

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(raindate) Blvd 572 Dinner in
the Field call 709.1200**
10/27 Thanksgiving Demo

The Harvest Week 16

Small Shares & Medium Shares

Melon
Gala Apples
Squash
Corn
Lettuce
Carrots
Beans
Peaches

BAM

Melon
Gala Apples
Squash
Lettuce
Carrots
Beans
Peaches

Market Box

Griggstown Sausage
Melon
Gala Apples
Squash
Corn
Lettuce
Beans-1/2 pound
Peaches
Jalapeño
Pasta

**This week (8/23 & 8/27) the topic for Sustainable Step Chat is
Inflammation. 9.30am & 5.30pm by the Picnic Tables**

Turmeric is an excellent source of iron and manganese. It is also a good source of vitamin B6, dietary fiber, copper, and potassium.

Phytonutrients in turmeric include curcumin, demethoxycurcumin, tumerones, and tumenorols. Curcumin is a natural anti-inflammatory compound. Turmeric contains bioactive compounds with medicinal properties. Turmeric dramatically increases the antioxidant capacity of the body. From healthline.com

Blend this for an ultra-Anti-Inflammatory Smoothie!

- 2 Red Apples – cored and chopped
- 1/4 Inch Fresh Ginger
- 1/2 Tsp Turmeric
- 1 Cup Ice
- 1 Cup Water

**In an excerpt from Women, Food, and God, Geneen Roth
shares guidelines to eating more consciously.**

Eat when you are hungry.

Eat sitting down in a calm environment. ...

Eat without distractions. ...

Eat what your body wants.

Eat until you are satisfied.

Eat (with the intention of being) in full view of others.

For MORE inspiration on mindful eating join us on Fri 8/30 930am

Detox Tomato & Turmeric Soup

1 Pint Cherry Tomatoes (rinsed and halved)

1 can(s) (14oz) Diced tomatoes, canned

1/2 cup Vegetable stock/broth, low sodium

1 small White onion (finely diced)

2 clove(s) Garlic (minced)

2 tsp Turmeric, powder

1 tsp Coconut oil

1/2 tsp Sea salt

1/2 tsp Black pepper

1 tsp, ground Basil, dried

1 tbsp Apple cider vinegar

Instructions

Heat the coconut oil in a saucepan and fry the onion and garlic for one minute.

Add turmeric and cherry tomatoes and cook until the tomatoes soften and leave their juices.

Add the tomato can, vegetable stock, apple cider vinegar and basil, bring to boil, cover with a lid and let simmer for five minutes.

Transfer into the blender and pulse to obtain a creamy liquid.

(Remember, the Cucurmin compound of turmeric needs to be mixed with pepper that way it's better absorbed by your body so be generous with it!) this recipe was adapted from thelodown.com

Pasta with Green Beans, Tomatoes & Pesto

Insidetherustickitchen.com

15 oz (450g) fresh pappardelle pasta (if you don't have fresh you can sub dry!)

1 batch [parsley pesto](#) (see next recipe)

9.5 oz (200g) cherry tomatoes cut in half

3.5 oz (100g) green beans cut in half with ends removed

1 tsp chili flakes red pepper flakes

1 tbsp [olive oil](#), Salt and pepper

Instructions

Bring a large pot of salted water to the boil.

Meanwhile make the sauce, add the cherry tomato, green beans, chili flakes, salt and pepper to a large pan and cook on a medium heat until the tomatoes soften and start to create a sauce.

Add the fresh pasta to the boiling water and cook according to packet instructions (around 3 mins). Once cooked remove with tongs from the water to the tomatoes and toss to coat.

Add the pesto and toss again until completely covered in the sauces. Serve.

Parsley Pesto

2 oz (60g) flat leaf parsley (2 large handfuls)

- 1 heaped tbsp pine nuts
- 1 squeeze lemon juice (around 1 tsp)
- 1 clove garlic

- 1 tbsp parmigiano reggiano or pecorino cheese freshly grated
- 4 tbsp [olive oil](#) extra virgin

Instructions

Place all ingredients in a bowl and blitz until smooth with an immersion blender. If using a mortar and pestle add it to the mortar and pound until smooth. Season and use as required.

