

The Dreyer Flyer

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



Wellness Wednesday 11/20
Sign up for 2020 CSA
Meet and Greet your local wellness experts from Alluem/Hot Yoga Revolution/Lexi's Kitchen and MORE

The Harvest Week 26

SMALL

Purple Cauliflower
White Sweet Potato
Carrots
Spaghetti Squash
Cranberries
Lettuce
Donuts

MEDIUM

Purple Cauliflower
White Sweet Potato
Carrots
Spaghetti Squash
Cranberries
Lettuce
Piggery!

BAM

Carrots
Purple Cauliflower
Spaghetti Squash
Marinara
Donuts

MARKET BOX

White Sweet Potatoes
Carrots
Lettuce
Spaghetti Squash
Purple Cauliflower
Marinara
Chilli

Do you believe the way you get out of bed in the morning is how you set the tone for your day? Do you believe that you are NOT the thoughts that are in your head? (such as...I am so tired, I am so out of shape, I can't do that because I am not _____, this outfit is the worst, I can't believe I just said that!) Yes, those are 2 heavy questions but aren't they good ones? This week as we get ready for our Wellness Wednesday event let's work on simple steps that can catapult us into a better headspace. Decide today to do something when you get out of bed tomorrow that will set you in a positive trajectory, for example, think of 3 things you are grateful for before you get out of bed. Plan what you will wear and make it something you love! Come on you can do it, it is a simple step!

THE REMAINDER OF THE 2019 SEASON

Week 26 11/5-9

Week 27 11/12-16

*Pre-orders are taken up to 11/18 for the feast box
1 week to recover and get ready for the BIG Turkey Day*

Thanksgiving Feast Box & Turkey pick-ups start on Tuesday

The extension this year is a FULLY COOKED and ready to heat and eat meal. Each meal is priced per person and is \$15, we offer meat and vegan options.

1st week of the extension is 12/3 Fajitas Chicken or Seasoned Tofu with all the trimmings! Peppers, Onions, Salsa, Rice, Beans a deliciously festive meal that is sure to please the whole family!

2nd week of extension 12/10 Asian Themed Meal/Our Famous Sesame Noodles with Your Choice Sweet & Sour Chicken or Tofu

3rd week 12/17 Italian Dinner...details to come

Final week is a brunch box for a beautiful Christmas Brunch

Stay tuned for details on ordering these delicious ALREADY PREPARED meals!

Dreams do come true.....LOL

Bog Hollow Cranberry Brownies

Ingredients

4 ounces BAKER'S Unsweetened Chocolate
3/4 cup butter
2 cups sugar
3 eggs, slightly beaten
1 teaspoon vanilla
1 cup all-purpose flour
1 1/2 cups whole fresh cranberries

Instructions

Preheat the oven to 350 degrees.

Line a 13×9-inch baking pan with foil, making sure that the piece of foil is large enough to allow the ends of the foil to extend up and over the sides of the pan. Spray the foil with non-stick cooking spray.

In a large microwave-safe bowl, add the chocolate and butter and microwave on high for 2 minutes. Stir until the chocolate is completely melted.

Stir in the sugar.

Blend in the eggs and vanilla, stirring to combine as much as possible (there may be some egg that doesn't blend in that is perfectly fine)

Add flour and mix thoroughly. Then add the cranberries and stir to evenly combine.

Pour the batter into the prepared pan. Bake for 30 to 35 minutes or until a toothpick inserted into the center comes out with fudgy crumbs. (Do not over bake – these are very moist and fudgy brownies.)

Let cool completely. When cool, use the foil to remove the brownies from the pan and

onto a cutting board. Cut before serving. From afamilyfeast.com

From the scienceofpeople.com

I am peppering this flyer with this post from this website I think you will enjoy it.

We eat because we are hungry. We eat for energy. You might know some of the reasons we crave certain foods, but most of our food decisions come from hidden forces.

In fact, Food Psychologist Dr. Brian Wansink, author of *Mindless Eating: Why We Eat More Than We Think* has found that we make more than **200 food** decisions each day but we are unaware of 90% of them. Here at the Science of People, I like to explore the hidden forces that drive our behavior and in this post, I want to talk about the science and psychology of eating. (more to come on next page after a few recipes!)

