSVP needed, you must
BYO chair*



FARMACIST

PRESCRIPTION

Dreyer Farms

Cranford, NJ 07016

Prescription: look at the 5 people in your life you spend the most time with

What happens when you're the one person trying to get healthy, yet all of those around you have no interest in doing the same? When you're excited about reaching a new record of [push ups](#), they're mad at you for missing out on last night's marathon *Call of Duty* session or *The Bachelorette* episode

When you're desperately trying to kick a sugar addiction and follow the [Paleo Diet](#), your significant other is telling you, "but I love you the way you are, now let's go to McDonalds or DQ."

When you're going to exercise on your lunch break with a quick [Angry Birds Workout](#), your coworkers make fun of you for [being weird](#) and beg you to join them at Chotchkies for some *Pizza Shooters*, *Shrimp Poppers*, and *Extreme Fajitas!*

You may wonder: "Is it worth the effort when everyone is trying so hard to drag me back to their way of life?" I'm here to tell you that it IS worth the effort, and that you do NOT need to be the only person trying to get healthy. You probably don't get a chance to pick new coworkers, you might be in a committed relationship, and heck...you might even like your lazy friends.

But it's time to level up your associations.

Here's why you need to do so, and how.

First and foremost, you need to identify the activities you enjoy or are interested in trying:

[Running?](#) [Strength training?](#) [Rock climbing?](#) [Martial arts?](#) [Biking](#) [Ultimate Frisbee?](#) [Hiking?](#)

[Basketball?](#) [Frisby golf?](#) [Live action role playing?](#)

WHATEVER your particular hobby of choice may be, there's a group of people in your town probably doing it right now. Well maybe not RIGHT now, but in like, an hour.

So, for starters, create that list of things that you know you enjoy, and activities that you haven't tried but would like to.

Skill should not have any effect on your list of things you're interested in. We can deal with that in a bit.

Now that you have your list of things you'd like to try, it's time to track them down.

1) For starters, do a simple Google search of "activity + your town" and see what pops up. Sounds simple, I know...so freaking DO IT. If you want to run, I guarantee there are twenty running clubs in your town...or maybe even a [drinking club with a running problem](#) in your town. If you want to play ultimate frisbee, there are leagues ALL over looking for single folks to recruit.

2) Check out [MeetUp.com](#). What a freaking amazing resource. Do a search of ALL clubs within 5-10 miles of your city, and you'll get dozens of hits, from hiking clubs juggling clubs.

3) Ask your fit co-workers. No, not the ones that make fun of you for trying to eat healthy, but the ones that exercise and look like they're in great shape – the ones you'd like to emulate. Do some research: if you're Facebook friends, see if you have any overlapping interests. Not friends with them yet? Ask them for some fitness advice (even though you don't need it, because you read Nerd Fitness like a boss). Try something like, "hey, you look like a fit dude. What's your secret?" And they'll usually fire back with "oh, we play basketball on Wednesdays" or "we run every Saturday morning" and BAM. You're in.

Even if the activity they participate in isn't your particular cup of tea, that doesn't mean you can't participate. In the beginning, it's important to say YES to practically anything, which I'll get to in a minute.

4) Think outside the box. Don't be afraid to think outside the box: There are kickball leagues, dodgeball leagues, flag football leagues, tai chi clubs, and more. If you haven't found something that's jumped out at you yet, pick something that seems interesting, even if you've never done it before. How will you know if you like it unless you try it out?

Yah, this is going to require a tiny bit of effort, but far less than you'd expect: I signed up for [MeetUp.com](#) and found five interesting clubs within FIVE minutes.

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

Green Bean Salad

Ingredients

- 1 pound fresh green beans trimmed and washed
- 1/4 cup walnuts
- 2 Tablespoons finely chopped parsley
- 1/4 cup finely chopped red onion
- 1/4 cup olive oil
- 2 Teaspoons balsamic vinegar
- 1 Teaspoon Dijon mustard
- 1 1/2 - 2 Teaspoons honey
- salt and pepper to taste

Instructions

Bring a large pot of water to boiling. Add the fresh green beans to the water and cook for 3 -4 minutes. Plunge the green beans into cold water to stop the cooking.

Place the walnuts into a hot saute pan and toast. Cool the walnuts, place them into a small plastic bag. Use the back of a large spoon to crush the walnuts.

Add the parsley and onion to the plastic bag and shake lightly to combine.

In a small bowl add the olive oil, balsamic vinegar, Dijon mustard and honey. Stir to incorporate. Salt and pepper to taste.

Place the green beans in a large bowl, toss with the dressing. Sprinkle the walnuts, parsley and onion over top. Serve warm or at room temperature, refrigerate any leftovers.

Sausage, Greens, and Beans Pasta

Bonapetite.com

The genius of this pasta recipe is in the contrast of the textures and flavors. If spicy isn't your

thing, sub in any fresh sausage you like-maybe Griggstown!!

INGREDIENTS

- 1/3 cup olive oil
- 2 sprigs rosemary
- 8 ounces spicy Italian sausage, casings removed
- 1 15.5-ounce can chickpeas or cannellini (white kidney) beans, rinsed, patted dry
- 1/4 cup dry white wine
- 12 ounces paccheri, rigatoni, or other large tubular pasta
- Kosher salt
- 8 cups (lightly packed) torn escarole, kale, or Swiss chard leaves
- 3/4 cup finely grated Parmesan, divided
- Freshly ground black pepper
- 2 tablespoons unsalted butter

RECIPE PREPARATION

- Heat oil in a large Dutch oven or other heavy pot over medium-high. Fry rosemary, turning, until crisp, about 2 minutes. Transfer to paper towels to drain.
- Add sausage to same pot and cook, breaking up with a wooden spoon and stirring occasionally, until browned and cooked through, 8-10 minutes. Transfer with a slotted spoon to a plate.
- Add chickpeas to pot and cook, tossing occasionally and mashing some chickpeas with spoon, until browned in spots, about 5 minutes. Transfer about half of chickpeas to plate with sausage. Add wine to pot, bring to a boil, and cook until liquid is almost

completely evaporated, about 2 minutes.

- Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until very al dente, about 3 minutes less than package directions.
- Using a spider or a slotted spoon, transfer pasta to pot with chickpeas and add escarole and 1 cup pasta cooking liquid. Cook, tossing often, until escarole is wilted, pasta is al dente, and sauce is thickened, about 4 minutes. Add another 1/4 cup pasta cooking liquid, then gradually add 1/2 cup cheese, tossing until melted and dissolved into a luxurious, glossy sauce. Thin with more pasta cooking liquid if needed. Season with pepper, and more salt if needed. Add butter and toss to combine, then mix in reserved sausage and chickpeas.
- Divide pasta among bowls. Crumble rosemary over top and sprinkle with remaining 1/4 cup cheese.

Escarole and Bean Soup

Foodnetwork.com

Ingredients

- 2 tablespoons olive oil
- 2 garlic cloves, chopped
- 1 pound escarole, chopped
- Salt
- 4 cups low-salt chicken broth or veggie broth
- 1 (15-ounce) can cannellini beans, drained and rinsed
- 1 (1-ounce) piece Parmesan or Nutritional Yeast
- Freshly ground black pepper
- 6 teaspoons extra-virgin olive oil

Serving suggestion: crusty bread

Directions

Heat 2 tablespoons of olive oil in a heavy large pot over medium heat. Add the garlic and saute until fragrant, about 15 seconds. Add the escarole and saute until wilted, about 2 minutes. Add a pinch of salt. Add the chicken broth, beans, and Parmesan cheese. Cover and simmer until the beans are heated through, about 5 minutes. Season with salt and pepper, to taste.

Ladle the soup into 6 bowls. Drizzle 1 teaspoon extra-virgin olive oil over each. Serve with crusty bread.

CHICKEN SAUSAGE, VEGGIES AND SWEET POTATO

Author Rachael DeVaux

Ingredients

- 1 medium sweet potato
- 1 cup broccoli florets
- 1-2 tbsp olive oil
- 2 tbsp low sodium chicken broth
- 1 medium zucchini
- 2 cups steamed green beans
- 1 organic wild mushroom chicken sausage
- 1/2 tsp garlic powder
- 1/2 tsp onion & herb seasoning

Instructions

1. In a large skillet, sauté diced sweet potato and broccoli in oil for 5 minutes.
2. Add in a low sodium chicken broth to bring moisture to the pan and soften the veggies.
3. Next, add in zucchini, organic wild mushroom chicken sausage, garlic powder, onion & herb seasoning and sauté

another several minutes, stirring constantly.

4. Add chopped steamed greens last to heat, then serve.

Sausage and Apple Stuffed Acorn Squash

Ingredients

- 3 Acorn Squash, halved
- Olive Oil
- Salt & Pepper
- 1 lb Ground Sausage
- 1 Small Onion, finely chopped
- 2 Large Celery Stalks, finely chopped
- 2 Apples, diced
- 1/2 tsp sage
- 1 cup Panko Bread Crumbs
- 1 cup Parmesan Cheese, divided

Instructions

1. Preheat oven to 400 degrees.
2. Using a sharp knife cut off each end of the acorn squash removing as little as possible, then cut in half.
3. Spoon out seeds.
4. Brush olive oil inside and on top of Acorn Squash.
5. Sprinkle Salt and Pepper over Acorn Squash to taste.
6. Bake for 40 minutes to an hour depending on size of your squash until tender and you can pierce with a fork, but still holding it's shape.
7. While the squash is baking begin sautéing the sausage for about 5 minutes, drain and pat dry with a paper towel to remove as much grease as possible, but don't discard grease in the pan.
8. Using the grease from the sausage add your onions and celery to the pan and sauté for another 2-3 minutes until it starts to brown. (add olive oil if necessary)

9. Add apples and sauté for another 2 minutes or until softened.
10. Stir in sage and bread crumbs.
11. Add 3/4 cup parmesan cheese and stir until cheese begins to melt. Set aside.
12. Once squash has finished baking and reached desired tenderness spoon in meat mixture until the squash is filled.
13. Return to the oven and bake an additional 15-20 minutes depending on size of squash.
14. Remove from oven

Green Bean & Tomato Salad

Ingredients

- 1 pound green beans
- 1 teaspoon Dijon mustard
- 1 tablespoons red wine vinegar
- 1/8 cup plus 1 tablespoon extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 1/2 tablespoon chopped tarragon
- 1/2 tablespoon snipped chives
- 1/4 teaspoon chopped thyme leaves
- 1 tomato cut into wedges

Bring a large pot of salted water to a boil. Add the green beans and cook until they are crisp-tender, about 5 minutes. Drain and rinse the green beans under cold water until they are chilled; pat the green beans dry.

In a large bowl, whisk the mustard with the vinegar. Gradually whisk in the olive oil and season with salt and pepper. Add the green beans, tarragon, chives and thyme and toss to coat. Add the tomatoes, toss gently and serve.