Orecchiette with Caramelized Onions, Green Beans, Fresh Corn & Jalapeño

By [Scott Conant Fine Cooking Issue 86](#)

Servings: 4

The flavors in this pasta build with each bite. Try it once, and it will become a summertime staple. If you can't find orecchiette, you can use farfalle instead.

Ingredients

- Kosher salt
- 1/3 cup extra-virgin olive oil
- 2 cups thinly sliced sweet onion (from 1 large onion)
- 1 lb. dried orecchiette
- 1/2 lb. fresh green beans, washed, trimmed, and sliced on the diagonal into 1-inch lengths
- 1 cup fresh corn kernels (from about 2 ears)
- 1 jalapeño, stemmed, halved lengthwise, seeded, and thinly sliced crosswise

- Freshly ground black pepper
- 1/4 cup grated Pecorino Romano
- 1 Tbs. chopped fresh flat-leaf parsley

Preparation

Bring a large pot of well-salted water to a boil over high heat.

Heat the olive oil in a 12-inch skillet over medium-high heat. When the oil is hot, add the onion and a large pinch of salt and cook, stirring frequently, until the onion is beginning to soften and brown, about 5 minutes. Lower the heat to medium and continue cooking, stirring frequently, until the onion is very soft and a light golden brown, about 15 more minutes (if the onion begins to look like it's burning, add 2 Tbs. warm water and lower the heat).

Put the orecchiette in the boiling water and cook until just shy of al dente, about 9 minutes. Add the green beans to the pasta water in the last minute of cooking.

While the pasta cooks, add the corn, jalapeño, and a pinch of salt to the onions and cook, stirring occasionally, until the corn kernels begin to soften, 3 to 5 minutes. Remove from the heat.

Reserve 1/2 cup of the pasta and green bean cooking water and drain the pasta and green beans together in a colander.

Return the orecchiette, green beans, and 2 Tbs. of the reserved water to the pot. Add the onion mixture and toss over medium heat until the green

beans are crisp-tender and the orecchiette is perfectly al dente, 1 to 2 minutes. Add more of the pasta water as necessary to keep the dish moist. Season to taste with salt and pepper, transfer to warm shallow bowls, and top each serving with the pecorino and parsley.

Chicken Sausage and Broccoli Zucchini Pasta with Parmesan

From inspiralized.com

NOTE: since we do NOT have Broccoli in the box you can actually make this without it OR save this recipe, hopefully it is coming soon!

Ingredients

- 2 chicken sausage links, take out of casing!
- 2 garlic cloves, minced
- 1 cup chopped broccoli florets
- salt and pepper, to taste
- 1/2 teaspoon red pepper flakes
- 1/2 cup chicken broth, low sodium
- 2 medium zucchinis, Blade C, noodles trimmed
- 1/4 cup grated parmesan cheese

Place a large skillet over medium-high heat. Once skillet is heated, add in the chicken sausage, crumbling with a wooden spoon. Cook for 5 minutes or until browned on the outside and then add in the garlic and broccoli. Season with salt, pepper, and red pepper flakes and stir well. Add in the chicken broth and

cook, covered, for 5-7 minutes or until broccoli is fork tender and chicken sausage is cooked all the way through.

Once the broccoli and sausage are almost fully cooked, add in the zucchini noodles and toss well to combine. Cook for 3-5 minutes or until zucchini is al dente. Add in the parmesan cheese and toss well, off heat, until combined. Divide the pasta into bowls and serve.

Crazy Simple Honey Green Beans and Carrots

From foodnetworkmagazine.com

Cook 2 cups each chopped carrots and green beans in a medium pot of boiling salted water until just tender, about 3 minutes. Drain, then return the vegetables to the pot with 2 tablespoons butter, 1 tablespoon honey and the zest of 1/2 lemon; season with salt. Cook, stirring, over medium heat, 1 minute.

QUICK TIP: LOVE PASTA?

