

The Dreyer Flyer

*A veritable cornucopia of
inFARMed 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 15

Small Shares & Medium Shares

Butternut Squash

Frying Peppers

Onions

Melon

Plums

Breadsmith Pizza Dough

Tomatoes

Corn

Lettuce

BAM

Butternut Squash

Tomatoes

Plums

Onions

Lettuce

Melon

Breadsmith Pizza Dough

Market Box

Griggstown Chicken

Rosemary

Lemons

Butternut Squash

Lettuce

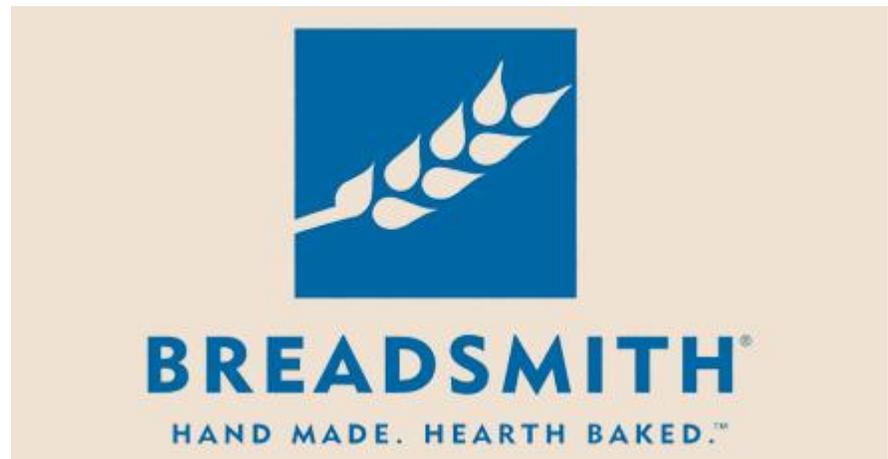
Tomatoes

Breadsmith Pizza Dough

Melon

Plums

Fryer Peppers

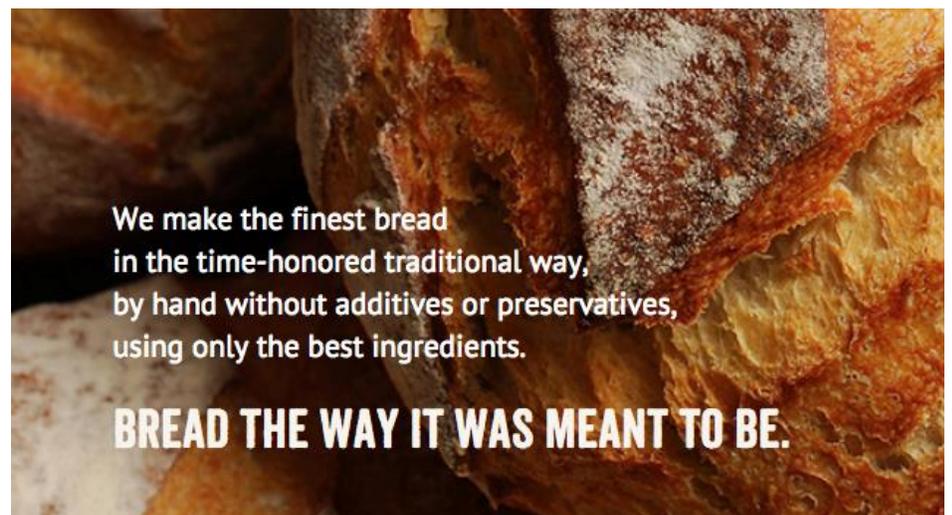


Remove the dough from the refrigerator and let it come to room temperature on the counter. Prepare your stone, pan (lightly sprayed), or parchment paper (non-waxed).

Carefully stretch or roll the dough to the desired size. If the dough is at room temperature, it should not tear. Let the stretched dough rise for 10 to 15 minutes if thicker crust is desired. Cover the dough with your favorite toppings.

Bake at 400 to 425 degrees for approximately 15 to 25 minutes.

Let cool slightly before cutting. Serve and enjoy!



Nonna's Lemony Roast Chicken with Butternut Squash

Lemons used every which way (juiced, zested, sliced, squeezed, and baked inside the chicken) give this classic dish a fresh new spin.

[RACHAEL RAY EVERY DAY](#)

SEP 21, 2018

Ingredients

1 butternut squash (about 2 1/2 lb.), peeled and cut into 1-inch pieces (about 6 cups)

1 tbsp. plus 1/4 cup olive oil

1 tbsp. plus 1 1/2 tsp. chopped fresh rosemary, plus 1 large sprig

4 lemons

1 tbsp. white wine

1 whole chicken (about 4 lb.)

