



The Dreyer Flyer Week 15: August 25th & 28th

Small: Corn, Tomatoes, Blush Peppers, Beets, Ginger Gold Apples, Pickling Cucumbers, Acorn Squash, Fielder's Choice Spice

Medium: Corn, Tomatoes, Blush Peppers, Beets, Ginger Gold Apples, Pickling Cucumbers, Acorn Squash, Fielder's Choice Spice

BAM: Corn, Blush Peppers, Fielder's Choice Spice, Ginger Gold Apples, Pickling Cucumbers, Acorn Squash

Market Box: Riverbend Italian Beef Grillers, Breadsmith Rolls, Blush Peppers, Sweet Onion, Fresh Oregano, Ginger Gold Apples, Corn, Fielder's Choice Spice

Jerry the Knife Sharpener will be back the first weekend in September for anyone who missed him last time! You can drop off your knives, wrapped up and labeled with your name and phone number on Friday September 4th before 5pm and pick them up Saturday after 12pm. He charges \$1 per inch and does scissors and shears as well as all knives!

Wellness Tip from Patty: Stress

When our stress is not managed it can contribute to so many health problems. With everything going on right now managing our stress is so important. Life feels very uncertain right now - we don't know what the school year is going to look like, the election season feels like it has been going on forever, everyone has a different comfort level regarding the coronavirus. We all need to make sure we are taking care of our health, and one of the biggest pieces is our stress level.

We have talked about some tools for stress already but as summer is winding down it feels like a good time for a reminder.

Meditate - sit for 5 minutes (or longer) every day

Deep Breaths - throughout the day or any time you feel stressed stop and focus on your breathing. Inhale deeply, exhale slowly. Let your exhale be 2x as long as your inhale.

Take a walk - don't bring your phone with you!

Exercise - do something that makes you feel good. There is no exercise that is better than another. The best exercise is the one that you enjoy doing! Take care of yourself - we will get through all of it!

Italian Sausage and Peppers by

spicysouthernkitchen.com

Ingredients

- 2 tablespoons Vegetable oil
- 1 package of Sausage
- 1 green pepper, thinly sliced
- 1 red pepper, thinly sliced
- 2 sweet onions, thinly sliced
- 2 cloves garlic, minced
- 1 tablespoon tomato paste
- 1 (14.5-ounce) can diced tomatoes
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon black pepper
- 1/4 teaspoon [red pepper flakes](#)

Instructions

1. Add vegetable oil to a large pan and heat over medium-high heat. Add sausages and cook until browned on all sides. Remove sausage from pan and set aside (Note: You do not need to cook it through at this point.)
2. Add onion and peppers to grease left in pan and cook over medium heat until softened. Add garlic and cook for 1 minute.
3. Slice sausage into 1 to 1 1/2-inch pieces.
4. Return sausage to pan along with all other ingredients.
5. Cook for 5 to 10 minutes, until sausage is cooked through and sauce is thickened.
6. Serve on hoagie rolls if desired.

Roasted Beet and Apple Salad by

thefoodblog.net

Ingredients

- 3 beets peeled & quartered
- 1/4 cup walnuts chopped
- 1 apple cored & sliced
- 1 tbsp lemon juice

- 3 tbsp olive oil extra virgin
- 1 tbsp apple cider vinegar
- 3 tbsp parsley chopped
- 1/4 tsp salt

Instructions

1. Preheat oven to 400°
2. With cooking spray, lightly spray a piece of foil large enough to loosely wrap quartered beets.
3. Place beets on the oiled side of the foil, and loosely wrap to make a sealed package.
4. Put foil-wrapped beets on a baking sheet in the center of the oven and roast 30-45 minutes until tender.
5. In the last 5 minutes of roasting time, spread walnuts on the baking sheet alongside the roasting beets to toast.
6. Remove beets and walnuts from the oven, remove beets from foil, and allow to cool.
7. When beets are cool, slice the quarters into thinner wedges.
8. Make the dressing, by whisking lemon juice, olive oil, vinegar, parsley, and salt together in a bowl.
9. Add apple slices, beet slices, and walnuts to the bowl and toss with the dressing.
10. Serve immediately, or refrigerate and serve chilled

Roasted Beet and Acorn Squash

[Autumn Salad](http://mydiaryofus.com) by mydiaryofus.com

Ingredients

- 3 Medium Sized Beets
- 1 Acorn Squash

- 2 Tbsp. Olive Oil
- 1 Tbsp Fresh Thyme
- 1 1/2 Tbsp. of Kosher Salt
- 1 Tbsp. Black Pepper
- 2 Cups of Baby Kale or Spinach
- 2 Oz of Goat Cheese
- 1 Cup of Cooked Farro (can swap for a wild rice or quinoa)
- 1/2 Cup of Pecan Halves

