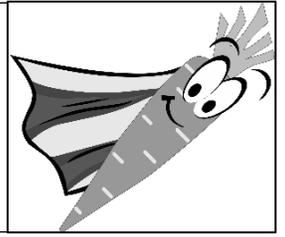


The Dreyer Flyer

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



2018

Week#23

THE HARVEST

**Small & Medium
Shares**

Broccoli

Apples

Red Cabbage

Eggplant

Kirby Cucumbers

Leeks

Swiss Chard

Riverbend Brats

Radish-Med Only

BAM SHARES

Apples

Red Cabbage

Leeks

Brats

for vegetarians (small veggie pot pie)

for vegans-a special surprise!

MARKET BOX

Apples

Red Cabbage

Leeks

Brats X 2

Yukon Gold Potatoes

Buns

Donuts

Saturday October 27th 12-3

Come and taste the new and improved pumpkin and Honey Crisp Apple Pie.

Monday October 29th 3-6

November 1st, 6.30 Thanksgiving Dinner or the Farm-ily Friendsgiving!



20 Habits For a Healthier, Happier Life

“Living longer and feeling better is the sum of a few small easy choices you can incorporate into everyday life.”—Dan Buettner

Don't try all of the things below at one time. Choose a few, make them habits, and revisit when they're part of your daily routine.

Good News, You Don't Have to Ditch Your Morning Coffee

In original Blue Zones areas, people drink up to two or three cups of black coffee per day! The American Heart Association found that consuming coffee, both caffeinated and decaf, was associated with a [lower risk of total mortality](#). However, if your morning joe is filled with cream and sugar, then slowly weaning off the sugar and switching to a non-dairy milk is a new habit to take up this year.

Get a Dog Furry friends like cats and dogs help with loneliness and companionship and happiness, but getting a dog also encourages people to [walk often](#) and regularly.

Invest in Smaller Plates To avoid meal stuffing, use ten-inch plates. [Research](#) shows that when you go from a 12-inch plate to a 10-inch plate, you end up eating 23 percent less.

Eat More Beans and Pulses Instead of focusing on what you're going to cut out of your diet, start the New Year by focusing on what you need to add into your meals. [Beans are the #1 longevity food](#)

Know and Nurture Your Purpose Having a purpose in life is a proven link to living longer. What's the most likely demographic to live past 100? Women who've had children after 40. “Embrace your ikigai,” as they say in Japan. “[Ikigai](#)” is your reason to get up every morning.

Create Downshifting, Stress-Relieving Habits

Chronic stress leads to inflammation and is the foundation for every age-related disease.

Enjoy Wine at 5

People in four original Blue Zones areas drink alcohol moderately and regularly. Studies show moderate drinkers have a [lower chance of mortality](#) and an increased chance of maintaining cognitive abilities into old age.

Find a New Hobby or Join a Group

Get a new hobby or nurture one you already have by joining a meetup or community group. It can be a book club, starting a garden, or a walking club.



FARMACIST

PRESCRIPTION

Dreyer Farms
831 Springfield Ave
Cranford, NJ 07016

Prescription: meditation benefits/for just 10 minutes a day!(from alustforlife.com)

Get Enough Sleep

Do your best to always sleep 7.5 hours a night, which helps keep your immune system functioning at its best. People who sleep 6 hours a night are 30% less happy than people who sleep more.

Move More

Moving naturally throughout the day — walking, gardening, doing housework — is a core part of the Blue Zones lifestyle. A day of sitting down—at work, in your car, on your couch—can't be fixed by spending 30 minutes in the gym. So get up and move throughout the day, taking frequent stretch breaks, choosing the stairs over the elevator, and 5-10 minute walks throughout the day.

Get Out, Every Day

Even if you work from home or are caring for young children or family members at home, make a point to [get out](#) as much as you can.

Eat More Veggies!

Eating seven or more portions of fruit and veggies a day can [lower your risk of premature death](#) by a whopping 42%.

Eat Less Meat and Dairy

Study authors found that substituting 3 percent of daily calories from animal protein with plant protein was associated with a [lower risk for death](#) from all causes – a 34 percent drop when participants swapped out processed red meat for plant protein, and a 19 percent decrease when they replaced eggs.

There is considerable scientific evidence that healthy dietary patterns such as the Mediterranean diet are associated with [lower Alzheimer's risk](#) and slower cognitive decline. The Mediterranean diet is high in vegetables, beans, fruit, and nuts, and low in meat and dairy.

Nurture Your Religion or Spirituality

Get Involved in Your Community

Volunteer More

People who find meaningful ways to give back are [also happier](#).

Make New Friends

Make a new happy friend—that's one of the best things you can do to boost your happiness levels. Your happiness will go up by 15%. How to do this? See the above three habits.

