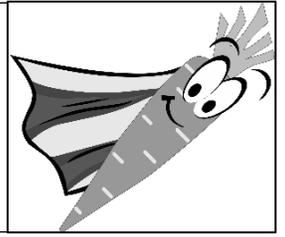


# The Dreyer Flyer

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



**2018**

**Week #27**

.....  
**THE HARVEST**

**Small & Medium**

Kale (I KNOW!)

Apples

Spaghetti Squash

Dreyer Farms Marinara

Antonio Mozzarella

Breadsmith Pizza Dough

Med-Cauliflower

**BAM**

Kale

Mozzarella (Nut Milk for Vegans)

Cheese Pumpkin

Breadsmith Pizza Dough

Apples

Scallions

**Market Box**

Dreyer Farm Marinara

Breadsmith Pizza Doughs

Mozzarella

Kale

Cauliflower

Have you massaged your kale a million times? OR!!! Have you yet to try this technique? I just had a great chat with a amazing CSA member and she was saying how the trick has really helped her enjoy kale on a regular basis!

**How to massage kale?**

Just rip the leafy part of the **kale** off of the rib (discard the ribs), place the leaves in a large bowl, pour a couple glugs of olive oil on top, plus a pinch of salt, and gently knead the leaves for about 3-5 minutes, similar to how you would knead dough.

"It's time to say goodbye, but I think goodbyes are sad and I'd much rather say hello. Hello to a new adventure."

-Ernie Harwell

**The 4-week extension is the new adventure!**

*(note: we do have vegetarian options)*

*How hard is it to get everyone together for a quality meal?*



1,2,3 or 4 weeks more! You choose. Week #1 (11/27)Turkey Tacos Week #2 (12/4) -Ciao Italiano Week #3 (12/11)-Shopper's Delight Week #4 (12/18) -The Ultimate Brunch Each week you can take home dinner! Weeks 2 & 3 are heat and eat so there is no meal prep involved. Weeks 1 & 4 there is a tiny bit of work involved but the guess work and planning are totally OUT & DONE. If you are interested see me at the farm or log into your account and go to update membership and choose as many or all 4 weeks! If you choose all 4 you get a little secret prize!

Log in at <http://dreyerfarms.csasignup.com/login> The option to "update your membership" will be on that main page after you login to your account.

## Knife sharpening

will be available at Dreyer Farms on

**Sunday, November 18th, from 2:00 to 5:00 PM**

Get ready for Thanksgiving with sharp knives. If you will be visiting family and friends, let them know so their knives can be ready for the holidays. Early drop off is available.



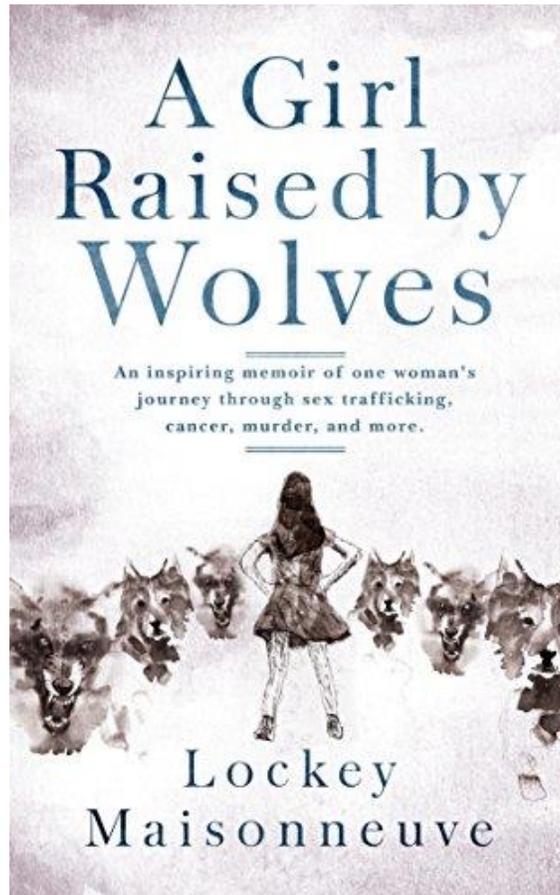


FARMACIST

PRESCRIPTION

Dreyer Farms 831 Springfield Ave Cranford, NJ 07016

**Prescription: Read this book! Not only is it inspiring it is written by a Cranford Mom!**



Dec. 5<sup>th</sup> 6.30 pm Book Club

Wine & Cheese – cost is free, but we ask for a minimum \$10 suggested donation to The Union County Child Advocacy Center.

