

# The Dreyer Flyer

*A veritable cornucopia of  
inFARmation from the last farm  
in Union County, New Jersey.*



## Next Event

*We are considering hosting a CSA Chat Group on alternating Tuesdays. Topics: tips n tricks, recipes, blending, crock pot vs insta pot, exercise, nutrition, reduce CSA waste, composting and more! If interested, please let us know!*

## The Harvest Week 11

### SMALL SHARE

Grape Tomatoes  
Kirby Cucumbers  
Yellow Squash  
Honey Bear  
Acorn Squash  
Corn  
Peaches  
Swiss Chard

### MEDIUM SHARES

Grape Tomatoes  
Kirby Cucumbers  
Yellow Squash  
Honey Bear  
Acorn Squash  
Corn  
Peaches  
Collards

Chef Kris's Famous Macaroni Salad

### BAM BOX

Grape Tomatoes/Corn/Honey/  
Peaches/Famous Macaroni Salad

### Market Box

#### Your Recipes

Quinoa and Chicken Sausage  
Stuffed Acorn Squash  
Acorn Squash Stuffed with  
Chard & White Beans  
Vegetable & Quinoa Stuffed  
Squash

What is in your BOX

**Grape Tomatoes/Yellow  
Squash/Quinoa/Parmesan  
&Mozzarella Cheese/Acorn  
Squash/YOU CHOOSE  
Griggstown  
sausage/Onion/Mushrooms/  
turmeric/Parsley/ Tomato  
Paste/Swiss Chard/Kalamata  
Olive s/Breadcrumbs/Red  
Pepper/Thyme/Basil**

*You need to have on hand for these recipes:  
white wine/Olive oil/Minced Garlic/Water ☺*

Market Box Members! This is an amazing week for you. Don't be jealous Bammers, Small and Mediums...you can still follow their lead OR switch to a Market Box Share Type! This is what you can make with your Market Box Kit This Quinoa & Chicken Sausage Stuffed Acorn Squash, Acorn Squash Stuffed with Swiss Chard and Beans, Vegetable & Quinoa Stuffed Yellow Squash.

### **CORN + PEACH SALAD**

4 ears very fresh in-season sweet corn, shucked\*

2 ripe but firm peaches, pitted and thinly sliced

4 scallions, very thinly sliced / salt to taste

2 tablespoons fresh lime juice 1/4 cup extra virgin olive oil (use the good stuff) 1/2 cup loosely packed fresh basil leaves, roughly chopped or torn crumbled feta cheese, optional

Place a small bowl upside down inside of a large mixing bowl. Take an ear of corn and prop it up vertically on top of the smaller bowl. Use a sharp knife to run down the sides of the cob and slice off the kernels, allowing them to fall into the larger bowl. Rotate the cob as you go, until all the kernels have been removed. Repeat with the remaining ears of corn, then remove the smaller bowl. Add the peaches and scallions, then season with salt. Drizzle with lime juice and olive oil, then mix to combine. Taste for seasoning & adjust as needed. Add basil and mix to combine. Serve immediately, with or without crumbled feta cheese. From coleycooks.com

## **Farmer John's Latest Dance Move The Dreyer Dab**



# Quinoa and Chicken Sausage Stuffed Acorn Squash (Market Box Kit #1) double the recipe

(serves 2)

Ingredients:

1 or 2 (for doubling) acorn squash

\*olive oil for the squash

1/2 or 1 for doubling)cup quinoa

1/2 (or 1 for doubling) teaspoon turmeric

\*1 (or 2)tablespoon olive oil

1 (or 2) link chicken and apple sausage (or whatever looks good) you can even use the ground maple turkey sausage or any of the Griggstown Sausages

1/2( or 1) small onion, diced

4 (or 8) brown mushrooms, diced

\*1/4 (or 1/2 cups) cup white wine

1 (or 2)tablespoon minced freshly chopped parsley

salt and pepper

Instructions:

1. Preheat oven to 350F.

2. Cut the squash in half, lightly rub the rims with a touch of olive oil to prevent it from drying out. Place on a baking sheet and bake for 35 minutes or until tender. Remove the squash from the oven and scoop out the seeds and discard.

3. Meanwhile place a medium pot of water on to boil and cook your quinoa according to package directions. Set aside.

4. Combine the turmeric in a small bowl with 1/2 cup of hot water and allow to steep.

5. Heat a medium skillet to medium high heat. Add the olive oil. Remove the sausage meat from the casing and fry until brown on all sides. Push to the edges of the pan and add the onion and mushrooms. Cook, stirring regularly until both are slightly browned. Add the white wine and allow to reduce by half. Stir in the parsley and the quinoa. Strain the saffron water into the quinoa and fold to toss. Sprinkle with salt and pepper to taste.

6. Sprinkle the squash halves with salt and pepper. Divide the quinoa between the two halves and transfer back to the oven. Bake for 25 more minutes, or until piping hot and the squash is very tender.