Enjoy Your Meals, But Stop Eating Before You're Stuffed

Make Sunday a Meal-plan, Meal-prep, and Meal-making day

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

German Braised Cabbage with Apples and Leeks Recipe and Cheddar Bratwurst

Written by [Kimberly Moore - The Hungry Goddess Herself](#) on September 30, 2016 ·

- 1/2 head of red cabbage chopped
- 1 apple peeled and chopped
- 1 leek chopped (approximately 1/2 to 3/4 cup) or substitute 1/2 medium onion
- 4 tablespoons of butter
- 1/3 cup of Apple Cider Vinegar
- 2 tablespoons of sugar
- Salt and Pepper

Directions:

Chop cabbage and the leek. Peel and chop the apple. In a large pan/skillet, melt 4 tablespoons of butter over medium heat and add apples and leeks. Cook for approximately 5 minutes until leeks are soft. Add Apple Cider Vinegar and then the chopped cabbage. Sprinkle the sugar over the cabbage. Toss well, reduce heat, and cook for approximately 30 minutes, stirring occasionally, until cabbage is tender. To defrost frozen bratwurst, boil for approximately 15-20 minutes and then brown in a skillet or grill pan.

clean broccoli salad with creamy almond dressing DESCRIPTION

CLEAN Broccoli Salad – non-mayo-based vegan goodness! with purple cabbage, raisins, almonds, green onions, and almond butter dressing.

INGREDIENTS for the salad:

- 2 heads broccoli, cut into small florets
- 2 cups chopped purple cabbage
- 1/2 cup golden raisins
- 1/2 cup slivered almonds
- 1/2 cup chopped green onions or leeks!

for the miso orange dressing

- 2/3 cup [Simply Orange Low Acid](#)
- 2 tablespoons miso
- 2 tablespoons almond butter
- 1 shallot
- 2 tablespoons canola oil

INSTRUCTIONS

1. Toss all the salad ingredients together in a bowl.
2. Pulse the dressing ingredients in a food processor until smooth. Pour over the salad ingredients and toss to combine.
3. Serve immediately! Add more orange juice to add more moisture as needed.

NOTES

Miso Substitute: We've subbed in soy sauce for the miso and it works great! We've made this several times and we liked it with a handful of cooked quinoa thrown in for good measure as well as a little bit of crumbled bacon as a throwback to the original broccoli salad. If you like salads with a lot of dressing, be sure to double up on the dressing for this one. Also, if you don't have access to miso, you could just use almond butter in place of the miso but be sure to compensate with additional salt to taste. **Leeks** are in the same family as **onions** and in my humble opinion they are one of the

most underrated vegetables readily available. I love **leeks** and the flavor they add to a dish. In fact, whatever **you** are making might taste even better than with **onions**. Be sure to use only the white and light **green** parts of the **leek**

Homemade German Spaetzle

Thewanderlustkitchen.com

Ingredients

- 4 eggs
- 1/3 cup milk
- 2 teaspoons salt
- 2 cups all-purpose flour
- 4 Tablespoons unsalted butter
- 1 teaspoon white pepper
- 1/4 teaspoon nutmeg

Instructions

1. In a medium bowl, whisk together the eggs, milk, and salt. Add in the flour and stir until well combined.
2. Bring a large pot of salted water to a boil over high heat. Place your spaetzle maker over the top, then pour half of the batter into the cup of the device. Quickly slide the cup back and forth to allow the batter to drop through. Repeat with second half of batter, working quickly, until all the batter is cooking in the pot.
3. Set the spaetzle maker aside and give the dumplings a good stir in the pot. Let them cook for 1 to 2 minutes, until floating on the surface. Remove with a slotted spoon and place in a large bowl. Toss with butter and spices. Serve warm.

Bavarian Bratwurst with Peas and Eggplant over Mashed Potatoes

OCTOBER 24, 2015 / KARINA PINELLA
bratwurst

Here's a recipe to top off the month-long celebration of Oktoberfest, as we transition over to Halloween

Start with Trader Joe's 7 oz. package of Bavarian Bratwursts, or any brand and amount that you prefer. Slice them and set them aside. Slice an onion and four Italian (purple) or Asian (green) eggplants (these are the long, thin variety from our garden, but you can also use regular store-bought eggplant). You are now ready to cook them together.

Put enough cooking oil (I used safflower oil) in your skillet (over medium heat) to cook all the above, but start first with the bratwursts. After they start looking brown, put in the onion slices. After a minute, put in the sliced eggplants. When the eggplants start looking tender, put in 10 oz. – 16 oz. of frozen peas and then add a little water so the sausages and vegetables don't stick to the skillet. Stir and cook until the peas are heated through and the eggplants are fully tender.

