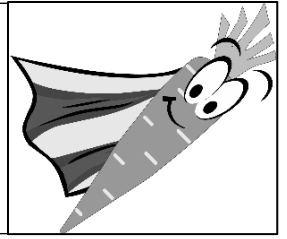


The Dreyer Flyer

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



2018

Week #24

THE HARVEST

Small & Medium Shares

Cauliflower

Carrots

ZOUP!

Arugula

Apples

Yams

Sweet Dumplin' Squash

BAM SHARES

Cauliflower

Carrots

Zoup!

Apple Cider

MARKET BOX

2 Bunches of Beautiful

Carrots

Zoup

Ginger

Onion

Coconut Milk

Sweet Dumplin's

Lemon

Garlic

Rice

Pine nuts

Cider

Cauliflower

Saturday October 27th 12-3 Thanksgiving Tasting

Come and taste the new and improved Pumpkin and Honey Crisp Apple Pie. Also enjoy some delicious Ashley Farms Turkey and see what the Thanksgiving Feasts look like!

Monday October 29th 3-6 Meet your Turkey Farmer and get another opportunity to taste some delicious Ashley Farms Turkey!

November 1st, 6.30 \$15 members \$20 G.P. Thanksgiving Dinner at the farm. Here is Bobby Flay & Aimee Ashley!



DO YOU STILL HAVE YOUR EGGPLANT FROM LAST WEEK?

Eggplant & Porcini "Meatballs" in Tomato Sauce

From foodandwine.com

Ingredients

1 large eggplant (1 1/4 pounds)/1 ounce dried porcini mushrooms
Boiling water/1/4 cup extra-virgin olive oil/1 small onion, minced
4 garlic cloves, finely grated

Two 28-ounce cans imported whole Italian tomatoes, seeded and pureed with their juices

2 tablespoons chopped basil, plus leaves for garnish

Salt/Freshly ground pepper

3 cups fresh bread crumbs (from 6 ounces crustless country bread)
2 large eggs, beaten

2 ounces Pecorino Romano cheese, freshly grated, plus more for serving
1 tablespoon chopped flat-leaf parsley

All-purpose flour, for coating/Vegetable oil, for frying

Crusty bread, for serving

Step 1

Preheat the oven to 350°. Prick the eggplant all over with a fork and set it on a baking sheet. Roast in the center of the oven for 1 hour, until very soft and collapsed. Let cool slightly, then scrape the eggplant flesh into a large bowl and let cool completely. Discard the skin.

Step 2

Meanwhile, in a heatproof bowl, cover the porcini with 1 1/2 cups of boiling water and let stand until softened, 30 minutes; drain, reserving the soaking liquid. Rinse the porcini to remove any grit. Finely chop the porcini.

Step 3

In an enameled cast-iron casserole, heat the olive oil until shimmering. Add the onion and half of the garlic and cook over moderately high heat, stirring, until softened, 5 minutes. Add the tomato puree and pour in the porcini soaking liquid, stopping before reaching the grit; bring to a boil. Simmer over moderately low heat, stirring, until thickened, 1 hour. Add half of the chopped basil and season with salt and pepper.

Step 4

Fold the chopped porcini, bread crumbs, eggs, 2 ounces of cheese, parsley and the remaining garlic and chopped basil into the eggplant. Season with 1 teaspoon of salt and 1/2 teaspoon of pepper. (continues under this week's prescription on page 2)



Dreyer Farms 831 Springfield Ave Cranford, NJ 07016

Prescription: *When you don't know what to say when you want to help someone, and you just don't know how to help*



The prescription for the week is simple. Listen more than you talk this week. If a week seems like too much pick a day. If a day is too much choose an hour. Ask questions. You are surrounded by love and light. You can learn something from every interaction if you are open and not rushing through life. I recently noticed someone feeling kinda blue and sad. I desperately wanted to reach out, but I couldn't. I wanted to text, but I didn't know what to say. Then a wise young lady told me something that I will never forget, and I know I will use often. She said, "When you don't know what to say, simply ask – What does support look like for you right now because I want to help" (OK...maybe not her exact words but you get the point) I thought-BRILLIANT! If you have learned simple ways to help others with words or actions, I'd love for you to share on our FB page.

Also...I know there are weeks when you can't get to all your veggies, maybe you have an eggplant in your fridge and you need inspiration! Here you go...if you have not tried these they are worth the effort. If you have not tried eggplant SOUP I highly recommend you check out The FB CSA Farm-ily page the recipe is there, OR you can go to the White Plate Clean Slate blog and see it there!

Step 5

Line a baking sheet with wax paper. Form the eggplant mixture into twenty 1 3/4-inch balls, rolling tightly. Dust the balls with flour and refrigerate for 20 minutes.