Preparation

1. Preheat the oven to 400°. In a large bowl, toss the squash, 1 tbsp. oil, and 1 1/2 tsp. chopped rosemary. Season the squash with salt and pepper.

2. Juice 1 lemon. (You should have about 1/4 cup.) In a bowl, mix the lemon juice, remaining 1/4 cup oil, remaining 1 tbsp. chopped rosemary, and the wine to make the basting sauce.

3. Using a vegetable peeler, remove the zest from 1 lemon. Using a fork, pierce the lemon in several places. Season the chicken with salt and pepper, then rub with about 1 tbsp. of the basting sauce. Insert the

peeled lemon into the cavity. Using kitchen twine, loosely tie the legs together.

4. Slice 1 lemon. On a rimmed baking sheet, spread the squash out in an even layer, leaving room for the chicken in the center. Place the chicken directly on the baking sheet in the center. Tuck a few lemon slices around the chicken. Place the rosemary sprig on top.

5. Roast, basting the chicken occasionally with the sauce, until the squash is tender and charred in spots and an instant-read thermometer registers 165° when inserted into the thickest part of the thigh (do not touch the bone), about 1 hour.

6. Transfer the chicken and squash to a platter. Cut the remaining lemon in half and squeeze over the chicken.

Bon Appetite's Salad Pizza

Ingredients

1 pound store-bought pizza dough, room temperature

3 tablespoons plus 1/3 cup extra-virgin olive oil

3 garlic cloves, finely grated

Kosher salt, freshly ground pepper

1 large head of lettuce, leaves separated and torn

4 ounces Gorgonzola, crumbled (about 1 1/2 cups)

1/4 cup [pickled red or white onion](#) (recipe below)

3 tablespoons sliced chives

4 ounces thinly sliced prosciutto, but any good thinly sliced ham will be delicious here

2 tablespoons red wine vinegar

1 teaspoon sugar

Corn-optional*

Instructions

Preheat oven to 475°. Place dough on a rimmed baking sheet and drizzle with 1 Tbsp. oil; turn to coat. Stretch dough outward with your hands until it covers the entire sheet (it should be thin, which is what you want). If dough springs back, let it rest a few minutes to relax before stretching again.

Mix garlic and 2 Tbsp. oil in a small bowl. Drizzle over dough, using your hands to spread across entire surface; season with salt and pepper. Bake dough, rotating baking sheet once, until golden, puffed, and crisp all over, 10–12 minutes. Let cool slightly (so lettuce won't wilt).

Toss lettuce, Gorgonzola, pickled onion, and chives in a large bowl; season with salt and pepper. Whisk vinegar and sugar in another small bowl, then, whisking constantly, gradually stream in remaining 1/3 cup oil. Pour dressing over salad and toss to coat.

Arrange salad on top of pizza crust and drape prosciutto over. Slice pizza into squares.

Raw corn is delicious here..it gives you a nice crunch and it works off that lovely salty n sweet premise that we all seem to love so much!

Pickled Onions in a FLASH

1/2 cups apple cider vinegar
1 tablespoon sugar
1 1/2 teaspoons kosher salt
1 red or white onion, thinly sliced

Instructions

Whisk first 3 ingredients and 1 cup water in a small bowl until sugar and salt dissolve. Place onion in a jar; pour vinegar mixture over. Let sit at room temperature for 1 hour. **DO AHEAD:** Can be made 2 weeks ahead. Cover and chill. Drain onions before using.

This is how you can pickle those fryers!

1 cup white or apple cider vinegar
1 teaspoon kosher salt
2 tablespoons dark brown sugar
1/2 teaspoon dried oregano
3 garlic cloves, peeled and crushed
1/4 cup extra-virgin olive oil
1/2 lb Fryer Peppers, thinly sliced into 1/4-inch rounds
1 hot pepper sliced (optional)

Directions

In a saucepan over medium heat, combine vinegar, salt, brown sugar, oregano, garlic cloves, optional hot pepper olive oil and bring to a simmer. Add sliced peppers and simmer for 10 to 15 minutes until the peppers are tender.

Transfer peppers into a pint mason jar and pour the liquid over top; secure with airtight lid and refrigerate overnight to let flavors infuse. Peppers will keep in the refrigerator for up to 1 month.

