

# The Dreyer Flyer

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



**Flowers & Franks 9am-12 on 8/3  
Flower Festival**

**Piggery Hot Dogs with our New  
Mustard for Sale and Honey Samples**

## The Harvest Week 12

### Small Shares

Cherry Tomatoes

Arugula

Scallions

Basil

You Pick Pasta

Broccoli

Corn

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### Medium Shares

Everything from small  
plus nectarines

BAM

Cherry Tomatoes

Arugula

Basil

Scallions

You Pick Pasta

Broccoli

### Market Box

Pasta

Gnocchi

Arugula

Tomatoes

Basil

Lemon

Shallots

Broccoli

Corn

Scallions

You need to get:

Parmesan, nuts, butter, oil, shrimp, turmeric,  
garlic & Worcester sauce

*Many Dreyer Flyers have been written. If you are an 8<sup>th</sup> year member you have received over 200 of these babies. Why is this one different? That's a great question. It's up to you. This newsletter **can be** the best thing you ever read...if you are **open** to making lasting change. Are you 100% happy with your health and wellness path? If so, please call me and we can have a cup of tea-honestly. Most of us struggle at some point with our diets and our exercise. This newsletter is about CANI. No, that is not short for cannabis and we are not going to talk about CBD. CANI is a concept that has quite literally transformed many lives. CONSTANT AND NEVERENDING IMPROVEMENT. I can hear you...your like wooahh that sounds hard. CANI is actually easy. CANI is about embracing small sustainable changes. Instead of losing 10 pounds in 10 days or training for a Marathon in a month we start with a truly **realistic** plan for **LASTING** change. It sounds so easy it's stupid. Here, let's talk about a real-life example... if you just switch out 1 glass of water for that sweet tea or soda per day you would shave 54,750 calories off your diet for the year or 15.64 lbs. Can't give it up EVERY day, even every other day has a huge impact. Believe me when I tell you seeing folks running around the park seemed like something for OTHER people, the kind that played sports in high school, the kind of people who ran marathons and 5ks. Running **can be** for most everyone, heck with technology today you don't even have to have legs, as evidenced by our firecracker 4 miler this year (that guys was amazing!) If you want to hash out a plan together, I am always here for you. At the root of this CSA program is not the fruit or the veggies or even the KALE...it is the ever so strong bond of this community. So, let's lift each other up when we are down and start a NEW habit, whether it is a 5-minute meditation, a new veggie preparation, or a run from*

one telephone pole to another..these small, even tiny changes can and WILL make a huge difference in your life!

SO let's re-energize our commitment to overall health and wellbeing. It is your commitment to be a role model for your family and community that can help with this amazing ripple effect. CSA is about doing this together as a community and knowing we all have each other's back. I hope you are pumped up enough right now to hear that next week Shannon & I are beginning a 15-20 minute Small Sustainable Change Lecture Series. This is how we will help you incorporate CANI into your everyday lives. We will even have samples and real easy swap outs. The first week is fruit salad. How easy is that? The talks will be am and pm. I will email you details in the next few days. We are hoping to record the sessions so if you can't make it you can watch it on Facebook.

## Tomato Basil Tortellini

### Ingredients

- 1 package cheese-filled tortellini (or substitute with a vegan option)
- 1/4 cup olive oil
- 1/2 cup freshly grated Parmesan cheese
- 1.5 tablespoons fresh lemon juice
- 1 garlic clove
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1 cup cherry tomatoes halved
- 1/2 cup fresh corn kernels

- 1/4 cup thinly sliced green onions
- 1/4 cup coarsely chopped fresh basil
- Salt and pepper

### How to Make It

#### Step 1

Prepare tortellini according to package directions.

#### Step 2

Meanwhile, process olive oil and next 5 ingredients in a blender until smooth. Toss olive oil mixture with hot cooked tortellini, tomatoes, and next 3 ingredients. Season with salt and pepper to taste.

## Gnocchi with Broccoli (Market Box Meal)

- 1 pack gnocchi/tortellini/cavatelli/ravioletti
- 4 TB butter
- 1 medium head broccoli, cut into small florets
- Juice of 1/2 lemon, plus extra wedges to serve
- 1/2 cup grated Parmesan (or vegetarian hard cheese)

### METHOD

#### Step 1

Cook pasta according to package directions. Drain and refresh in iced water.

