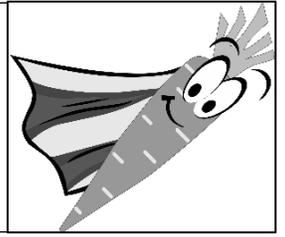


# The Dreyer Flyer

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



**2018**

Week #25

## THE HARVEST

**Small & Medium  
Shares**

**Butternut Squash  
Apple Cider  
Brussel Sprouts  
Kale  
Apples  
Romanesco  
Fennel-small only  
Red Skinned White Ol'  
Fashioned Jersey White  
Sweet Potatoes**

### BAM

**Brussel Sprouts  
Small Shepard's Pot Pie  
Ol' Fashioned Jersey  
White Sweet**

### Market Box

**Griggstown Eggs  
Finding Home Syrup  
Piggery Bacon  
Griggstown Breakfast  
Sausage  
Breadsmith  
Cinnamon Swirl Bread  
Collards-**

**Wait WHAT!  
Yes...this is a decadent  
Brunchie Box and you must  
eat your greens! I highly  
recommend grabbing a ham  
hock and doing these  
collards with the in your  
crock pot...you will LOVE  
them and feel less guilty for  
eating all these yummy  
delicious treats!**

## 13 Days left to order a Turkey! TICK TOCK

10 Days if you are a Friday Pick Up

For you to order a humanely raised, hormone free, best bird money can buy. Why not just get the free turkey from the big store? I sure hope you know why! If you don't know, I am NOT doing a good job. Let's just say small, local, family owned, with love and caring, sustainable, good for the environment...ok, ok, you get the idea!



If you didn't meet Aimee yesterday check out the interview on FB Live.

Aimee is Amazing, we love her Dad and brothers too, but we work most closely with her. In fact, Jessica Dreyer and Aimee Ashley have a lot in common. They both have grown up on a farm with Grandma living in the house with a dog that was always around-REMEMBER Sofi & Dallas? They both work with their Dads and the style and layout of the farms is identical (for us the old layout)

10 SPOTS Left for Thanksgiving Dinner this Thursday

6.30-8.30

RSVP

908.276.1290

November 1<sup>st</sup>



Dreyer Farms 831 Springfield Ave Cranford, NJ 07016

## Prescription: Eat a Sweet Potato!

While there's absolutely nothing wrong with [white potatoes](#) (really!), sweet potatoes are certainly the king of the Paleo-friendly carb list. And their good press is completely deserved: these tasty tubers contain a surprising variety of different vitamins, minerals, and antioxidants – along with a healthy serving of Paleo carbs.

They're not the most common dish to see on the American dinner table, though, so learning how to cook with them can be a little intimidating. But there's really nothing to fear: you can cook a sweet potato just like you'd cook a white potato, there are enough different varieties to keep your meals constantly interesting, and the results are as healthy as they are delicious.

Then come the yams. Most "yams" sold in grocery stores are actually sweet potatoes: the name "yam" was adopted around the time of the Civil War to refer to the orange varieties of sweet potatoes, because most people at the time were used to the paler ones. Now it's just a persistent labeling error: botanically, the orange sweet potatoes are not related to true yams at all.

Unlike sweet potatoes (which come from South America), true yams are native to Africa, and if you saw a real yam, you'd never confuse it with any kind of potato. True yams have white flesh and rough, brown, bark-like skin. They're typically sold pre-cut into sections because they can get truly enormous, up to 7 feet long. You're very unlikely to encounter a botanical yam in an American supermarket, so it's a safe bet that anything labeled "yam" is actually just a slightly different species of sweet potato.

### Sweet Potato Nutrition

Now that you're all caught up on sweet potato biology, it's time to learn what these colorful vegetables can do for you. The sweet potato's biggest claim to fame is vitamin A, but in fact this *isn't* such a big deal, because the vitamin A in sweet potatoes is locked up in a plant form called beta-carotene, which is only inefficiently converted to true vitamin A. Better sources of vitamin A include meat – especially [liver](#) – and eggs.

What's more impressive about sweet potatoes is their high content of other nutrients. They're full of [Vitamins C, B3, B5, and B6](#), manganese, potassium, and copper; they're also high in [fiber](#). Most people have no need to worry about this, but anyone following the autoimmune protocol should also know that sweet potatoes are completely OK because they're botanically unrelated to white potatoes (which are out on the autoimmune protocol because they're [nightshades](#)).

The various colors of sweet potatoes also indicate the variety of [antioxidants](#) they contain. The orange ones get their color from the beta-carotene, but the purple kind have a different type of antioxidants called anthocyanins. Unlike other anthocyanin-containing foods, like eggplant or blueberries, sweet potatoes have these antioxidants in the flesh as well as the skin, so they're a much more concentrated source.