(Tip: This can be prepared ahead of time through step 5, just make sure to cook the stuffed squash long enough to heat through if the filling and squash are cold.)

from [dailyunadventuresincooking.com/recipe/quinoa-and-chicken-sausage-stuffed-acorn-squash/](http://dailyunadventuresincooking.com/recipe/quinoa-and-chicken-sausage-stuffed-acorn-squash/)

## Acorn Squash Stuffed with Chard & White Beans (Market Box #2)

From: EatingWell Magazine, November/December 2009

Acorn squash's natural shape makes it just right for stuffing. This filling has Mediterranean flair: olives, tomato paste, white beans and Parmesan cheese. Serve with the Nectarine and Corn Salad!

## Ingredients

- 2 medium acorn squash, halved (see Tip) and seeded
- \*1 teaspoon plus 2 tablespoons extra-virgin olive oil, divided 1/2 teaspoon salt, divided
- \*1/2 teaspoon freshly ground pepper, divided (or save some time and energy and use Savory Spice Shop's Tableside Seasoning!)
- 1/2 cup chopped onion
- \*2 cloves garlic, minced
- \*2 tablespoons water
- 1 tablespoon tomato paste
- 8 cups chopped chard leaves (about 1 large bunch chard)
- 1 15-ounce can white beans, rinsed
- 1/4 cup chopped kalamata olives
- 1/3 cup coarse dry whole-wheat breadcrumbs (see Note)
- 1/3 cup grated Parmesan cheese

## Directions:

Cut a small slice off the bottom of each squash half so it rests flat. Brush the insides with 1 teaspoon oil; sprinkle with 1/4 teaspoon each salt and pepper. Place in a 9-by-13-inch (or similar-size) microwave-safe dish. Cover with plastic wrap and microwave on High until the squash is fork-tender, about 12 minutes. (not my favorite way I would skip the plastic but that is just me...))

Meanwhile, heat 1 tablespoon oil in a large skillet over medium heat. Add onion; cook, stirring, until starting to brown, 2 to 3 minutes. Add garlic; cook, stirring, for 1 minute. Stir in water, tomato paste and the remaining 1/4 teaspoon each salt and pepper. Stir in chard, cover and cook until tender, 3 to 5 minutes. Stir in white beans and

olives; cook until heated through, 1 to 2 minutes more. Remove from the heat.

Position rack in center of oven; preheat broiler. Combine breadcrumbs, Parmesan and the remaining 1 tablespoon oil in a bowl. Fill each squash half with about 1 cup of the chard mixture. Place in a baking pan or on a baking sheet. Sprinkle with the breadcrumb mixture. Broil in the center of the oven until the breadcrumbs are browned, 1 to 2 minutes.

Tip: Make it easier to cut a pumpkin, acorn squash or other winter squash: pierce in several places with a fork; microwave on High for 45 to 60 seconds. Use a large sharp knife to cut in half. Remove the seeds and stringy fibers with a spoon.

Ingredient Note: We like Ian's brand of coarse dry whole-wheat breadcrumbs, labeled "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets. To make your own breadcrumbs, trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. Spread on a baking sheet and bake at 250°F until dry, about 15 minutes. One slice of bread makes about 1/3 cup dry breadcrumbs.

Cut Down on Dishes: A rimmed baking sheet is great for everything from roasting to catching accidental drips and spills. For effortless cleanup and to keep your baking sheets in tip-top shape, line them with a layer of foil before each use.

**Fun Fact** about a weed that is in your garden that maybe you should EAT! Yes, you herd me right! Health Benefits of Purslane. This wonderful green leafy vegetable is very **low** in **calories** (just 16 kcal/100g) and

fats; nonetheless, it is rich in **dietary fiber, vitamins,** and **minerals.** Fresh leaves contain surprisingly more **omega-3** fatty acids ( $\alpha$ -linolenic acid) than any other leafy vegetable plant. Not sure what it looks like, ask us or Google it 😊

## Caramelized Onion Apple Sausage Stuffed Acorn Squash {Paleo & Whole30}

### Ingredients:

2 small/med acorn squash cut in half lengthwise and seeds/strings scooped out  
1 lb [pork sausage](#) casings removed if necessary, sugar free\*  
1 large onion or 2 small cut in half and sliced thin (or you can use chicken sausage!)  
3 tbsp [ghee](#) coconut oil, or other cooking fat (for caramelizing the onions) + 2 tsp (for sautéing the garlic)  
2 cloves garlic minced  
1 medium-large apple cored and diced  
2 cups fresh spinach (you can totally substitute Swiss Chard here roughly chopped)  
1 Tbsp fresh rosemary chopped  
2 tsp fresh thyme chopped  
sea salt and black pepper to taste

### Instructions

Preheat your oven to 400 degrees and line a baking sheet with parchment paper.

Place the 4 acorn squash halves (seeds removed) open-side down on the baking sheet and roast in the preheated oven for about 20-30 minutes,

or until the top of your squash feels tender when gently pressed. You can always check them and continue to roast a few more minutes if they aren't tender enough. Set aside after removing from oven.

