

The Dreyer Flyer

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



Events

10/17 Farm to Table 7-9pm
Call 276.1290 or come by to RSVP
This is a limited seating event and
tickets must be paid for in advance

The Harvest Week 22

**SIGN-UP FOR
THE**

**FARM to
TABLE**

NOW

Small

Broccoli
Baby Bok Choy
Mushrooms
Green Peppers
Zucchini
Carrots
Apples

Medium

Same as small just MORE of
everything ☺

BAM BOX

Broccoli
Red Rice
Local Ground Meat
Ginger

MARKET BOX

Broccoli
Red Rice
Ground Meat
Ginger
Mushrooms
Barley
Carrots
Peppers
Bok Choy



Farm to Table

With the Dreyer Chefs
Featuring wine pairings from NosVino

Autumnal Tasting Menu

17 October 2019

Prepared with love by
Chef Kris and Chef Gina
of Dreyer Farms

❖ Light Seasonal hors d'oeuvres

Canapés:

Spiced Peach & Brie with Baby Arugula & Toasted Almond Crostini
Mini Mushroom & Swiss Tartlets

❖ Soup Shooters

Kabocha Soup in Mini Pumpkins
Loxarel Saniger Cava - Organic, Penedes, Spain

❖ Bitter Green Salad -

Radicchio, Frisée, and Endive with Walnuts, Apples, and Apple Cider Vinaigrette
Alhambra Torrontes - Organic, Salta, Argentina

❖ Pasta

Orechiette, Butternut Squash, Spinach, Creamy White Wine Parmesan Sauce
Aphillanthes CDR Blanc - Biodynamic, Rhone Valley, France

❖ Main

Herb Roasted Griggstown Farm Chicken with Roasted Root Vegetables
Served Family Style
Melovivo Frappato - Organic, Sicily, Italy

❖ Dessert

Homemade Vanilla Bean Rice Pudding with Fresh Whipped Cream

Butternut Squash Ginger Chicken Stir Fry

From the roastedroot.com

Ingredients

- 2 Tbsp [avocado oil](#) or algae oil
- 2 cups butternut squash peeled and chopped
- 2 large carrots peeled and chopped
- 1/2 bell pepper
- 2 cups mushrooms quartered
- 1 large crown broccoli chopped into florets
- 1 (1.5-inch) nub ginger peeled and grated
- 1 large chicken breast cut into strips
- 1 tsp dried basil
- 1/4 tsp [ground cinnamon](#)
- 3 Tbsp [coconut aminos](#) *
- 2 tsp fish sauce optional
- 1/2 tsp [sea salt](#) to taste

Instructions

1. Heat the avocado oil over medium in a large wok or skillet. Add the butternut squash and carrots and stir well. Cover and cook 4 to 5 minutes, until

vegetables begin to soften.

2. Add remaining veggies (bell pepper through ginger), cover, cook 1 minute. Remove cover and cook 2 minutes uncovered.
3. Scoot veggies off to side to make room for the chicken. Add chicken, basil, and sea salt. Brown chicken 2 - 3 minutes until mostly cooked through then stir into rest of stir fry. Cover and cook 5 minutes, or until chicken is cooked through.
4. Add liquid aminos, fish sauce, and sea salt. Cook, stirring occasionally, until much of liquid has burned off, about 2 to 3 minutes.
5. Serve stir fry with choice of side dish and enjoy.

Guys...I was getting ready to finish the newsletter when I got hungry. It happens a lot. So I whipped up the following Recipe.....

Sautéed 1/2 Vidalia onion in a cast iron pan...really the best pan in my opinion.

Then sautéed 3 large cremini mushrooms, then chop up a bunch of bok choy and drizzled it all with sesame oil!!! I lovvvvve me some sesame oil, the flavor is so awesome. Then shred some carrot on top and put a cover over to steam everything a bit...next scramble 3 Griggstown eggs then pour the scrambled eggs over the veggies and cook for a bit then place the pan under the broiler, once totally cooked do a shake, shake, shake of sesame seeds and a light drizzle of sesame oil and maybe put a bit of hot sauce on the side!!! This will be 2 meals for light and nutritious breakfast or lunch.. IT IS DELICIOUS!

Sesame oil is derived from the seeds of the flowering sesame plant, also known as *Sesamum indicum*.

These plants are native to East Africa and India, but they're currently grown in many countries around the world.

