

# The Dreyer Flyer

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



**Thanksgiving Dinner Event!**  
This year, no more paper plates and plastic utensils,  
silverware, flatware and even wine pairing  
11/14 entry begins at 6.30-8.30  
To reserve a space at the greenhouse table call  
908.276.1290  
This will be a fun filled night to remember

## The Harvest Week 25

### SMALL

Cauliflower

Spinach

Apples

Sweet Dumplin Squash

Corn

Kale

### MEDIUM

Spinach

Apples

Sweet Dumplin Squash

Corn

Kale

Cabbage

Eggplant

### BAM

Cauliflower

Spinach

Apples

Sweet Dumplin

Cold Sesame Noodles

### MARKET BOX

Cauliflower

Spinach

Sweet Dumplin Squash

Corn

Kale

Feta

Zoup

Eggs

*This recipe here is one of those that maybe you could use for Thanksgiving! You are definitely NOT making it if you watched the Game Changers...unless you can make it vegan...YAH, ..DO THAT!!! I challenge you!!!*

### Sweet Dumplin Squash Crème Brulee

*(from farmfreshtoyou.com)*

**Ingredients:** 6 sweet dumpling winter squash/5 eggs, yolks only/1/3 cup sugar/1 3/4 cups cream/1/4 teaspoon ground cinnamon/1/8 teaspoon ground nutmeg/1/8 teaspoon ground allspice/1/4 teaspoon vanilla bean extract or paste/1/2 cup sweet dumpling squash purée/2 to 3 tablespoons maple sugar or raw sugar for crispy brulée topping

**Instructions:** Preheat oven to 300 degrees F. Cut the sweet dumpling squash in half, scoop out and discard all the seeds and a little bit of the flesh to form a clean bowl shape. Cut a thin slice off the bottom edge so that the squash half can securely sit cut-side up without wobbling. Place the squash halves on a large baking sheet.

In a medium bowl, beat the egg yolks and 1/3 cup sugar until pale yellow and sugar has dissolved.

Combine the cream and spices in a saucepan and heat on medium until just before it begins to bubble. Remove from heat and whisk in the vanilla and squash purée. Then slowly whisk into the egg yolk mixture, whisking until smooth.

Pour the mixture through a fine-meshed sieve into the prepared squash halves. Bake in the oven for 30 to 45 minutes. They are ready when the custard is set and doesn't wobble when jiggled lightly. Remove from the oven and allow to cool completely, then chill until ready to use.

When you are ready to serve your dessert, sprinkle about a teaspoon of sugar on top of each custard. Using a small butane torch, hover a flame over the sugar, moving it around until the sugar caramelizes. If you don't have a torch, place the crème brulée under your broiler, set to high heat. Carefully check them every 15 to 30 seconds because the caramelizing will happen very quickly. This method is a lot more difficult to get even caramelization. Serve right away.

## HOW LONG DOES CAULIFLOWER RICE LAST?

### RAW CAULIFLOWER RICE

We find that if you turn cauliflower into cauliflower rice and leave it in the fridge for a few days, it develops a strong and unpleasant sulfur smell. So its best to use it right away or freeze it.

### COOKED CAULIFLOWER RICE

Cooking cauliflower rice prevents it from developing a funky smell as quickly. Cooked cauliflower rice keeps for approximately 4 days in a sealed container in the fridge.

### CAN YOU FREEZE RICED CAULIFLOWER?

Yes! We recommend freezing riced cauliflower after pressing out the moisture and before cooking. Freeze in a sealed container for up to 1 month.

#### Instructions

1. Wash and thoroughly dry cauliflower, then remove all greens.
2. If using a [box grater](#), cut the cauliflower into large chunks and use the medium-sized holes, to grate into "rice." If using a [food processor](#), (recommended way to make this!) cut into small pieces and use the grater attachment to grate the cauliflower into "rice."
3. **Optional:** Transfer to a clean towel or paper

towel and press to remove any excess moisture, which can make your dish soggy.

4. Once you have your cauliflower rice, it's easy to cook (or enjoy raw)! Simply sauté in a large skillet over medium heat in 1 Tbsp oil. Cover with a lid so the cauliflower steams and becomes more tender. Cook for a total of 5-8 minutes, then season as desired (such as with soy sauce or salt and pepper).
5. Use cauliflower rice in recipes that call for rice, such as [stir fries](#) or [fried rice](#)! Store leftovers in the refrigerator up to 5 days. Store **uncooked** cauliflower rice in the freezer up to 1 month.