Step 6

In a large nonstick skillet, heat 1/2 inch of vegetable oil. Add half of the meatballs at a time and cook over moderately high heat, turning occasionally, until browned all over, about 8 minutes. Drain on paper towels. Add the meatballs to the tomato sauce and simmer for 5 minutes. Garnish the meatballs with basil leaves and serve with crusty bread and grated cheese.

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

'I said to the Gym instructor "Can you teach me to do the splits?" He said, "How flexible are you?" I said, "I can't make Tuesdays"'

CREAMY CARROT AND GINGER SOUP (DAIRY-FREE)

INGREDIENTS

- 1 tbsp coconut oil
- 1 medium sized yellow onion chopped
- 1 clove garlic minced
- 3 tbsp chopped fresh ginger*
- 1 lb carrots peeled and chopped (baby carrots are also fine)
- 32 oz vegetable stock
- 1 14 oz can of coconut cream or coconut milk
- 1/2 tsp salt + more to taste

INSTRUCTIONS

FOR THE STOVETOP:

1. Begin by heating up a large skillet to medium high heat. Melt the coconut oil.
2. Add onion, garlic, and ginger. Cook until fragrant and onion is almost clear, about 5 minutes.
3. Add carrots and vegetable stock, bring to a boil.
4. Reduce heat to simmer. Cook until carrots are nice and soft, about 25 minutes. Slowly stir in coconut milk (or coconut cream if using).
5. With an immersion blender, blend soup until smooth. You can also use a regular blender and blend in batches. Add salt to taste. Serve hot!

FOR THE INSTANT POT:

1. Select the saute function on your IP. Once hot,

add oil and onion. Let saute for 2-3 minutes, then add garlic and ginger and saute for another 2 minutes.

2. Select cancel on your IP. Add carrots and broth. Secure the lid. Now select the manual function, and cook on high pressure for 6 minutes.
3. Use a quick release. Stir in coconut milk, salt (add more to taste if needed).
4. Using a blender or immersion blender, blend until creamy.
5. Serve hot!

RECIPE NOTES

I get carried away with ginger. I may have even used around 4 tbsp. If you want the ginger to be a more subtle taste, than cut it to about 1-2 tbsp.



CHOCOLATE CAULIFLOWER CAKE WITH SALTED CINNAMON CARAMEL ICING

INGREDIENTS

For the cake:

- 75g (2 handfuls) raw cauliflower florets
- 100g (1/2 cup) plain full-fat yogurt

- 100ml (1/2 cup) rapeseed or vegetable oil
- 175g (3/4 cup) sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 250g (2 cups) plain (all-purpose) flour
- 75g (1/2 cup) cocoa powder
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1/4 teaspoon salt
- 180 ml (3/4 cup) buttermilk (or cow's milk with 1 teaspoon of lemon juice stirred in)

For the salted cinnamon caramel frosting (*double recipe to cover fully, as I have)

- 115g (1/2 cup) unsalted butter, at room temperature
- 200g (1 cup) brown sugar
- 3-4 tablespoons milk
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- 1 cup powdered icing sugar

INSTRUCTIONS

1. Preheat the oven to 175C/350F. Grease and line 2x9" round cake tins
2. Steam or boil the cauliflower for a few minutes until tender. Drain, rinse under cold water to cool and purée. Set aside.
3. Beat the yogurt, oil and sugar together in a large bowl. Add the eggs, one at a time and beating each one in well. Stir in the pureed cauliflower and vanilla.
4. In a separate bowl, whisk the flour, cocoa, baking powder,

cinnamon and salt. Alternating, add 1/3 of the flour mixture to the egg mixture and gently combine, then 1/3 of the buttermilk mixture. Repeat until all combined.

5. Pour the mixture into the prepared tins and bake for 35 minutes or until an inserted skewer comes out clean. Cool for 10 minutes in the tins and then turn out onto a wire rack to cool completely before icing.

For the frosting

1. Melt the butter over a gentle heat. Add the brown sugar, vanilla, cinnamon and milk. Stirring heat for approx 3 minutes. Remove from heat and stir in the powdered icing sugar. Frost the cooled cake as desired.

CAULIFLOWER BANANA BUNDT CAKE WITH CINNAMON ICING

INGREDIENTS

- 200g (7 oz, 1 cup) cauliflower (about 1/2 a head)
- 2 very ripe medium-sized bananas, mashed (about 1 cup)
- 300g (3 cups) plain, all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground ginger
- 175g (3/4 cup) unsalted butter, at room temperature
- 200g (1 cup) sugar

- 2 eggs
- 2 teaspoons vanilla extract
- 180ml (3/4 cup) buttermilk (or full-fat milk with 1 tablespoon lemon juice or white vinegar)

For the icing

- 180g (1 1/2 cups) powdered icing sugar
- 1 teaspoon cinnamon
- 4 tablespoons double (heavy) cream
- warm water to thin

My therapist says I have a preoccupation with vengeance. We'll see about that."