Sign Up at the farm or call 908.276.1290

LOCAL

DATE: Every Day

REFILL: Breakfast / Lunch / Dinner / Snacks

Keep Out of The Reach of Children

Open Your Heart/We are all going through something



Your Farmacist:  
Dawn Salerno  
Phone: 908-477-0105

**Grilled White Pizza with Broccoli Rabe or Kale**  
*(you can TOTALLY swap out the Broccoli Rabe for the kale follow this recipe..it will still be amazing!)*  
 bostonglobe.com

© MARK ANDERSON WWW.ANDERSTOONS.COM



"Lately I've been thinking a lot about kale."

1	bunch broccoli rabe (about 1½ pounds), trimmed, stems and leaves cut into 1½-inch lengths
2	tablespoons olive oil
1/8	teaspoon crushed red pepper
2	cloves garlic, thinly sliced
	Salt and black pepper
1	teaspoon yellow cornmeal
1½	pounds pizza dough, at room temperature for 30 minutes
	Flour (for rolling)
1/4	medium sweet onion, very thinly sliced and separated into rings
3/4	pound fresh mozzarella, sliced
3	ounces freshly grated Parmesan

1. In a large skillet, bring about 1 inch of water to a boil. Add the broccoli rabe and cook, turning occasionally, for 4 minutes or until tender. Drain and rinse with very cold water. Spread the broccoli rabe on paper towels to dry.

2. Return the empty skillet to medium heat. Add the olive oil, red pepper, and garlic. Cook, stirring, for 1 minute. Add the broccoli rabe, salt, and black pepper. Cook, stirring, for 2 minutes. Remove from the heat.

**Spaghetti Squash Pizza Casserole**

**Ingredients**

- 1 medium spaghetti squash
- salt and pepper
- 1 T . extra virgin olive oil
- 1 c . pizza sauce (use Dreyer Farms Marinara)
- 1 c . mozzarella cheese
- 1/2 c . provolone cheese
- turkey pepperoni (I recommend The Piggery Pepperoni)

**Instructions**

1. Preheat oven to 400 F.
2. Cut squash in half and rub with olive oil.
3. Season squash with salt and pepper and place cut side down on foil lined pan.
4. Roast in oven for 45 minutes to an hour.
5. Remove from oven and let cool slightly.
6. Scrape out insides of squash into a paper towel or flour sack towel lined colander and press out liquid.
7. Press squash into a greased 8x8 inch pan.
8. Pour sauce on top.
9. Sprinkle both cheeses over top.
10. Place pepperoni on top of cheese.
11. Cook for approximately 20 minutes.
12. Broil for an additional 2-4 minutes if you like the cheese browned and pizza like.

**The Best Pumpkin Pizza**

Thepizzalab.com

Pumpkin, apples, and sage come together in this fall-inspired pizza.

Pumpkin, apples, and sage come together in this fall-inspired pizza.

**Why this recipe works:**

- Baking the pizza on a pre-heated Baking Steel under a broiler maximizes crispness and gives you pizzeria-quality charred edges.
- Slow-roasting pumpkin enhances its sweetness and intensifies its flavor.
- We incorporate pumpkin in two ways: as tender sweet dollops of mashed pumpkin, and sautéed in butter.
- Sautéing cubes of apple along with the pumpkin enhances its flavor without distracting.

