

The Dreyer Flyer

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



Events

9/20 Blvd 572 Dinner in the Field

9/21 Apple Fest 12-3

10/17 Farm to Table 7-9pm

10/27 Thanksgiving Demo

The Harvest Week 19

Small

Cabbage
Red Pepper
Apples
Leeks
Lettuce
Acorn Squash
Mustard
Corn

Medium gets everything from above but the Cabbage and the Mustard (you guys got that last week !)

BAM

Peppers
Apples
Leeks
Lettuce
Acorn Squash
Beets
Corn

Market Box

Red Pepper
Apples
Leeks
Acorn Squash
Beets
Corn
Lettuce
2 Griggstown (Sausage and/or Ground Meat)



by Aaliah Dhorat, Year 10, Batley Grammar School, West Yorkshire. With a little commentary from Dawn Salerno

“Making one person smile changes the world... maybe not the entire world, but their world.”

Smiling is infectious, you can catch it like the flu; someone smiled at me today, and I started smiling too. Smiling is like a virus; it's contagious like other viruses, spreading from person to person. It spreads in many forms, even reading, therefore this essay on smiling should improve your mood (thinking of smiling releases endorphins in your brain, so your mood slightly improves). Seriously, while reading this essay try not to smile, not even a little...

People usually smile when feeling pleasant. When experiencing positivity, the neuronal signals travel from your cortex to your brainstem. Then, the cranial muscle carries the signal towards the smiling muscles in your face. Sounds simple? However, that's only where it starts...once smiling muscles in your face contract there is a

positive feedback loop that goes back to your brain and reinforces your good feeling. To put it succinctly: smiles occur when our brain feels good, it sends messages to our facial muscles telling us to smile, and we smile and tell our brain that we feel good, and so forth. Moreover, the chemicals cause you to be healthier, and therefore smiling might just be as good as exercise. (wait WHAT!)

Now you are understanding why I thought a smiling article is better than a healthy recipe!

Smiling has already changed the world: The theory of evolution (arguably) proves that humans have descended from apes. When a monkey bares its teeth, flattens its ears and tightens its throat muscles, it's because they are afraid and bracing for a fight, so want to provoke the same feelings of fear in their opponent. However, when a human bares its teeth, flattens its ears and tightens its throat muscles, it is as a friendly gesture or to show that it's feeling pleasant emotions. How did this odd evolutionary divergence occur? How did fang-flashing evolve into smiling? The main evidence comes from 'missing link' facial expressions from evolution.

What I find baffling about smiling is that people who are born blind show the same smiles as those who are under the same situations as sighted

people; it's surprising considering that they have never actually seen a smile. This proves that smiling has become a natural response to pleasant feelings. In other words, you don't have to learn how to smile; smiling is pre-programmed behaviour.

Did you know that smiling stimulates our brain's reward mechanisms in a way that even chocolate, a well-regarded pleasure-giver, cannot match? (I AM LISTENING) Another interesting fact is that a recent research concluded that smiling can be as stimulating as receiving up to 16,000 Pounds Sterling in cash; (about 20K US) therefore, in theory, those who smile about 62 (hey for us in the States its only about 50! I like that exchange rate!) times a day feel like millionaires!

Have you ever caught yourself having a bad day and being in the worst mood, but then randomly smiling and feeling your mood lift when talking to someone who is smiling, or seeing someone with smile? According to various studies, smiling is 'contagious', proving the rumour right. When you see a smile, your orbit-frontal-cortex activates, which processes sensory rewards. Therefore, when you catch another person smiling you feel rewarded, which is a good feeling, causing a smile! (I think you are smiling right now...aren't you!!???)

Research also shows that if you smile, even if you are in a bad mood, your mood will improve immediately, because the simple action of smiling is enough to trigger happy chemicals. Don't believe me? Try it. The next time you are in a serious argument, smile and observe as the other person's mood change and lighten a bit. The next time you have just received some bad news, smile and patiently wait for a few moments as you trick your brain into improving your mood. The next time you are in tears, simply smile and improve your mood.

To conclude, a smile has already changed the world according to evolution, and will continue changing the world because one of the most powerful things the world shares is the universal smile. A smile can cut through all barriers. It knows no prejudice. No matter who or where you are, your smile will always be understood. A smile represents something **bigger. It represents goodwill, affection and openness. It wordlessly communicates happiness and acceptance. It connects and encompasses us all.**

So farm friends...thank YOU all for making all of us at the farm SMILE!!