Serve them over mashed potatoes (see recipe below) and eat the dish with sauerkraut (I used Trader Joe's Sauerkraut). Complete the meal with cooked winter squash and salad. To cook winter squash quickly and easily, try this: Cut the squash in half lengthwise, scoop out the seeds, place both halves face down in a Pyrex dish and put in a 1/4 cup of cold water.

Place the dish in the microwave oven and cover the dish with a microwave oven cover or wax paper, depending on the size of the winter squash. Cook 5 minutes on high heat if the squash is small (about 8").

Mashed potatoes: Peel four or more Russet or yellow potatoes, depending how much you want to make. Quarter them and put them into a pot of cold water (don't cover the potatoes with water, but add in enough so there will still be liquid when the potatoes begin getting tender). Cover the pot with its lid and cook over medium heat. Turn on the timer for 30 minutes. If more cooking time is needed, check every 10 minutes after that and turn down the heat to medium low. Turn the heat to low when the potatoes start getting tender.

When the potatoes start coming apart when you poke them with a fork, you can start mashing them in the pot with your fork. If you used too much water in the beginning, then you can leave that liquid in as you stir and mash the potatoes. If you find that much of the liquid has evaporated, you can pour in some milk, but do so carefully so your mashed potatoes won't be watery.

Stir in some pats of butter, as many or as little as you wish. Keep stirring over low, or no heat if you're finding that the potatoes are tender and mashing easily. Set aside when finished. You can finish the mashing by using a potato masher if you have one, or just use your fork to stir and mash them until they are the texture you like. Some people put them in a bowl and use a hand mixer,

but I find those steps unnecessary, but that's up to you.

Guten appetit!

Penne with Bratwurst and Broccoli

Author: Sarah Walker Caron

Ingredients

- 1/2 lb penne or mini penne
- 4 precooked bratwurst links
- 2-3 cups chopped and steamed broccoli
- 1 tbsp olive oil
- 1 clove garlic minced
- salt and pepper to taste

Instructions

1. Boil water and cook the pasta according to package directions. Meanwhile, heat the bratwurst.
2. Once the bratwurst are heated through, slice them into 1/4 inch disks and transfer to a large mixing bowl. Add the broccoli and pasta to the bowl as well. Mix well. Set aside.
3. Heat the olive oil over medium heat. Add the garlic and cook for 1-2 minutes, until just softened. Pour the garlic oil over the pasta mixture. Toss well.
4. Salt and pepper the pasta mixture and toss again. Serve immediately.

KATHERINE COBBS

May 2014

RECIPE BY [COOKING LIGHT](#)

Sautéed Leeks and Radishes combine crunchy radishes with sliced leeks to create a quick and easy side at only 113 calories per serving.

Ingredients

- 2 tablespoons olive oil

- 1/4 cup minced shallots
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 leeks, thinly sliced
- 2 bunches (1 pound) sliced radishes

How to Make It

Heat olive oil in a large skillet over medium heat. Add minced shallots, salt, pepper, and leeks; sauté just until tender (about 4 minutes). Add radishes; sauté 3 minutes.

[Bratwurst, Potato, Swiss Chard Bake](#)

There are days when you cook just to empty the fridge. It can't always be about cravings! I had been wanting to make smashed potatoes, but the moment passed and the idea of taking the time to cook the potatoes twice just seemed annoying if I am to be completely honest. So I raided the fridge and dug up a packet of bratwursts (one of my most favorite things in the world), a bunch of chard and decided to whip this together. I searched online and nobody really talks about putting chard in the oven unless it's to make chips (like kale chips). But I decided to go crazy. The leaves actually do dry up quite crisply, possibly even more than kale! But if you stir the dish constantly and tuck it back under into the moisture, it quickly wilts back into softness in a pleasant way. This is a total wintery dish that you eat while in pajamas in front of the TV. I hope you enjoy! :)

6 potatoes, golden yukon - peeled and quartered
 8 links of bratwurst - rinsed and cut into thirds
 1/2 red onion, sliced thinly
 2 bunches of swiss chard - washed, stems torn out and

leaves torn into smaller pieces
 Dijon - I used a green peppercorn dijon and loved it
 Balsamic Vinegar
 Salt, pepper and optional seasoning like onion powder, cayenne
 Olive oil

Preheat oven to 400 degrees. Toss the potatoes, onions and brats into a casserole pan. Add dijon and balsamic vinegar, roughly 3 tablespoons each. No real measurements. Drizzle a bit of olive oil and toss to mix evenly. Sprinkle salt, pepper and any optional seasoning you might like over the dish. Bake for 40 minutes, tossing the potatoes and brats midway. Add the swiss chard and bake another 20 minutes, also tossing the potatoes, brats and chard midway.

The onions and brats end up really sweet, and the chard's earthy, green taste brings everything back home. The potatoes are a nice way to fill your belly. Cheap dish too!