

# The Dreyer Flyer

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



## Events

9/18 CSA Facebook Blogger Show  
9/19 or 20 Blvd 572 Dinner in the Field  
10/27 Thanksgiving Demo

## The Harvest Week 14

### Small Shares & Medium Shares

Cucumber  
Squash  
Red Pepper  
Kale  
Corn  
Potatoes  
Carrots  
Vanilla Bean Ice Cream

### **BAM**

Red Peppers  
Potatoes  
Kale  
Carrots  
Vanilla Bean Ice Cream

### Market Box

Piggery Hot Dogs  
Breadsmith Buns  
Red Peppers  
Farro  
Kale  
Mushrooms  
Onion  
Garlic  
Cheese  
Spice  
Vanilla Bean Ice Cream



Best Ice Cream Around because this GUY puts his heart into it! Thanks Ralph!

### **Ina Garten's Roasted Carrot/foodnetwork.com**

12 carrots  
3 tablespoons good olive oil  
1 1/4 teaspoons kosher salt  
1/2 teaspoons freshly ground black pepper  
2 tablespoons minced fresh dill or parsley

Preheat the oven to 400 degrees F. If the carrots are thick, cut them in half lengthwise; if not, leave whole. Slice the carrots diagonally in 1 1/2-inch-thick slices. (The carrots will shrink while cooking so make the slices big.) Toss them in a bowl with the olive oil, salt, and pepper. Transfer to a sheet pan in 1 layer and roast in the oven for 20 minutes, until browned and tender.

Toss the carrots with minced dill or parsley, season to taste, and serve.

## Kale & Farro Stuffed Peppers

### Ingredients

- 1 1/2 cups uncooked farro
- 4 assorted bell peppers and a drizzle of olive oil
- 1 1/2 tablespoon olive oil
- 1/2 medium onion chopped
- 2 cups sliced mushrooms
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- salt and pepper to taste
- 2 cups chopped kale
- 1 1/2 cups your CHOICE shredded cheese

### Instructions

Preheat oven to 400 degrees for roasting peppers.

Rinse the farro with cold water, add 4 cups of water and farro to a large stock pot, cover and bring to a boil over high heat.

Reduce heat, cover and cook 20 to 25 minutes or until tender and chewy. Drain any remaining water from farro.

Wash peppers, slice vertically, remove the seeds and membrane.

Place on a baking pan and drizzle with olive oil and sprinkle with salt and black pepper. Bake peppers 20 minutes or until peppers have softened a bit

While farro and peppers are cooking heat 1 1/2 tablespoons

of olive oil in a large skillet over medium heat. Add the onions to the skillet and sauté about one minute, minute, add the mushrooms and continue to sauté two more minutes. Onions should be translucent and mushrooms will be softened.

Add in the garlic, oregano, thyme and a dash of salt and black pepper, cook for a minute or two more.

Toss in the kale, stir to mix and transfer everything to a large bowl.

Add drained farro to the kale mixture, taste and season with more salt and pepper if needed.

Fill pepper halves with the farro mixture, top with the cheese, place in oven for 5 more minutes or until cheese is melted.

Remove from oven, allow to cool slightly before serving. Adapted from the [wholeserving.com](http://wholeserving.com)

### Red Pepper & Potato Hash with Kale

3 potatoes, peeled and chopped into a small dice  
1 sweet red pepper, diced  
1 red or yellow onion, diced  
1/2 pound or more sausage, vegetarian sausage, or diced tempeh/tofu  
2 tablespoons olive oil  
1/2 teaspoon sea salt  
1/3 teaspoon black pepper  
1/4 teaspoon or more cayenne pepper  
1 teaspoon dried thyme  
1/2 bunch of kale, washed, dried, and chopped into small pieces

**Preheat oven to 425F.** Toss all ingredients except the kale in a large cast iron skillet or on a rimmed baking pan. Bake for 30 minutes. Remove pan from the oven, stir potatoes, then add kale to the top without stirring. Bake for 10 – 15 minutes until kale is wilted, remove pan from oven, stir kale into potato mixture. Keep an eye on the kale while it's wilting. If it the edges start to char, add a little bit of vegetable stock or water to keep it moist. Return pan to oven for 5 – 15 minutes or until all of the vegetables are softened and sausage or vegetarian substitute are baked through. from [earlymorningfarm.com](http://earlymorningfarm.com)

### How To Cook Corn on the Cob in the Microwave

- 1 or more ears fresh, un-shucked sweet corn
- 1. Place 1 to 4 ears of corn, un-shucked, in the microwave in a single layer. If you prefer, you can set them on a microwavable plate. If you need to cook more than 4 ears of corn, cook them in batches.
- 2. **Microwave for 3 to 5 minutes.** For just 1 or 2 ears of corn, microwave on high for 3 minutes. For 3 or 4 ears, microwave for 4 minutes. If you like softer corn or if your ears are particularly large, microwave for an additional minute.
- 3. **Allow to cool.** Set the ears on a cooling rack or cutting board to cool. When the silks and top leaves are cool enough to handle, quickly shuck the husks off the cobs (for more info, see [How to Shuck Corn Quickly & Cleanly](#)). The corn will stay quite warm in their husks, so wait to shuck them until just before serving.

**Note: Need something, have a question about CSA or your account text or call 908.477.0105/forgot your box and your running late to get it call 908.276.1290**