### Lemon Cauliflower Risotto

*Theendlessmeal.com*

#### Ingredients

1 tablespoon olive oil  
1 medium onion, finely minced  
2 lbs of cauliflower rice  
1 cup vegetable broth  
5 ounces baby spinach  
**OPTION #1: CHEESY LEMON CREAM SAUCE**  
1 cup milk  
1 cup white cheddar cheese  
1/4 cup grated parmesan cheese  
1 teaspoon sea salt  
Juice of 1 lemon

**OPTION #2: DAIRY-FREE LEMON CREAM SAUCE**

1 1/2 cups vegetable broth  
1 cup raw cashews or pine nuts  
1 tablespoon nutritional yeast  
1 teaspoon sea salt  
Juice of 1 lemon

### THE GARLIC CHILI PRAWNS

1 tablespoon olive oil or butter  
2 garlic cloves, very finely minced  
1 lb. uncooked, peeled prawns (tail on or off, your choice)  
1/2 teaspoon paprika  
A pinch of chili flakes and sea salt

#### Instructions

Heat the oil in a large frying pan over medium heat. Add the onion and cook until it is transparent, about 3-4 minutes. Add the cauliflower and broth and bring to a boil. Cook the cauliflower, stirring occasionally, until it is soft, about 8 minutes. Remove the pan from the heat.

### *If you're using the Cheesy Lemon Cream Sauce:*

Remove 2 cups of the cauliflower and add it to your blender with the milk. Blend on high until smooth. Add the cheddar, parmesan, sea salt and lemon juice and blend again until the cheese has melted.

### *If you're using the Dairy-Free Lemon Cream Sauce:*

Remove 2 cups of the cauliflower and add it to your blender with the vegetable broth, cashews, nutritional yeast, sea salt, and lemon juice and blend on high until smooth.

Add the spinach to the cauliflower rice and put the

pan back on the heat. Let the spinach wilt then pour in the sauce you made and let it heat through.

Either serve right away or set it aside while you make the garlic chili prawns.

### **THE GARLIC CHILI PRAWNS**

Heat the olive oil or butter in a medium-sized frying pan over medium-high heat. Add the garlic and cook for 1 minute. Add the prawns, paprika, chili flakes, and sea salt to the pan and mix the prawns and spices together.

Cook the prawns for two minutes then turn them over. Cook them for another two minutes, or until they are no longer opaque. Serve the prawns and pan juices over the cauliflower rice risotto.

### **Omelet Muffins**

#### **Ingredients**

6 large eggs

1/2 cup spinach, roughly chopped

1/4 cup crumbled feta cheese

1/4 cup diced tomato, about half a Roma tomato (personally this is optional, if you have a tomato great if not, no biggie!)

1/2 teaspoon salt

1/4 teaspoon ground black pepper

#### **Preparation**

Preheat oven to 350°F (180°C).

Spray a six-cup muffin tray with nonstick spray.

In a bowl, add the eggs, spinach, feta, tomato, salt, and pepper, and stir to distribute ingredients.

Distribute the mixture evenly between the muffin cups.

Bake until the eggs are set, about 15 minutes.

### **Kale Caesar Salad or 2 servings**

#### **Garlic Roasted Chickpeas**

- 1 1/2 cups cooked chickpeas (or one 15-ounce can, drained)
- 1 tablespoon olive oil
- 1 clove garlic (minced)
- 1/4 teaspoon fine sea salt  
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- 1/4 cup [raw tahini](#)
- 4 teaspoons freshly squeezed lemon juice
- 1/4 cup water
- 2 cloves garlic (minced)
- 1/2 teaspoon [dijon mustard](#)
- 1/4 teaspoon [salt](#)
- freshly ground black pepper
- 1 large bunch kale (any variety)

#### **Instructions**

Preheat the oven to 400°F. To prepare the Garlic Roasted Chickpeas, toss the cooked chickpeas with olive oil, garlic, and salt in a large bowl, then pour them into a rimmed baking sheet. Arrange them into a single layer, then bake until crisp, about 45 minutes.

While the chickpeas are baking, prepare the dressing.

Stir together the tahini, lemon juice, water, garlic, mustard, salt, and freshly ground black pepper to taste. Stir until smooth and adjust any seasonings as you like.