INSTRUCTIONS

1. Preheat oven to 180C/350F. Grease a bundt pan well with butter or non-stick cooking spray.
2. Steam or simmer the cauliflower for a few minutes until soft, drain well, allow to cool slightly and puree (easiest with a handheld stick blender). Stir in the mashed bananas and combine. Set aside.
3. Sift the flour, baking soda, baking powder, salt, cinnamon, nutmeg and ginger together in a bowl.
4. In a stand mixer, or with an electric whisk, cream the butter and sugar together for a few minutes until light and creamy. Add the eggs, one at a time, and beat in each one for a minute or so. Add the vanilla and beat.
5. By hand, or with the mixer on low, gently stir in 1/3 of the flour

mixture. Add the buttermilk and combine. Stir in another 1/3 of flour mixture, add the banana/cauliflower mixture, stir, then add the remaining flour and combine.

6. Pour into the prepared pan and then rap the pan on the counter to remove bubbles and level the surface. Bake for 60 minutes or until an inserted skewer comes out clean. If the cake is getting too dark before it is cooked, cover with foil. Allow the cake to cool in the pan for 10 minutes and then gently turn out onto a wire rack to cool completely before icing.

For the icing

1. Sift the icing sugar and cinnamon into the double cream and whisk until smooth, adding enough warm water to thin to desired consistency. Drizzle over the completely cooled bundt cake and serve.

CAULIFLOWER LEAF AND SWEET POTATO CURRY

INGREDIENTS

- 1 cauliflower (with leaves)
- 1 medium sweet potato
- 1 tablespoon vegetable oil
- 1 onion, peeled and chopped
- 3 cloves garlic, peeled and finely chopped
- 1 teaspoon garam masala
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric

- 1/8 – 1/2 teaspoon chilli powder (to taste)
- 1 tablespoon brown sugar
- 1 x 227g (15 oz) can of chopped tomatoes
- 1 x 227 g (15 oz) can of coconut milk
- salt and pepper

INSTRUCTIONS

1. Prepare the cauliflower by removing the leaves and washing them thoroughly. Chop the leaves as well as the thicker stems of the leaves. Wash the head of cauliflower and cut the florets into bite-sized pieces, as well as the thick stalk.
2. Peel and chop the sweet potato into bite-sized pieces.

To cook in a multicooker:

1. Set the multicooker to 'fry' and add the oil. When hot, add the onion and fry for a few minutes until translucent. Add the garlic and fry for another minute. Add the garam masala, cumin, turmeric and chilli powder and fry for another minute.
2. Switch the multicooker to 'multicook' and add all remaining ingredients and stir well. Close the lid and cook for 30 minutes. Check and adjust seasoning to your preferences.
3. Serve with rice, chapatis or naan bread.

To cook in a slow cooker:

1. In a frying pan on the hob, heat the oil then add the onion and fry for a few minutes until translucent. Add the garlic and fry for another minute. Add the

garam masala, cumin, turmeric and chilli powder and fry for another minute.

2. Transfer to the slow cooker, add remaining ingredients and cook on low for 4 hours or high for 2 hours. Check and adjust seasoning to your preferences.
3. Serve with rice, chapattis or naan bread.

Maple-Roasted Carrot Salad

Ingredients

2 pounds carrots, preferably with leafy tops
 Good olive oil
 Kosher salt and freshly ground black pepper
 1/4 cup pure Grade A maple syrup
 2/3 cup dried cranberries
 2/3 cup freshly squeezed orange juice (2 oranges)
 3 tablespoons sherry wine vinegar
 2 garlic cloves, grated on a Microplane
 6 ounces baby arugula
 6 ounces goat cheese, such as Montrachet, medium-diced
 2/3 cup roasted, salted Marcona almonds

Directions

Preheat the oven to 425 degrees F.

Trim and scrub the carrots. If the carrots are more than 1 inch in diameter, cut them in half lengthwise. Cut the carrots in large diagonal slices 1 inch wide x 2 inches long (they will shrink when they roast) and place in a medium bowl with 1/4 cup of olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper. Toss well and transfer to two sheet pans. (If you use just one, they'll steam instead of roasting.) Roast for 20

minutes, tossing once, until the carrots are tender. Transfer all the carrots to one of the sheet pans, add the maple syrup, toss, and roast for 10 to 15 minutes, until the edges are caramelized. Watch them carefully! Toss with a metal spatula and set aside for 10 minutes.