3 Ingredient Slow Cooker Cranberry Chicken

lecremedelacrumb.com

Ingredients

4 boneless skinless chicken breasts
1 cup French dressing (see note for my easy homemade version!)
1 15-ounce can whole cranberry, cranberry sauce OR
1 cup homemade cranberry sauce
optional 4th ingredient - *See Note*

Lightly grease a slow cooker. Place chicken breasts in the bottom in a single layer. Whisk together French dressing and cranberry sauce. Pour over chicken. Turn chicken to coat all sides of the chicken.

Cover and cook on high for 3-4 hours or on low for 6 hours until chicken is cooked through. Garnish with toasted pine nuts and chopped parsley if desired and serve.

Notes

For homemade French dressing, combine 1 cup olive or avocado oil, 1/4 cup brown sugar, 1/4 cup vinegar, 1/2 cup ketchup, 1 teaspoon minced garlic, and 2 teaspoons onion powder in a jar. Cover, shake until well combined. Taste the dressing and add salt and pepper to taste. Store chilled until ready to use.

**I adapted this recipe from one I found in my mother's recipe files - hers called for 1 package of Lipton Onion Soup in addition to the French dressing and the Cranberry sauce. I have tried this and it is extra delicious so if you have a packet of the onion soup on hand I highly recommend adding that 4th ingredient!

Vanilla Orange Sugared Cranberries

Aspicyperspective.com

3 3/4 cups sugar, divided
1 3/4 cups water
1 teaspoon vanilla extract
2 teaspoons orange extract or Grand Marnier
12 ounces fresh cranberries (1 bag) about 3 cups

Instructions

Combine 2 1/2 cups of sugar, water, vanilla, and orange extract in a sauce pan. Heat over medium until the sugar has completely dissolved, but not boiling.

Pour in the cranberries and stir. The hot syrup will loosen the skin, saturate the berries, and adhere to the berries over time. Cover the cranberries with a small plate to keep them mostly submerged. Then cover the pan and place it in the refrigerator over night. Place the remaining 1 1/4 cup of sugar in a rimmed dish. Strain the cranberries and place them in the sugar. Shake until they are completely coated. Carefully transfer them to a baking sheet to dry, about an hour.

Once the sugar coating is hard, place them in an air-tight container and keep in a cool spot for up to a week.

Jess Dreyer's Favorite Carrot Recipe!

Ingredients

1 1/2 pounds carrots, peeled, halved crosswise, and cut lengthwise if necessary, to create even pieces
2 tablespoons unsalted butter, melted
Table salt and ground black pepper or TABLESIDE!!! If you do not know what seasoning I am talking about when I say TABLESIDE please see me at your next pick up...we must talk.

Instructions

Heat oven to 425° F. In a bowl, toss together carrots,

butter, 1/2 teaspoon salt and 1/4 teaspoon pepper.

Line a rimmed baking sheet with parchment paper.

Arrange carrots in an even layer on top of parchment, then tightly cover the whole pan with aluminum foil.

Bake for 15 minutes. Take pan out of oven, remove foil, and return pan to oven for another 30-35 minutes, or until the carrots are lightly browned. Stir twice during cooking time. Season with more salt and pepper if desired, and then serve.

Notes-

You can skip lining the baking sheet with parchment if your baking sheet has a nonstick surface. This recipe is from Cook's Illustrated's Cookbook.

Every diet ever tells you to cut out or eliminate certain foods. The diet tips we hear all the time:

No carbs.

Eliminate anything white.

No fat.

Gluten-free.

No animal meat.

Cut out dairy.

Here's the problem: The moment we consciously deny ourselves something, the more we're likely to end up craving it more and more.

Case in point...I was trying to be vegan and then....hey it was my Birthday! RIBS...LOADED POTATO...Mac n Cheese!!! damn you ADAMS TAVERN....so delicious...oh and the LOVE BUG Cocktail made with Tree City Vodka!!!