Don't say goodbye, instead add extra, extra, extra veggies and cut way back on the pasta. Ease into it and you won't miss the extra carbs!

TURMERIC CARROT APPLE SOUP | V & GF

- 2 tablespoons extra-virgin olive oil
- 1 large onion, diced
- 1 large apple (honeycrisp or another tart apple), peeled and finely chopped
- 2 cloves garlic, minced
- 1 1/2 teaspoons ground turmeric

- 1 teaspoon ground cumin
- 1 1/2 pounds carrots, chopped into 1/2-inch pieces
- 4 cups low-sodium vegetable stock
- 1 bundle thyme, tied with string
- 1/2 cup unsweetened cultured coconut yogurt
- sea salt and fresh pepper, to taste

Heat the oil in a soup pot over medium heat. add the onion and apple and cook until both are soft, about 6-8 minutes. add the garlic, turmeric, and cumin and cook until fragrant, about 30 seconds. then add the carrots, stock, and thyme and bring it all to a simmer. cover and cook until the carrots are tender, about 20-25 minutes. remove from heat and let the soup sit for 10 minutes.

Remove the thyme bundle and carefully blend the soup in a blender or food processor. add the yogurt, season with salt and pepper, to taste. then blend it once more.

Transfer the pureed soup back to the soup pot and bring to a simmer. serve soup hot and garnish with toasted pecans, drizzled oil, and thyme sprigs (optional). From dollyandoatmeal.com

Stuffed Squash Boats

- 6 medium zucchinis (about 8 ounces each)
- 1 pound Griggstown Sausages, casings removed

- 2 medium tomatoes, seeded and chopped (you can also use grape or cherry tomatoes)
- 1 cup panko (Japanese) breadcrumbs
- 1/3 cup grated Parmesan cheese
- 1/3 cup minced fresh parsley
- 2 tablespoons minced fresh oregano or 2 teaspoons dried oregano
- 2 tablespoons minced fresh basil or 2 teaspoons dried basil
- 1/4 teaspoon pepper
- 3/4 cup shredded part-skim mozzarella cheese
- Additional minced fresh parsley, optional

Preheat oven to 350°. Cut each zucchini lengthwise in half. Scoop out pulp, leaving a 1/4-in. shell; chop pulp. Place zucchini shells in a large microwave-safe dish. In batches, microwave, covered, on high 2-3 minutes or until crisp-tender.

In a large skillet, cook sausage and zucchini pulp over medium heat 6-8 minutes or until sausage is no longer pink, breaking sausage into crumbles; drain. Stir in tomatoes, breadcrumbs, Parmesan cheese, herbs and pepper. Spoon into zucchini shells.

Place in two ungreased 13x9-in. baking dishes. Bake, covered, 15-20 minutes or until zucchini is tender. Sprinkle with mozzarella cheese. Bake, uncovered, 5-8 minutes longer

or until cheese is melted. If desired, sprinkle with additional minced parsley. adopted from tasteofhome.com

Grilled Peaches with Cinnamon Honey Butter

- 2-3 sweet ripe peaches, sliced in half and pits removed
- 2 tablespoons butter
- 2 tablespoons honey
- 1/2 teaspoon cinnamon
- lightly sweetened whipped cream
- mint leaves (optional)

Heat a grill pan on the stovetop (or a standard outdoor grill) over medium-high heat. Place the peach halves face down onto the grill, cooking for about 5 minutes or until nice grill marks are achieved and the peaches are warm and have softened a bit, turning the peaches 90 degrees halfway through cooking.

Meanwhile, heat a small saucepan over medium-low heat. Add the butter, honey, and cinnamon. Cook 1-2 minutes or until melted and smooth. Keep warm until the peaches are ready.

Put grilled peach halves onto serving plates. Top with lightly sweetened whipped cream and drizzle with cinnamon honey butter. Top with mint leaves, if using. Serve promptly. from alaskafromscratch.com

DON'T FORGET TO WEAR PROPER SHOES WHEN PICKING AND PLEASE RETURN YOUR BOXES IF YOU ARE NOT BRINGING A REUSABLE BAG ☺