While the squash roasts, make the filling. Begin by caramelizing the onions (this process takes a good 20-25 minutes to really bring the flavor out!)

In a medium skillet, heat the ghee or coconut oil over low heat and add all the onions, stirring to coat. Sprinkle with a bit of salt and cook over low heat, stirring every 5 minutes ago to prevent burning. Once onions have been cooking for about 25 minutes and are deep golden brown, remove from heat and set aside.

While the squash roasts and the onions cook, heat a large saucepan over medium low heat and add the remaining 2 tsp cooking fat to melt. Add the garlic and cook until just tender, then add all the sausage and increase the heat to medium.

Cook the sausage and stir to break up lumps, about 5-8 minutes until just browned. Add the apples and herbs and continue to cook, stirring until the apples soften. Add the spinach and a pinch of salt and pepper and cook, stirring, until the spinach wilts.

Add the caramelized onions to the sausage mixture, leaving excess cooking fat in the pan. Preheat your broiler, then fill all 4 halves of the squash with the stuffing mixture (you may

have leftover depending on how big your squash was)

Arrange the squash on the baking sheet, stuffing side up, and put under the broiler for 5-10 minutes until the tops get nice and toasty, checking often to prevent burning. Once nice and browned, remove from oven, allow to cool a bit and then serve warm. Enjoy!

## VEGETABLE AND QUINOA STUFFED ZUCCHINI (or yellow squash!) Market Box #3

- \*2 tablespoons olive oil
- 1 medium onion finely diced
- 1 medium red pepper finely diced
- 2 Roma tomatoes or 1/2 C. grape tomatoes finely diced
- 6 medium zucchini halved lengthwise
- 1 - 2 sprigs fresh thyme leaves
- salt and pepper to taste
- 1 cup baby spinach leaves chopped (you can sub Swiss Chard here OR Collards but I would blanch the Collards first and cut them up really thin!)
- 1 cup cooked quinoa
- 3 - 4 large fresh basil leaves torn
- 1 tablespoon Parmesan grated (optional)
- 1/2 cup mozzarella grated

### Instructions

In a 12" skillet over medium high heat, add the olive oil, onion and red pepper. Reduce the heat to medium and sauté just until the onion softens a bit.

While you wait for the onions to soften, scoop just a bit of each zucchini out with a round scoop (or use a round measuring spoon). Chop the scooped bits up into a small dice put the zucchini aside.

Add the tomato, zucchini bits, thyme leaves and some salt and pepper to the pan. Continue to sauté for another couple of minutes. Add the spinach and stir until the spinach wilts down.

Remove the pan from the heat and add the cooked quinoa and sprinkle with some fresh basil leaves. Add the Parmesan if using. Stir to combine and set aside.

Preheat your oven to 375 degrees.

Line a baking sheet with foil or parchment for easy clean up. Arrange the zucchini on the sheet. Using a small spoon (I use a regular teaspoon) divide the mixture between all of the zucchini. Cover the baking sheet with foil. You can refrigerate at this point up to a couple of days if you'd like to serve it later. Otherwise, place the sheet in the oven and bake for 30 minutes, covered.

After 30 minutes, uncover and top each zucchini with some mozzarella. Place the sheet back in the oven and bake for another 10 minutes. If you'd like a browner top, raise the rack in the oven to the highest spot. Remove from the oven and serve.

**Notes** To yield one cup of cooked quinoa, cook 1/3 cup of dry quinoa in about 2/3 cup of water. I like to prepare a whole pot of quinoa (1 cup quinoa in 2 cups of water. It will yield 3 cups cooked). I love having cooked quinoa in the fridge. Use it as breakfast with vanilla almond milk and some fruit, warm it up

and top it with an egg or add it to some sautéed veggies as a great side dish with dinner or for lunch! Quinoa is pretty awesome!

Always rinse quinoa in a fine mesh sieve before cooking. That removes the saponins, a powdery coating that can cause a bitter taste.

I cover the zucchini with aluminum foil while baking because if you don't, the quinoa will get a bit crunchy. If you'd like, you can try topping this dish with a bit of a light marinara sauce!

To keep this vegan, eliminate the Parmesan and mozzarella. Use vegan substitutes if you'd like. Nutritional Yeast is always yummy! from <https://www.tasteloveandnourish.com/vegetable-and-quinoa-stuffed-zucchini/>

## KETO COLLARD GREENS WITH BURST CHERRY TOMATOES

### Ingredients

3 strips bacon raw  
1 lb collard greens  
1/4 cup cherry tomatoes  
2 tablespoons [chicken broth](#)  
1 tablespoon [apple cider vinegar](#)  
salt and pepper to taste

Cut bacon into 1cm strips and fry over medium heat in large pan until meat begins to brown.

Add collard greens, cherry tomatoes, chicken broth, and apple cider vinegar. Stir gently over medium heat until cherry tomatoes burst, about 6-8 minutes.

Remove from heat and mix ingredients well.

Season with salt and pepper, to taste. from [ketogasm.com](#)