To assemble the salad, remove the tough stems from the kale leaves and use your hands or a sharp knife to rip the kale into small pieces. Toss the leaves with the dressing and let them marinate in the fridge while you wait for the chickpeas to be done.

When the chickpeas are done roasting, remove the pan from the oven and let them cool for 10 minutes. Sprinkle them generously over the kale salad and serve. Leftovers can be stored separately in an airtight container in the fridge for up to 4 days. (The chickpeas do soften with time, but you can toast them in the oven again to re-crisp.)

What to do with the Sweet Dumplin Squash

#### **Ingredients**

1 whole dumpling squash  
1 tbsp coconut oil  
salt and pepper to taste

#### **Instructions**

Preheat the oven to 425 degrees. Line a baking sheet with parchment paper. Slice the top off the squash. Scoop out the seeds and stringy pulp with a spoon. Discard seeds and pulp.

\*See separate instructions for sliced squash or halved squash below.\*

## **Sliced Roasted Dumpling Squash**

With a sharp knife, slice the squash into thin 1/4" slices. Cut along the ribs or ridges of the squash.

Toss the slices with olive oil, and salt & pepper to taste. Line slices in a single layer on a baking sheet and cook for 7 to 9 minutes. Flip the slices with a fork or small spatula. Return to the oven and cook for an additional 7 to 9 minutes. Remove from the oven and serve immediately.

## **Halved Roasted Dumpling Squash**

With a sharp knife, cut the squash into halves along the ribs or ridges of the squash. Rub each quarter with a thin layer of coconut oil, and season with salt and pepper.

Roast the quarters pulp side up for 12 minutes. Remove from oven and flip to be pulp side down. Roast an additional 8 minutes. Remove from oven. Carefully turn squash over and serve immediately.

## **Vegan Cauliflower Corn Chowder**

Thatwasvegan.com

### **Ingredients**

2 tablespoons vegan butter  
1/4 cup AP flour  
1/2 teaspoon garlic  
1 small sweet onion, diced  
2 carrots, diced  
2 stalks celery, diced

1 bay leaf  
3 cups unsweetened almond milk  
1 cup broth  
1 head cauliflower, chopped into bite-sized pieces  
12oz sweet corn kernels  
Salt and Pepper to taste

### **Instructions:**

Melt the butter over medium heat and whisk in the flour. Continue to cook, stirring, for 3-4 minutes. Add the garlic powder and diced onion, carrots and celery, along with 2-3 tablespoons of water and let it cook for 2-3 minutes longer.

Stir in the milk, bay leaf, cauliflower and broth. Bring to a boil, stirring well so the roux dissolves, then simmer until it thickens. Add a bit more water if you need to for the right consistency. Simmer for 12-15 minutes until the cauliflower is tender, adding the corn in for the last 2 minutes or so. Remove the bay leaf and add S&P as needed. Serve hot

## **Eggroll in a Bowl**

Thegirlwhoateeverything.com

### **Ingredients**

1 lb (16 ounces) ground pork or beef or use veggie crumbles, mushrooms or cauliflower rice could potentially work here!  
1 teaspoon minced garlic  
14 ounces shredded cabbage  
1/4 cup low-sodium soy sauce (or liquid aminos)  
1 teaspoon ground ginger  
2 teaspoons sriracha  
1 whole egg  
1 tablespoon sesame oil

2 tablespoons sliced green onions

### **Instructions**

In a large skillet, brown the pork or beef until no longer pink. Add the garlic and sautee for 30 seconds. Add the cabbage/coleslaw, soy sauce, ginger, and sautee until desired tenderness. You can add a little water if you need more liquid to sautee the coleslaw down.

Make a well in the center of the skillet and add the egg. Scramble until done over low heat.

Stir in sriracha. Drizzle with sesame oil and sprinkle with green onions. Add additional soy sauce and sriracha if desired.

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From [livestrong.com](http://livestrong.com)

The U.S. Department of Agriculture recommends 2 to 3 cups of vegetables per day for adult men and women. Blending fresh vegetables, such as spinach, to make juice is a simple way of meeting your recommended daily vegetable requirement. Making spinach juice in a blender allows you to keep all of the dietary fiber of the vegetable, unlike with a juicer, which filters out the fiber. Rich in a variety of nutrients, it takes 4 cups of fresh spinach and 1 cup of water to make 1 cup of blended spinach juice. Note: I add lemon and lime to this and it is much easier to drink...it makes you feel AMAZING!