#### Step 2

Heat half the butter in a large frying pan on high. Cook gnocchi for 3-4 minutes stirring. Reduce heat to medium.

#### Step 3

Heat remaining butter in pan and add the broccoli. Cook, stirring, for 4-5 minutes.

#### Step 4

Add lemon juice and half the parmesan. Season to taste. Serve topped with remaining parmesan and with a lemon wedge on the side. If you like, you could also sprinkle over a little chopped parsley.

Adapted from taste.com.au

## Zucchini Noodles with Shrimp and Broccoli (Market Box Meal..you have to get the shrimp though!)

- 1 & 1/4 cup broccoli, cut into florets
- 2 zucchini, spiralized
- 3 tbsp olive oil
- shrimp, small (you can use the larger shrimp if you like..less work!?)
- 20 shallots, coarsely chopped
- 1/2 dried chili peppers, minced
- 1/4 turmeric
- 1/2 tbsp nuts

[Prepare the vegetables](#): rinse the broccoli then cut to separate the florets from the stalks. Peel and discard any tough skin from the stalks then cut them into small pieces. [Blanch](#) and drain the broccoli, then set aside. Spiralize the zucchini and set aside.

Heat the oil in a skillet over medium-high heat. Add the shrimp and cook, with some [stirring](#), until the shrimp lose their gray colour and turn pink, 3-4 min. Set the shrimp aside on the plate with the broccoli.

Add the zucchini to the skillet and cook for 2-3 min, until softened. Set aside with the broccoli and shrimp.

Add the shallot to the skillet then cook over medium-low heat, until the shallot is translucent, 2-3 min. [Stir](#) in the [chili pepper](#) and turmeric. Cook 1 min with stirring.

Transfer the broccoli, zucchini noodles and shrimp back into the skillet. Heat through 2-3 min, with occasional [stirring](#).

Sprinkle with the nuts, then season with salt and pepper to taste. Serve in the warmed dishes. from [sosuisine.com](#)

### Best Roasted Broccoli EVER

This thee recipe I put in every year..you can find it in various blogs but this is the nuts and bolts of the amazingly simple recipe!

- 2 heads broccoli cut into florets
- 3 cloves garlic sliced
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 lemon zested and juiced
- 1/2 cup grated Parmesan cheese

### Instructions

Place the broccoli florets onto a baking sheet and toss with the garlic slices. Drizzle with olive oil and season with salt and pepper.

Roast in an oven at 425 degrees until broccoli is tender crisp (about 15-20 minute).

Remove from oven and drizzle the lemon juice over the cooked broccoli and sprinkle the lemon zest and Parmesan cheese over it. Serve hot!

### INGREDIENTS

- 1 package frozen, or fresh cheese tortellini
- 3 cups (16 ounces) sliced cherry or grape tomatoes , halved or quartered, depending on size
- 2 1/2 cups fresh corn kernels, cooked and sliced from the cob (approximately 14 ounces of corn, which comes from about 4 cobs)
- 1/4 cup fresh basil leaves, sliced in a chiffonade
- 2 tablespoons grated Parmesan cheese
- Freshly ground black pepper

### FOR THE VINAIGRETTE:

- 1/2 cup olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon lemon juice
- 1/2 teaspoon Dijon mustard
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon finely minced fresh basil
- 1/2 teaspoon fresh minced garlic
- 1/2 teaspoon garlic salt
- Freshly ground black pepper

### INSTRUCTIONS

Boil tortellini in salted water according to package directions. Drain and cool. In a large salad bowl, combine tortellini, sliced tomatoes, fresh corn kernels, fresh chopped basil, Parmesan cheese, and pepper.

Combine all vinaigrette ingredients in a jar with a tight fitting lid. Shake vigorously. Pour over tortellini salad and gently mix all ingredients until well combined. Chill for several hours before serving. To bulk up on extra veggies here you can totally toss in arugula! You could even blanch your broccoli and add that as well!

### Notes

Fresh corn tastes best if you have access to it, but frozen corn may also be substituted. from [fiveearthhome.com](#)

### Let's Cook A Chicken!

Every time I hear the word Chicken, I think of my good friend Julie who just LOVES chickens. She says the word in super slow mo and it is hysterical....just like her. She always makes me laugh. It is good to have friends who make you laugh even when you are not with them...Chhhhicccckkkkkennn!