Meanwhile, combine the cranberries and orange juice in a small saucepan, bring to a simmer, then set aside for 10 minutes.

In a small bowl, combine the vinegar, garlic, and 1/2 teaspoon salt. Whisk in 3 tablespoons of olive oil. Place the arugula in a large bowl and add the carrots, cranberries (with their liquid), goat cheese, almonds, and the vinaigrette. Toss with large spoons, sprinkle with salt, and serve at room temperature.

'Four fonts walk into a bar the barman says "Oi - get out! We don't want your type in here" '

Sweet Dumpling Squash Stuffed with Lemon-Herb Rice

from the fatfrevegan blog. If you want to make the rice look more lemony, add a little turmeric with the lemon juice.

Ingredients

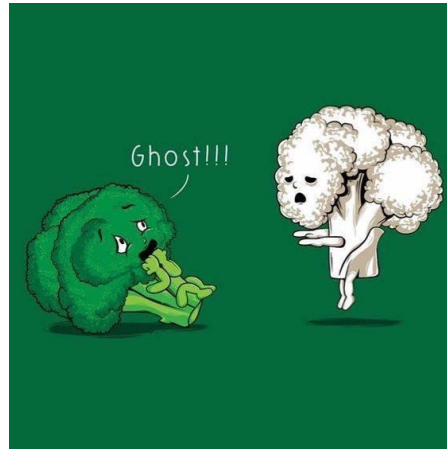
- 3 Sweet Dumpling or other small winter squash
- 1 onion chopped
- 3 cloves garlic minced
- 3 cups cooked rice (your favorite kind brown, basmati, white)
- 1/4 cup water
- juice of 1/2 large lemon

- 1/2 teaspoon lemon zest
- 1 tablespoon soy sauce or coconut aminos
- 1/8 cup minced fresh parsley
- 1/8 cup minced fresh sage
- 1 teaspoon minced fresh rosemary
- 1/2 teaspoon dried thyme or 1 tablespoon fresh, minced
- 2 tablespoons pine nuts lightly toasted
- salt and pepper

Instructions

1. Preheat oven to 400F. Cut the squash in half and remove seeds and strings. Sprinkle with salt and pepper and place face-down on an oiled baking sheet (I used a silicone sheet liner). Bake for 30 minutes, or until tender. (Different types of squash will take different lengths of time. Test by piercing with a fork in thickest areas.) Remove from oven but keep oven turned on.
2. While the squash are cooking, prepare the lemon-herbed rice. Heat a non-stick pan and sauté the onion until it begins to brown, about 5 minutes. Add the garlic and cook for another minute. Add the rice, 1/4 cup water, lemon juice and zest, soy sauce, and herbs. Stir well, cover, and cook on low heat just until warm. Add the toasted pine nuts and salt and freshly ground black pepper to taste.
3. Stuff the rice into the cavities of the squash.

Place them upright in a baking dish and drizzle about a teaspoon of water over each. Cover tightly with aluminum foil and bake for about 20 minutes, until hot throughout. Serve warm, garnished with additional fresh herbs, if desired.



This vegetarian buffalo dish is the perfect amount of spice!

ingredients CRISPY BUFFALO CAULIFLOWER

- 1 head cauliflower (cut into florets)
- 1 cup rice flour
- 1 cup water (more if necessary)
- 1 tablespoon garlic powder
- 1/2 teaspoon cayenne
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 2 cups panko breadcrumbs (for dredging)
- 1/3 cup hot sauce (or more to taste)
- canola oil (for frying)
- honey (to taste)
- celery sticks (to serve)
- blue cheese (to serve)

directions

- Fill a heavy-bottomed pot or tabletop fry with canola oil and preheat to 350°F.

- In a large bowl, add the rice flour, water, garlic powder, cayenne, salt and black pepper. Whisk together to form a smooth batter.
- Dip the cauliflower in the batter, making sure to coat each piece completely. Dredge in panko breadcrumbs. Deep fry until golden-brown about 4 minutes.
- In a large bowl, add hot sauce and a drizzle of honey, stir to combine. Remove cauliflower from oil and place directly into bowl. Toss until completely coated.
- Serve with celery sticks and blue cheese on the side.
- Tips:
 - The consistency of the batter should be like pancake batter. Make it ahead of time! Fry just before serving.
 - To preserve the crunchy texture of the friend cauliflower, serve the hot sauce on the side and dip!
 - If you don't have rice flour, use all-purpose flour.
 - Serve the Buffalo Cauliflower without blue cheese for a delicious vegan dish.

There was a man who entered a local paper's pun contest.. He sent in ten different puns, in the hope that at least one of the puns would win. Unfortunately, no pun in ten did.