**Ingredients**

- 1 pound [homemade](#) or store-bought pizza dough, divided into two 8-ounce balls
- 1 small kabocha squash or sugar pumpkin, quartered, seeds discarded (you can use a cheese pumpkin!)
- 5 tablespoons extra-virgin olive oil, divided
- Kosher salt and freshly ground black pepper
- 2 tablespoons honey
- 1 pinch ground cinnamon
- 1 pinch grated nutmeg
- 2 tablespoons unsalted butter
- 2 crisp baking apples such as Golden Delicious, cut into 1/2-inch dice
- 2 tablespoons minced fresh sage leaves, plus 1/4 cup roughly torn leaves, divided
- Flour for dusting

- 8 ounces shredded Gruyère cheese
- 6 ounces fresh mozzarella cheese
- 2 ounces grated Parmigiano-Reggiano cheese
- 2 scallions, white and pale-green parts only, thinly sliced, divided

Place each ball of pizza dough in a lightly oiled bowl and cover tightly with plastic wrap. Set aside.

Adjust oven rack to center position and preheat oven to 325°F. Toss three pumpkin quarters with 1 tablespoon olive oil and coat thoroughly with hands. Season with salt and pepper. Place in a cast iron skillet or on a foil-lined rimmed baking sheet and roast until a knife meets no resistance when poked into the flesh around the stem, about 45 minutes. Remove from oven and set aside until cool enough to handle.

Scrape pumpkin flesh out into a large bowl. Add honey, cinnamon, nutmeg, and 2 tablespoons olive oil. Mash with a whisk until a rough purée is formed. Season to taste with salt and pepper.

While pumpkins are roasting, cut remaining pumpkin quarter into 1/2-inch dice. Melt butter in a large skillet over high heat, swirling until foaming subsides. Add diced pumpkin and apple and cook, tossing and stirring frequently until tender and browned on most sides, about 10 minutes. Season to taste with salt and pepper; stir in minced sage. Transfer to a bowl and set aside.

When toppings are ready, adjust oven rack to top position

under broiler and place a Baking Steel or pizza stone on top. Preheat oven to maximum heat setting. Allow to preheat for 30 minutes.

Transfer one ball of pizza dough to a bowl of flour and turn to coat. Transfer to a lightly floured wooden pizza peel and stretch or roll into a thin circle. Top with half of shredded gruyere cheese, half of the mozzarella applied in dollops, and a light sprinkling of Parmesan. Add mashed pumpkin in rough dollops around the cheese.

Add half of sautéed pumpkin and apple. Sprinkle with torn sage leaves and half the scallion whites. Drizzle with 1 tablespoon olive oil and season with salt. Turn broiler on to high and launch pizza onto baking steel. Bake, rotating occasionally, until puffy and charred around the edges, about 4 minutes. Remove from oven, sprinkle with half the pale-green scallions, and serve. Repeat with remaining dough and toppings.

### **KALE CHIPS**

Preheat the oven to 275 degrees. Remove the ribs from the **kale** and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food.

### **Roasted Spaghetti Squash with Kale**

*Thepioneerwoman.com*

- 1 whole Spaghetti Squash
- Olive Oil
- Salt And Pepper
- 2 bunches Kale, Stalks Removed And Torn Into Pieces

- 1/2 whole Onion, Diced
- 1/2 teaspoon Chili Powder
- 1 teaspoon Balsamic Vinegar

Preheat the oven to 350 degrees.

With a sharp knife, VERY CAREFULLY cut the spaghetti squash in half lengthwise. (Stick the knife into the center of the squash, then cut down. Again---be careful!) Scoop out the seeds and pulp in the center and discard. Place the squash, cut side up, on a large baking sheet. Rub a little olive oil over the cut surface, then place the pan in the oven for 1 hour or until a fork is easily inserted into the squash.

While the squash is cooking, saute the kale: Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add the onion to the pan and cook for 3 to 4 minutes, or until starting to turn color. Throw in the kale, sprinkle in some salt and pepper, and stir to saute until the onions are golden about the kale is partly cooked, about 5 minutes. Set aside.

When the squash is cooked, use a fork to scrape the stringy squash out of the shell. Add the squash to a bowl. Mix together 1 tablespoon olive oil with the balsamic vinegar. Drizzle it over the squash, sprinkle with salt and pepper, and add the chili powder. Toss to combine.

Add the squash to individual bowls, then top with a good amount of sauteed kale. You will have squash left over!

(Or, you can toss all the kale and half the squash together.)