Due to its hearty, nutty flavor and its high levels of mono- and polyunsaturated fats, sesame oil has become one of the most popular oils for cooking. From healthline.com

Teriyaki Turkey Rice Bowl

From
yellowblissroad.com

Teriyaki Sauce

- 1/2 cup Low Sodium Soy Sauce or liquid coconut aminos
- 1/4 cup water
- 2 tablespoons Red Wine Vinegar
- 2 tablespoons brown sugar or less as desired
- 2 tablespoons granulated sugar or less as desired
- 2 teaspoons minced garlic
- 1 teaspoon ground ginger
- 1 tablespoon corn starch
- 2 tablespoons warm water

Ground Turkey

- 1 tablespoon avocado/sesame/or olive oil
- 1/2 cup diced onion

- 2 tablespoons minced garlic
- 1 pound Ground Turkey
- 1 cup finely chopped broccoli
- 2 large carrots peeled and grated
- 2 green onions diced, for garnish

Mix soy sauce, 1/4 cup water, red wine vinegar, sugars, garlic and ginger in a small saucepan over medium heat. Stir with a whisk until sugar is dissolved.

In a small bowl, whisk together 2 tablespoons warm water and cornstarch until cornstarch is completely dissolved.

Heat sauce over medium high heat. Slowly whisk in cornstarch mixture and simmer until thickened. Remove from heat and set aside.

Heat vegetable oil in a large skillet over medium-high heat. Add diced onions and cook until soft.

Crumble ground turkey and garlic into the pan and cook until turkey is about half cooked. Add grated carrots and chopped broccoli and

continue to cook until turkey is no longer pink. Pour teriyaki sauce over cooked turkey and vegetable mixture and stir. Simmer for about five minutes to combine the flavors.

Spoon meat over rice or noodles. Garnish with green onions and serve immediately.

NOTES

Teriyaki Sauce is generally pretty sweet. However, feel free to cut back on the amount of sugar in the sauce. 1 tablespoon of each would suffice if you prefer a more savory than sweet flavor.

WHAT OTHER VEGETABLES CAN I USE FOR A RICE BOWL?

Feel free to customize this recipe to fit your own personal tastes. Use cut up veggies and sauté or steam them before adding them to the turkey and sauce.

Some other veggie options:

- Bell peppers
- Snow peas
- Water chestnuts
- Bok choy
- Bean sprouts
- Zucchini
- Corn

- Cauliflower
- Water chestnuts
- Kale
- Spinach

Mushroom Barley Soup

Ingredients

- 1 cup barley
- 1 tablespoon olive oil
- 1 large yellow onion chopped
- 2 cloves garlic minced
- 2 carrots peeled and diced
- 2 celery stalks diced
- 1 16 oz package of white button mushrooms, sliced
- 3 15 ounce cans low sodium vegetable broth or use the farm fav ZOUP!
- 1 cup water
- 2 bay leaves
- 2 tablespoons fresh thyme minced
- Salt and pepper to taste

Instructions

In a medium pan, bring 4 cups of water and the 1 cup of barley to a boil. Cover, reduce heat to medium-low, and simmer for 30-40 minutes, or until the barley is soft. You can make this the night before.

Heat the olive oil in a large pot over medium heat. Add the onion and garlic. Cook until soft. Add the carrots and celery and cook until tender, about 5 minutes. Add the sliced mushrooms and cook until they are soft. Add the vegetable broth, water, bay leaves, and fresh thyme. Simmer for about 10 minutes. Stir in the cooked barley and cook for 15 minutes or so.

Remove the bay leaves before serving. Add salt and pepper to taste. Serve hot.

Best Bok Choy- Foodnetwork.com Ingredients

2 tablespoons sesame oil

1 medium red onion, thinly sliced

1 red bell pepper, julienned

1 1/2 cups green beans, ends trimmed, cut into 2 to 3-inch pieces (I would say substitute this for diced zucchini)

2 cups cremini mushrooms, wiped clean, halved and sliced

3 baby bok choy, sliced into 1/2-inch pieces

3 cloves garlic, thinly sliced

1 tablespoon soy sauce

2 teaspoons fish sauce

Freshly cracked black pepper

Directions

In a wok or large saute pan, add the grapeseed oil and when almost smoking, add the onions and bell peppers. Saute, stirring constantly, for 2 minutes. Add the green beans and mushrooms and cook for 2 minutes more.