Trick for preparing a sometimes difficult to work with Butternut Squash!!

- ① Prick the skin of the squash all over with a fork.
- ② Slice off both ends of the squash.
- ③ Microwave the squash for about 3½ minutes. This softens the skin considerably.
- ④ Let the squash cool enough to handle, or use a towel to hold it, and simply peel away the skin.

Don't Toss the seeds of your squashes this season!!! Instead make a simple snack...here's how

The seeds:

acorn (with olive oil and salt)
butternut (with olive oil, fennel seed and salt)
delicata (olive oil, coriander seeds, curry powder and salt)

spaghetti squash (olive oil, red chili flakes, and salt)

kabocha (allspice, cardamom, and cloves)

The method:

350F oven.

@1 tsp oil per 1/2 cup seeds ~ salt and spices to taste.

15-20 minutes, or until you start to hear them 'pop'

Let cool on pan, they'll crisp as they cool. enjoy.

How to easily remove and clean winter squash seeds

Cut your squash in half. Use your hands to pull out the seeds into a large bowl. Try to squeeze the seeds out, leaving as much of the pulp behind as you can. There are pockets of seeds in the cavities of squash, so be sure to root around in the corners.

Fill the bowl with cold water and use your hands to squish the seeds together to remove the slimy pulp. The seeds will rise to the surface. Skim them off and spread them out to dry,

If pulp is stubborn, try putting the seeds in a strainer and using your kitchen sprayer to loosen it.

Turn the seeds out onto a clean absorbent dishcloth and pat them dry.

Don't worry about a little of the pulp sticking to the nuts, it won't hurt anything.

Sandra Lee's Herbed Focaccia

Ingredients

3 tablespoons olive oil, divided
1 (15-ounce) bag refrigerator pizza dough, at room temperature
2 teaspoons Italian seasoning or fresh Rosemary
Enough tomatoes, sliced thin to cover
1 teaspoon salt
1/4 teaspoon freshly ground black pepper

Instructions

1. Preheat oven to 425 degrees F.
2. Coat a 13 by 9-inch sheet pan with 1 tablespoon of olive oil. Spread out the pizza dough to fit the sheet pan.
3. In a small bowl mix together the Italian seasoning and remaining olive oil. Brush the seasoned oil all over the top of the dough, making sure to reserve about 2 teaspoons. Using your fingers punch dimples about halfway down into the dough. Bake in the hot oven for about 8 minutes.
4. Remove the focaccia from the oven, top with tomato slices, sprinkle with salt and pepper, to taste, and brush with remaining 2 teaspoons of the oil mixture. Return to the oven and

bake until the focaccia is gold brown, about 15 to 20 minutes. Cut into squares and serve warm

BUTTERNUT SQUASH SOUP INGREDIENTS:

To make this easy butternut squash soup recipe, you will need:

Butternut squash: You can use 1 medium-sized fresh butternut squash

Carrot, apple and onion: To add some extra sweet and savory flavors to the soup.

Vegetable stock and coconut milk: For your broth. (We'll stir the coconut milk in at the very end.)

Garlic, sage, salt, black pepper, cayenne, cinnamon and nutmeg: My favorite seasoning combo. If you don't have fresh sage on hand, feel free to use a pinch of dried. (And if you *do* have fresh sage, I also love to fry up a few extra leaves and use them as a garnish on top.) Also feel free to add more or less cayenne to taste.

Your choice of garnishes: I like to drizzle on some extra coconut milk, maybe sprinkle of toasted pepitas, and a sprinkle of extra black pepper and/or smoked paprika. Mom's version called for sprinkling cayenne on top. Or I've included lots of other ideas for fun garnishes below.

SLOW COOKER BUTTERNUT SQUASH SOUP INSTRUCTIONS:

Combine your ingredients (minus the coconut milk) in a [slow cooker](#)*. Roughly diced — don't spend time perfectly chopping all of your ingredients. Feel free to use a large (6-quart) slow cooker or a small (3.5- to 4-quart) slow cooker.

Cook until tender. Generally about 6-8 hours on low, or 3-4 hours on high.

Have fun with toppings: So many toppings can pair well with butternut squash soup! Some faves include:

Cheese (grated sharp cheddar, or crumbled feta, goat or blue cheese are all delicious)

Nuts (toasted almonds, walnuts, pine nuts, pepitas, or [candied pecans](#) are some faves)

Herbs (fresh cilantro, thyme, sage, chives, etc.)

Crispy bacon or prosciutto

Greens (I love adding a handful of fresh baby arugula as a topping)