

The Dreyer Flyer

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



Events

9/18 CSA Facebook Blogger Show

9/21 Applefest-Piggery

10/3 Farm to Table

10/27 Thanksgiving Demo

The Harvest Week 13

Small Shares

Spaghetti Squash

Plum Tomatoes

Eggplant

Peaches

Kirby Cucumbers

Peppers

Corn

Summer Squash

Medium Shares

Spaghetti Squash

Plum Tomatoes

Eggplant

Peaches

Kirby Cucumbers

Peppers

Corn

Summer Squash

BAM

Plum Tomatoes

Yellow Watermelon

Spaghetti Squash

Market Box

Spaghetti Squash

Eggplant

Marinara

Mozzarella

Ricotta

You are invited to join our new Sustainable Steps program!

Hi! We're Dawn and Shannon, and we're passionate about food and how it affects our health and mental state. We realize that making lifestyle changes can be very overwhelming and with all the information out there these days, things can be stressful! That's why we created Sustainable Steps.

Sustainable Steps is a four-week program of weekly fifteen-minute chats at the farm about the relationship between food and health. The goal of this program is to introduce Farm Friends to simple concepts about how food determines our physical and mental health, and to establish small, sustainable actions to improve this for ourselves.

Beginning this week on Friday August 9th, every Friday and Tuesday we'll have fifteen-minute talks from 9:30-9:45am and 5:30-5:45pm both days at the picnic tables right outside the store. Each week we'll address one small topic about food and health and we'll all commit to an associated "Sustainable Step" to take that week to improve how we feel. If you come on Friday, you'll take your Sustainable Step Friday to Friday before attending the next chat, and if you come Tuesday, you'll take it from Tuesday to Tuesday.

Why should you join Sustainable Steps? #1 To feel better physically and mentally. #2 To use preventative measures to combat disease. #3 To have an easy-to-follow system and group support to increase motivation for lifestyle change. The steps are small, simple, attainable, and sustainable.

Sustainable Steps starts this week! The topic for week 1 is sugar. Friday, August 9th and Tuesday, August 13th we'll have our chats about sugar and reveal the Sustainable Step for the week. We welcome any and all Farm Friends of all ages to attend!

*We're excited to take Sustainable Steps together!
Dawn and Shannon*

About Dawn: Dawn has been leading the CSA for the past 8 years so you can say fresh veggies and fruits have been her career. Last year she took it a step further and became a certified health coach through the Institute for Integrative Nutrition. Once 50 lbs overweight (post baby) and with no former athletic abilities, Dawn knows what it takes to start at square one. To date, a half Iron Man, four Marathons, Multiple Half Marathons, 5ks, and triathlons are events she can proudly say she has done. However, nothing thrills her more than helping someone cross the finish line or hearing a farm-ily fan tell her how they have changed their eating habits.

About Shannon: Shannon is passionate about sustainable food from agriculture, to nutrition, to cooking. She studied psychology and neuroscience at Yale University and focused on the gut-brain connection. She learned a lot about how food affects our well being from her own health issues growing up and for the past six years has been studying sustainable food and wellness at farms, restaurants, and organizations around the world. She loves to talk about gut health so ask her about your microbiome!

Pasta or Spaghetti Squash Puttanesca

- 3 lb Spaghetti Squash- (or sub pasta noodles)

- 4 tablespoon olive oil- divided
- 1 medium eggplant – cut into a small dice (4 cups)
- 1 red onion- diced
- 4–6 cloves garlic- rough chopped
- 1 red bell pepper- diced
- 14 ounce can crushed or diced tomatoes
- 1 tablespoon dry Italian herbs (or sub oregano and thyme)
- 1 teaspoon [kosher salt](#)
- ¼ teaspoon red chili flakes, more to taste
- Splash red wine
- 2 tablespoons capers, more to taste, plus a splash of the brine
- 3 tablespoons slice olives (like green or kalamata)
- Garnish: fresh Italian parsley, grated Romano or Parmesan cheese, or a drizzle olive oil.

Pre heat oven to 425F. Cut squash in half, scrape out seeds with a spoon and place open side down, on a parchment-lined baking sheet in the oven and roast for 30- 40 minutes or until tender. (You could do this the night before and then refrigerate and reheat.)

While the squash is roasting make the Eggplant Puttanesca sauce.

In a large heavy bottom skillet or [dutch oven](#), heat 3 tablespoons oil over med-high heat.

Add diced onion and eggplant, and saute, stirring often for 4-5 minutes. Add garlic and red bell pepper, turn heat down to medium and continue cooking until eggplant is tender, about 10-12 more minutes, stirring occasionally.

Add crushed tomatoes, a generous splash of wine, chili flakes, salt, pepper, Italian herbs, and simmer on low heat 5-10 more minutes. Add capers and olives.

Taste, adjust salt, spice level and add more capers or olives to taste. Sometimes I'll add a little splash of the caper or olive *brine*, to bump up the flavor.

When spaghetti squash is tender, scoop it out into a strainer, let it drain for a few minutes, then place a platter or bowl, and fluff and toss well with salt, pepper and 1 tablespoon olive oil.

Divide among bowls and top with the eggplant puttanesca. Sprinkle with fresh Italian parsley and grated cheese (optional) or a drizzle olive oil. Alternatively you can serve this right out of the spaghetti squash shell (making sure to season the squash, mixing with a fork before topping with the puttanesca. from [feastingathome.com](#)

Vegan Lasagna with Roasted Vegetables

- 1 ½ pounds eggplant (about 1 large or 2 small eggplants), sliced lengthwise into 1/4-inch strips
- ¾ pound zucchini or yellow squash (about 2 zucchini), sliced lengthwise into 1/4-inch strips
- Olive oil
- Salt and black pepper
- 10 ounces lasagna noodles (about 10 to 12 noodles)
- 2 packages extra-firm tofu (about 28 ounces), drained of liquid
- ⅓ cup nutritional yeast
- 1 clove garlic, minced
- 1 ½ tablespoons lemon juice
- 1 tablespoon fresh oregano (or 2 teaspoons dried oregano)
- 2 ½ cups marinara sauce, homemade or store-bought
- 12 to 15 torn basil leaves (optional)

Preheat your oven to 400° F. Arrange the eggplant slices on a baking sheet and sprinkle them with coarse salt. Allow them to sit for 20 to 30 minutes.