Add the bok choy, garlic, soy sauce, and fish sauce and saute until just wilted. Add pepper, to taste, and serve immediately.

Bok Choy with Oyster Sauce and Bell Peppers

Foodandwine.com

Ingredients

1 pound baby bok choy
1 tablespoon grapeseed or sesame oil

1 tablespoon minced or
grated ginger

2 cloves garlic, minced

3 tablespoons oyster
sauce

2 teaspoons fish sauce

1/2 medium any color
bell pepper, cored and
sliced

2 tablespoons sesame
seeds

Trim the ends of the bok
choy. Wash, pat dry with
paper towels, and then
set aside.

Heat a large skillet or
wok over medium heat.
Add the oil, and then
add the garlic and
ginger. Cook for 1-2
minutes, or until soft,
and then add the bok
choy. Cook for 1 minute,
or until the bok choy
just starts to wilt. Stir in
the oyster sauce, fish
sauce and bell pepper

and cook for about 1
minute or until heated
through.

Stir Fry Stuffed Peppers

Why stuff peppers with
rice when you can use
delicious soba noodles
instead? This tasty,
Asian-inspired dish can
either be a meatless
main dish or a tasty side
dish for fish, pork or
chicken.

Stir Fry Stuffed Peppers

By Betty Crocker
Kitchens -really! WOW

Ingredients

Sauce 1/4 cup low-
sodium soy sauce
2 tablespoons honey
1 tablespoon rice wine
vinegar
2 teaspoons minced
garlic
2 teaspoons minced
ginger
1 teaspoon Sriracha
sauce

Peppers 4
red bell peppers, halved
vertically, seeds and
membranes removed
4 oz uncooked soba
(buckwheat) noodles
1 teaspoon toasted
sesame oil
1 cup thinly sliced onion
1 cup julienned carrot
1 cup thinly sliced baby
bok choy
1 cup sugar snap peas,
thinly sliced diagonally-
or substitute matchbox
cut zucchini
Garnish 1/4 cup chopped
fresh cilantro

Heat oven to 400°F.
Line baking pan with
sides with cooking
parchment paper.

In small bowl, beat
Sauce ingredients with
whisk; set aside. Place
peppers on baking pan.

Break soba noodles into
fourths. Cook as
directed on package;
rinse and drain.

Transfer to large bowl;
set aside.

Heat 12-inch skillet over
high heat. Add sesame
oil, and immediately add
onion. Stir 30 seconds;
add carrot. Stir 30
seconds; add bok choy.
Stir 30 seconds; add
sugar snap peas. Stir 30
seconds; add sauce.
Cook 1 minute, then
transfer to bowl with
noodles. Toss to coat.
Divide noodle mixture
among pepper halves.
Spray sheet of foil with
cooking spray; cover pan
with foil, sprayed side
against peppers.

Bake 25 to 30 minutes
or until peppers are
crisp-tender. Sprinkle
cilantro evenly over
peppers; serve
immediately. Expert
Tips- Don't want to turn
on the oven? Cut the
peppers into strips, and
add them to the wok,
too! Toss with the

noodles, add garnishes
and you're done.

When stir-frying, make
sure to have all of your
ingredients cut and ready
to cook before heating the
pan to ensure perfect
results.

Delicious and exotic
Himalayan long grain
red rice has a
nutty/earthy flavor, soft
texture and beautiful
red russet color. Enjoy it
as a wholesome side
dish and to add color to
a variety of recipes. Red
rice is a good source of
protein. From
healthline.com

How To Cook Red Rice

Ingredients: 3 tbsp.
avocado or olive oil, 2
cups water or broth, 1
cup rice, salt & pepper
to taste.

Directions: To cook,
place rice and oil in
large saucepan. Fry on

medium high heat,
stirring constantly until
lightly browned.
Carefully add the liquid.
Bring to a boil and
reduce heat to low.
Cover and let simmer
35-40 minutes. Do not
stir. Turn heat off and
let steam for 15
minutes. Fluff with a
fork and serve. From
nuts.com

EASY MEAL-Brown 1 lb
meat with sesame
oil...optional add onion
and garlic while browning
your meat, grate your
fresh ginger over the
ground meat add chopped
broccoli after your meat is
browned (if using beef
drain the fat using a paper
towel) cover and let the
broccoli cook a bit, cover
with either coconut
aminos or soy sauce. Add
this to the red rice and
voila DINNER IS
SERVED!!!!