As usual with nutrient-dense foods, you'll get the most out of all this good stuff if you eat your sweet potatoes with some fat: this helps you absorb the fat-soluble vitamins, and also makes the drier varieties a lot tastier.

### Sweet Potatoes and Oxalates

With every food, we have to take the good with the bad, and sweet potatoes don't get a pass on this rule. The "bad" here isn't terribly damning, but it's something to be aware of: sweet potatoes are moderately high in oxalates, a group of antinutrients that can prevent mineral absorption (especially [calcium](#)) and may be linked to kidney stones or gallbladder problems.

On the other hand, the evidence for this causing problems at normal intake levels in humans (rather than rats) is actually fairly sparse, and there's no convincing evidence that people without kidney problems have anything to worry about. So if you've always enjoyed sweet potatoes without any problems, don't get scared off them just for this reason.

### Cooking With Sweet Potatoes

The hands-down easiest sweet potato recipe takes almost no effort at all. Grab your potato, poke a few holes in the skin with a fork, and pop it in the [microwave](#) for 4-5 minutes on each side. If you have a little more time before dinner is due, you can also rub them with a healthy Paleo fat, prick the skins, and roast them in the oven – this takes longer, but it gives you crispy skins at the end. Add some [butter](#) and a sprinkle of cinnamon, and enjoy! Ready to get a little fancier? Why not...

- [Mash them](#) (with roast beef) [Braise them](#) (with chicken) [Scallop them](#) (Tex-Mex spices) [Fry them](#) (healthy fat, not Frankenstein fryer oil)
  - [Stuff them](#) (with bacon and shrimp) [Puree them](#) (into soup)

Or enjoy them in a [cottage pie](#), a [frittata](#), a [salad](#), or a [casserole](#)! Sweet potatoes are endlessly versatile and go well with sweet, savory, and spicy tastes. You can subst. them into almost any recipe that calls for white potatoes, or swap them for winter squash like butternut & hubbard squash. Of course, as with any Paleo food, sweet potatoes aren't required. Nobody *has* to eat them – even if you want some more starches to fuel a tough workout schedule. But they're very cheap, delicious, and easy for even the most time-crunched multitasker to make, so if you haven't gotten on the sweet potato train already, you might want to start!

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

## Romanesco, Goat Cheese & Butternut Squash Risotto

thefoodoholic.com

Makes 4 portions |

Preparation: 15 minutes |

Cooking time: 20 minutes

### Ingredients

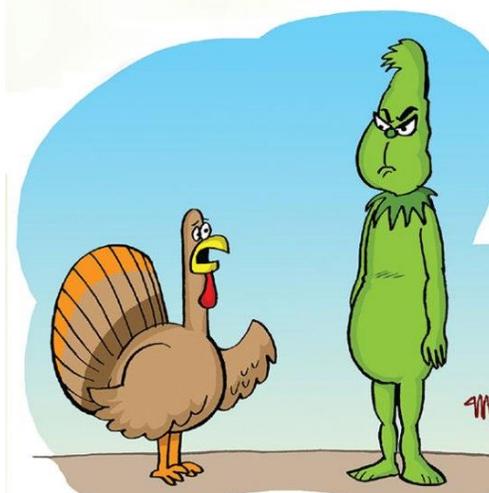
- **600g** (or 4 full ladle) **arborio rice**, carnaroli or bomba rice
- **1 litre of vegetable broth** (might not use it all)
- **250g of butternut squash** cut into small cubes of 1cm
- **300g of romanesco broccoli** cut into small florets
- **1 onion** finely diced
- **70g of fresh goat cheese**
- **100ml of white wine**
- **20g butter**
- **thyme, salt and pepper**

### Directions

1. Start by cutting all the vegetables, reserve the romanesco aside
2. Bring the broth to simmer, keep warm
3. Add half the butter to a big pan, once melted add the onions and salt, cook at medium heat until translucent (about **5 minutes**)
4. Add the other half of butter in the center of the pan and the arborio rice, let the grains of rice get transparent and well soaked in the butter (**medium-high heat, about 1-2 minutes**)
5. Add the white wine, butternut squash, thyme, salt and pepper and mix it all good
6. Then add 1 ladle at the time of the broth, while moving the risotto with a spatula, make the rice

soak almost all the juice then add more broth, repeat until the end of cooking (20 minutes)

7. Meanwhile the previous step, bring a pot of salty water to boil or the warm broth, add the romanesco broccoli florets in it and cook for about **3 minutes** (al dente), reserve
8. When the risotto is almost ready, 1 minutes before the end of cooking, add an extra sip of white wine (optional), check the seasoning and take off the fire
9. Add the goat cheese, mix good serve right away with a few romanesco broccoli on top.