Slow Cooker Cabbage Roll Casserole
SLOW COOKER Cabbage Roll Casserole! This easy

recipe is made in the crockpot and ready in 4 hours! This is a Polish family recipe called Halupkie! HOLD ON JUST ONE SECOND!!! I am reporting some FAKE CSA NEWS (not my fault though I swear! It's the Brooklyn Chick! Halupkie (stuffed Cabbage) is the Ukrainian version of Golumkie which is Polish and I am told that the Polish Community takes their Golumkie VERY seriously...at least that is what a little Polish birdie told me 😊

from
brooklynfarmgirl.com

Ingredients

1 pound raw ground beef (I recommend Griggstown ground turkey or chicken..we do have Riverbend ground beef if you want beef!)
1 medium size head of cabbage chopped
1 medium sized green pepper chopped (you can use red!!)
1 small onion chopped
1 15 Oz can of diced or stewed tomatoes undrained
2 15 Oz cans of tomato sauce

1 teaspoon minced garlic
1 tablespoon Worcestershire sauce
1 tablespoon beef bouillon
1/2 teaspoon salt
1/2 teaspoon pepper
1 cup uncooked white rice (not instant)

Instructions

Add all ingredients except white rice in slow cooker. Stir good to combine. Cook on high for 1 hour. Add rice, stir, and cook on high for 3 more hours. Serve in bowls.

Sautéed Cabbage & Leeks with Apples

This recipe comes together quickly and in one big pot for easy clean-up. Grab some Chicken Apple Sausage from Griggstown and grill it and it will pair beautifully with this dish!

Ingredients

2 Tablespoons olive oil
2 Tablespoons unsalted butter
1 whole leek
1/2 head green cabbage
1 large apple
2 teaspoons apple cider vinegar
1 1/2 teaspoons salt

1/2 teaspoon fresh ground black pepper

Instructions

Prepare leeks by cleaning them, drying and chopping them into 1/2 inch rounds. Divide cabbage into two quarters, lay them on a flat, cut side and roughly chop them into chunks, avoiding the core. Separate the cabbage pieces slightly.

Heat a 5 quart French oven or a large cast iron skillet over medium heat. Add olive oil and butter and heat until butter is bubbling.

Add leeks to melted butter and saute for two minutes. Add the cabbage all at once and immediately stir thoroughly to coat the cabbage with butter. Season with salt and pepper.

Partially cover and cook on medium heat for about 7 minutes, stirring often, until cabbage has wilted significantly. During this time, quarter and core the apple and roughly dice.

Add the apple to the cabbage as well as the apple cider vinegar. Saute on medium heat for another three minutes, stirring often. Taste for seasoning and adjust if necessary. Serve hot.

Slow Cooker Stuffed Acorn Squash!

Ingredients

1 pound sausage meat (Griggstown Italian!)

1 small onion, finely chopped

2 apples, cored and chopped

1/2 teaspoon oregano salt, to taste

2 acorn squash, halved, seeds removed

1/4 cup water

directions

Brown sausage meat well and break into small pieces. Drain well.

Combine meat with onion, apples, oregano, and salt. Generously fill each squash half with the mixture and arrange halves in the slow cooker in staggered layers. Pour about 1/4 cup water into the bottom of a slow cooker.

Cover and cook on low for 6 to 8 hours, until squash

is tender. Serve at once with hot buttered rice. from cdkitchen.com

Leek and Acorn Squash Harvest Soup

Ingredients

- 1/2 cup butter
- 1 Spanish onion *medium, chopped*
- 3 leeks *only white part chopped*
- 6 large potatoes *i used Yukon gold, diced*
- 2.5 cups Acorn Squash *chopped in small pieces*
- 4 large carrots *peeled, and chopped*
- 5-6 cups chicken stock or vegetable stock *depending on your pot size*
- 1/2-1 cup of 35% cream *depending on how rich you want your soup*
- Salt-tt
- Fresh Ground Pepper- tt
- Chives- garnish
- Sour Cream-garnish

Instructions

1. In a large stock pot melt butter add onions and leeks until softened but

make sure not to brown them.

2. Stir in potatoes, carrots and squash, cook out for another 2-3 minutes. Make sure to stir continuously so your vegetables do not stick to the bottom of the pot.
3. Pour in stock, and cover while simmering for about 20 minutes or until vegetables are tender.
4. Using an immersion blender, turn off burner and blend your soup, until it resembles a puree. Return the pot to heat and stir in tempered cream. Season with salt and pepper.
5. Garnish your individual portions with a sprinkle of chives and a dollop of sour cream. From thenorthnest.com

Ehhhh, there is a leek in the boat!!!