OK...today I am cooking a Griggstown whole chicken in my crockpot. This will serve for more than 1 meal for sho!

Here is the crazy simple recipe...

Throw some carrots, celery, onion (think of saying ohhhnyawn like your from New Orleans) and garlic into your crock pot...if you have mushrooms you can throw them in too...sliced or whole...really doesn't matter. Ok so all that is in the bottom of the crock pot. NOW...take your chhhhiiicccckkkkeennnn out of the bag and heavily season with salt and pepper (you know which one you SHOULD use!!) then I

squeeze a lemon in the inside and then place the chhhhicccckken on top of the veggies and pour about 1 cup maybe a little more of red wine ....for extra fanciness put some rosemary and thyme in there! Hit hi or low depending on how much time you have. If you have 4 to 5 hours High if you have 6-8 hours low is great! Serve your gorgeous chhhhiccccken with a salad of course and then maybe some of the outrageous broccoli!

Who doesn't love a list of the top action items you should be taking to improve your health? This list was adapted from <https://www.healthline.com/nutrition/27-health-and-nutrition-tips#section13>

I highly recommend reading the article in its entirety. The WHY for each of the points is extremely compelling. If you are serious about health and nutrition, you may get some great take away action items from the article. I have abbreviated it for this Flyer, but it is a great piece!

### **1. Don't drink sugar calories**

### **2. Eat nuts**

Despite being [high in fat](#), nuts are incredibly nutritious and healthy.

### **3. Avoid processed junk food (eat real food instead)**

These foods have been engineered to trigger your pleasure centers, so they trick your brain into overeating — even promoting food [addiction](#) in some people ([15Trusted Source](#)).

### **4. Don't fear coffee**

Coffee is [very healthy](#).

It's high in antioxidants, and studies have linked coffee intake to [longevity](#) and a reduced risk of type 2 diabetes, Parkinson's and Alzheimer's diseases, and numerous other illnesses ([16Trusted Source](#), [17Trusted Source](#), [18Trusted Source](#), [19](#), [20](#), [21Trusted Source](#)).

### **5. Eat fatty fish**

Fish is a great source of high-quality protein and healthy fat.

### **6. Get enough sleep**

The importance of getting enough [quality sleep](#) cannot be overstated.

### **7. Take care of your gut health with probiotics and fiber**

### **8. Drink some water, especially before meals**

### **9. Don't Overcook or Burn your Meat**

### **10. Avoid bright lights before sleep**

### **11. Take vitamin D3 if you don't get much sun exposure**

### **12. Eat vegetables and fruits.**

### **13. Make sure to eat enough protein**

### **14. Do some cardio**

### **15. Don't smoke or do drugs, and only drink in moderation**

### **16. Use extra virgin olive oil**

### **17. Minimize your sugar intake**

### **18. Don't eat a lot of refined carbs**

### **19. Don't fear saturated fat**

### **20. Lift heavy things**

### **21. Avoid artificial trans fats**

### **22. Use plenty of herbs & spices**

### **23. Take care of your relationships**

### **24. Track your food intake every now and then**

### **25. If you have excess belly fat, get rid of it**

### **26. Don't go on a diet**

Diets are [notoriously ineffective](#) and rarely work well in the long term.

In fact, dieting is one of the strongest predictors for future weight gain ([104Trusted Source](#)).

Instead of going on a diet, try adopting a healthier lifestyle. Focus on nourishing your body instead of depriving it.

### **27. Eat eggs, yolk and all**

**The bottom line** A few simple steps can go a long way toward improving your [diet](#) and wellness.

Still, if you're trying to live a healthier life, don't just focus on the foods you eat. Exercise, sleep, and social relationships are also important. With the tips above, it's easy to get your body feeling great every day.

## **Upcoming Events**

Saturday 8/3 Flower Festival 9to12

Tractors will be on display Piggery

hot dogs for sale, honey sampling

9/18 CSA Facebook Blogger Show

9/21 Applefest

10/3 Farm to Table

10/27 Thanksgiving Demo

\*details to come