## Wheat Berries with Romanesco, Butternut Squash and Preserved Lemon

Emmafrisch.com

Prep Time: 25 minutes

Cook Time: 1 hour

Total Time: 1 hour, 25 minutes

Yield: 8 servings

### Ingredients

- 1 3/4 cup [wheat berries](#)
- 5 cups water
- 2 cinnamon sticks
- 2 romanesco, chopped into 1/4-inch cubes

- 1 butternut squash, chopped into 1/4-inch cubes
- 6 scallions, chopped
- 3 tablespoons olive oil
- 1/2 teaspoon sea salt
- 1/2 cup almonds, coarsely chopped
- 1/4 ground ground cinnamon
- 1 preserved lemon
- 1 teaspoon preserved lemon juice
- 1 cup parsley, coarsely chopped

### Instructions

1. Preheat the oven to 475.
2. In a colander, rinse the wheat berries then add them to a pot with water and cinnamon sticks. Bring to a boil over medium-high heat, then cover and reduce to a simmer. Cook the wheat berries for about 60-75 minutes, or until the water is completely absorbed.
3. On a baking sheet, toss the romanesco, butternut squash and scallions with oil and sea salt. Roast for 15 minutes, then remove from oven and transfer to a serving dish.
4. Meanwhile, put the almonds in a small pan and toast them over medium heat until lightly browned. Add the almonds and ground cinnamon to the serving dish and toss.
5. Rinse the preserved lemon under water to remove some of the salt. Remove the flesh from the lemon and set aside. Mince the rind and add to the serving dish. Squeeze the liquid out of the flesh with a lemon squeezer or through a

colander. Add the extra preserved lemon juice and toss again.

- When the wheat berries are done, remove the cinnamon sticks and drain the wheat berries in a colander. Toss in with the romanesco and butternut squash.
- Add the parsley leaves last for one final toss to this bright dish!

## SWEET POTATO KALE PIZZA WITH ROSEMARY & RED ONION

*Twopeasandthierpod.com*

cook time: 10-15 MINUTES

### INGREDIENTS:

- Your favorite pizza dough—we like this [pizza dough recipe](#)
- 1 large sweet potato, thinly sliced, about 1/4 inch thick
- 1/2 red onion, sliced
- 1 1/2 tablespoon olive oil, divided
- Salt and pepper, for seasoning potato slices and onion
- 1 1/2 cups mozzarella cheese
- 1 1/2 cups chopped kale
- 1 tablespoon balsamic vinegar
- 1 teaspoon, freshly chopped rosemary

### DIRECTIONS:

- Preheat the oven to 400 degrees F. Place the sweet potato slices and red onion slices in a bowl and toss with 1/2 tablespoon of the olive oil. Season with salt and pepper. Place on a large baking sheet and bake for about 20 minutes, or until the sweet potatoes are soft and tender. Make sure you turn

them once during the 20 minutes. Remove from oven and let cool while you prepare the pizza dough.

- Turn the oven to 500 degrees F or as high as your oven will go. If you have a pizza stone, place the pizza stone in the oven to get hot. On a lightly floured surface, roll out the pizza dough, using a rolling pin. Roll it out to about 3/8 of an inch. Place the pizza dough on a pizza peel or pan that has been generously coated with corn meal. Lightly brush the dough with the remaining 1 tablespoon of olive oil. In a small bowl, toss the kale with balsamic vinegar. Top the pizza dough with mozzarella cheese, sweet potato slices, kale, red onion slices, and fresh rosemary.
- Place the pizza in the oven—directly on the pizza stone, if using one, or on the oven rack. Bake for 10-15 minutes or until pizza crust is golden and cheese is melted. Remove from oven and let cool for a few minutes before slicing. Slice and serve warm.

### Ingredients

- 2 large sweet potatoes, peeled & chopped
- 1 bunch lacinato kale, ribs removed & roughly chopped
- 1/2 yellow onion, diced
- 2 teaspoons maple syrup
- 1 teaspoon ground chipotle chili pepper
- 1 tablespoon extra virgin olive oil
- salt & pepper to taste

### Instructions

- Heat olive oil in a large skillet over medium heat. Add onions to pan and saute until soft and translucent, about 3 minutes. Meanwhile, place sweet potatoes in a glass bowl and cover with a paper towel. Steam in the microwave for 2-3 minutes until potatoes are just fork tender.\*
- Increase heat to medium-high and add sweet potatoes to skillet. Season with salt and pepper and saute about 5 minutes until evenly browned, stirring often to prevent burning. Add maple syrup to pan and toss to coat, saute 2 minutes more. Add chipotle chili pepper and saute a minute more.
- Lower heat to medium and add kale to skillet. Season again with salt and pepper. Allow to cook until kale is just wilted, about 2 minutes.
- Serve warm.