Hahaha...Vegan! I kinda tried...today I was Vegan 100% o wait...some evil friend gave me cake...ugg ok this vegan thing is not working out! Stop judging me...lol

Spaghetti Squash Sesame Noodles

Spaghetti squash

Sesame seeds

Sesame paste

Light soy sauce

Rice vinegar

Sesame oil

Garlic

Red pepper flakes

Scallions

How to make spaghetti squash sesame noodles

It's so easy!

Toast the sesame seeds in a dry skillet.

Microwave the spaghetti squash, cut it open and use a fork to pull out the strands.

Whisk together the sesame paste, soy sauce, rice vinegar, sesame oil, garlic, and red pepper flakes.

Stir the hot spaghetti squash strands into the mixture and mix thoroughly. Sprinkle with the sesame seeds and chopped scallions and serve.

Grab some chili and stuff these sweet potatoes with it!!! You will love it and it is super simple...especial if you buy chili from the farm!

Bake your sweet potatoes* - preheat your oven to 400 degrees and wrap each potato in aluminum foil and place on a baking sheet. Bake in the preheated oven for about 1 hour and 15 minutes or until

completely soft in the center. The size/shape of your potato will affect the baking time!

purple cauliflower salad (sicilian style!

ingredients

1 head cauliflower, purple if possible

olive oil to coat

1/2 teaspoon salt

zest of one lemon

2 cups cooked grain- black rice, quinoa, freekah, farro, etc....

2 scallions, sliced

1/2 cup sliced kalamata olives

2 tablespoons capers

1/2 cup Italian parsley, chopped

Dressing:

1/4 cup olive oil

2 tablespoons red wine vinegar

2 cloves garlic, minced

1/2 teaspoon salt

1/2 teaspoon pepper

Optional Garnishes: Pickled onions, marcona almonds, chili flakes, shaved pecorino

Preheat oven to 425F

Set grains to cook on the stove. Cook and cool to room temp.

Cut cauliflower into bite-sized florets, lightly toss in olive oil, salt and lemon zest. Spread out on a parchment-lined baking sheet. Roast 25 minutes, or until fork-tender, turning halfway through. Let cool.

Make the dressing, whisking all in a bowl. Feel free to toss

salad ingredients the dressing in a bowl or layer them in a shallow bowl. If layering, start with the grain, add the cauliflower, olives, capers, scallions, parsley, pickled onions, optional....from featingathome.com

More from one of my favorite websites on eating psychology. Scienceofpeople.com

Positive Difficulty

One idea Wansink shares quite convincingly is the idea that convenience leads to consumption and distractions really can slow us down.

A few seconds can change how you eat. The closer bad food is, the more you eat it. The closer good food is, the more you eat it. Case in point:

Some terrible person (my mother) sent me Easter candy. It was on my kitchen counter for not even 24 hours and before I realized it, this happened:



At this time of year we can replace Easter candy with Halloween candy!

Every time I walked into the kitchen, I took a tiny bite of each. You know, just to try them. They were far too easy to grab, and so I grabbed them. Wansink recommends making all of your not-so-healthy snacks really hard to get to and all of your healthy snacks really easy to get to. For me, this has helped A LOT:

Pre peel and cut apples and have them sitting at the top of my fridge.

Got rid of all non-assembly required snacks. If I want to snack, I have to go to the store and get it.

The few easy to eat, but not so healthy snacks we have go in the very top shelf of the kitchen—husband or step ladder required. Far too much work. They are all stale now!

OK...so if you simply roast these awesome carrots...and you bake the potato and you roast the cauliflower...we are talking about hardly any steps...if you want to get fancy I have provided fancy recipes if you have the time!

I think Michael Pollan said it best and I am sure I have had this in emails or flyers before but it certainly bears repeating... "Eat food, not too much, mostly plants."

Probably the first two words are most important. "Eat food" means to eat real food -- vegetables, fruits, whole grains, and, yes, fish and meat -- and to avoid what Pollan calls "edible food-like substances ."Here's how:

Don't eat anything your great grandmother wouldn't recognize as food.