Pat the eggplant slices dry to remove any moisture that has collected. Arrange the zucchini slices on another baking sheet. Brush all of the vegetables with olive oil and sprinkle them with salt and pepper. Roast for 25 minutes, or until the vegetables are tender and just

browning. Remove them from the oven and reduce oven heat to 350° F.

While the vegetables are roasting, bring a pot of salted water to a boil. Cook the lasagna noodles until they're just al dente. Drain them and set aside. Next, use your hands to crumble the tofu finely in a large mixing bowl. Add in the nutritional yeast, garlic, lemon juice, oregano, 1 tablespoon of olive oil, 1/2 teaspoon of salt, and black pepper to taste. Continue crumbling the mixture with your hands until it resembles ricotta. Check for seasoning and add lemon, dried herbs (if desired), and salt and pepper to taste.

Lightly oil a 9- by 13-inch baking dish. Spread 1/2 cup marinara sauce over the bottom of the dish. Arrange 4 lasagna noodles over the sauce, and top the noodles with half of the roasted vegetables. Spread half of the tofu mixture over the vegetables.

Arrange 4 noodles and 1 cup of marinara sauce over the tofu. Cover the marinara sauce with the remaining roasted vegetables and tofu. Cover this layer with the 4 remaining lasagna noodles and a final cup of marinara sauce.

Bake the lasagna for 40 minutes, or until noodles are crisping at the edges and everything is bubbling gently. Allow the lasagna to rest for 10 to 15 minutes. Arrange the basil leaves, if you like, over the top of the lasagna. Cut and serve. from food52.com

Quinoa and Eggplant Stuffed Peppers

- 2 tbsp olive oil
- 1 eggplant cubed into 1 inch pieces
- 4 scallions sliced
- 2 cloves garlic
- 3 cups cooked quinoa (1.25 cups uncooked)
- 1/2 cup shredded mozzarella cheese plus 1/4 cup extra for sprinkling
- 1/3 cup grated parmesan cheese
- 1/2 cup loosely packed parsley leaves

- 1 cup tomato sauce plus 4 tbsp more for the end
- 4 large green bell peppers
- salt and pepper

Preheat the oven to 350 degrees F.

Heat up a nonstick skillet over medium heat and add the olive oil. Add the eggplant, sprinkle with salt and pepper, then cook for 7-8 minutes until tender. Add the scallions and garlic to the eggplant, and stir for 1 minute.

Turn the heat off and add the cooked quinoa, mozzarella cheese, parmesan, parsley, and tomato sauce. Season to taste with salt and pepper.

Cut the tops off the peppers and scrape out the seeds and ribs with a spoon or melon baller. Place the peppers into an 8x8 dish, then pour a 1/2 cup of water into the bottom of the pan. Spoon the quinoa mixture evenly into the peppers. Cover the dish with foil, then bake for 50 minutes, until the peppers are slightly tender. Spoon extra tomato sauce on top and sprinkle a little more mozzarella, and bake the peppers for another 10 minutes, uncovered. Serve and enjoy! from fifteenspatulas.com

Baked Spaghetti Squash with Goat Cheese & Roasted Vegetables

Ingredients

- Olive Oil for roasting
- sea salt for seasoning
- 5 cloves of roasted garlic (recipe to roast below)
- 1 large spaghetti squash
- 1 red pepper, chopped
- 1 orange pepper, chopped
- 2 onions, chopped
- 1 zucchini, chopped
- 4 oz cream cheese, softened at room temperature
- 4 oz goat cheese, softened at room temperature
- 2 eggs, beaten
- 3 tbsp sundried tomato in oil, chopped
- 2 tbsp herbs (parsley & basil)

- 1 1/2 cups mozzarella cheese, shredded
- 1/4 cups panko

Preheat the oven to 425 degrees F. To roast the garlic: cut the top off the head of garlic exposing a bit of each each clove of garlic. Place garlic head in a sheet of aluminum foil. Drizzle olive oil on top, sprinkle with salt. Wrap & Seal the foil around the garlic gathering at the top. Place in the oven and roast 375* for 30 or until completely tender when poked with a fork or knife. Allow to cool, remove from foil. set aside

Halve the spaghetti squash, scoop out the seeds and loose fibers. Drizzle with olive oil, sprinkle with salt and bake 425* 30-40 min until tender. Remove from the oven and let rest until cool enough to handle. Using a fork, scrape out the squash which resembles strands of spaghetti and place in bowl.

Arrange the chopped peppers & onions on a sheet pan, drizzle with olive oil, sprinkle with salt and roast 425* 20-25 min stirring occasionally until tender and edges start to brown.

In a saute pan, heat 1 tbsp olive oil and sauté the zucchini for 2-3 min until tender. set aside

Squeeze out 5 garlic cloves from the cooled head of garlic and smash into a paste

In a LARGE bowl combine the cream cheese, goat cheese & eggs. Mix together. Add the cooked spaghetti squash, peppers, onions, zucchini, smashed garlic cloves, sundried tomatoes, herbs & mozzarella cheese.. Stir well to combine. Pour into a casserole dish and top w/panko.

Bake 350* for 20-30 min until golden on top.