For the Dressing-

- 1 Shallot, Sliced Thin
- 1 Glove Minced Garlic
- 1 Tbsp. Kosher Salt
- 1 Tsp. Cracked Black Pepper
- 1 Tbsp. Dijon Mustard
- 2 Tbsp. Maple Syrup
- 1/4 Cup Red Wine Vinegar
- 1/4 Cup Extra Virgin Olive Oil

Instructions

1. Preheat oven to 425 degrees.
2. Wash beets and cut in half. Drizzle the beets with 1 tablespoon of olive oil and season with half of the salt and half of the pepper and toss to coat thoroughly. Wrap in aluminum foil tightly and roast for 45-60 minutes until the beets are fork tender.
3. Slice acorn squash in half and scoop out the seeds. Slice half rings about an inch thick of the acorn squash and drizzle with 1 tablespoon of olive oil and season with the rest of the salt and pepper and thyme. Place the squash on a parchment paper lined baking sheet and roast for 45 minutes until tender and caramelized. (You can roast the beets and the squash at the same time.)
4. While the vegetables are roasting, make your vinaigrette by combining all ingredients in a mason jar and shaking them well until the dressing is emulsified. (which means it has all

come together and the oil has mixed with the rest of the ingredients)

5. When the beets are done roasting, let cool slightly and then remove the peeling by simply scraping the skin off of the beet. (Roasting makes this process very easy.)
6. Layer the baby kale or spinach on the bottom on a large serving platter and then arrange the squash and beets on top followed by the farro, goat cheese, and pecans.
7. Drizzle the vinaigrette over top of the salad and serve immediately or at room temperature.

15 Minute Pepper Steak Stir Fry by eatwell101.com

Ingredients

- 8 oz (225g) flank steak, thinly sliced against the grain
- 2 tablespoons olive oil, divided
- 1 red bell pepper, cut into 1-inch cubes
- 1 green bell pepper, cut into 1-inch cubes
- 3 garlic cloves, minced
- 1/4 cup brown sugar
- 1/2 cup low sodium soy sauce
- 2 teaspoon sesame oil
- 1 teaspoon ground ginger
- 1 tablespoon Sriracha (or your favorite hot sauce)
- 1 tablespoon cornstarch

Instructions

1. To make the pepper steak stir-fry: In a small bowl, whisk the garlic, brown sugar, soy sauce, sesame oil, ginger, Sriracha, and cornstarch.
2. In a skillet over medium-high heat add 1 tablespoon olive oil. Add the diced bell peppers and cook 1-2 minutes until tender.

Remove the bell peppers and set aside on a plate.

3. Turn the heat to high and add the flank steak on one layer and cook on each side to sear the beef and reduce heat to medium-high and continue to cook until no longer pink and brown on each side.

4. Add the peppers back to the skillet and add the sauce. Simmer for 1-2 minutes until the sauce starts to thicken. Sprinkle with chopped cilantro and sesame seeds. Serve the pepper steak stir-fry over rice, rice noodles, or cauliflower rice. Enjoy!

Oven Baked Beet Chips by

aspicyperspective.com

Ingredients

- 12 beets *red, golden, or mixed*
- 1/2 cup **olive oil**
- 2 teaspoon **celery salt** or sea salt

Intructions

1. Preheat the oven to 300 degrees F, and line several baking sheets with **parchment paper**. Scrub the beets well with a veggie brush and cut off the tops.

2. Use a **mandolin slicer** to slice the beets paper thin (1/16-inch). When the beet slices are this thin, there is no need to peel them first. Hold the root end while dragging the beets across the mandolin and watch your fingertips closely.

3. Place the beet slices in a large bowl and pour the oil and salt over the top. Toss well. Ready for the secret step? Now let the beets sit in the oil and salt until they release their natural juices, about 15-20 minutes. This is what allows them to retain a better shape and color.

4. Toss the beets again, then drain off the liquid. Lay the slices out in a single layer on the prepared baking sheets. Bake for 45-60 minutes until crisp, but not brown. Test after 45 minutes and only bake longer if necessary. Remove the beet chips from the oven and cool completely before storing in an air-tight container.

Easily Pickled Beets by recipegirl.com

Ingredients

- 3/4 cup apple cider vinegar
- 3/4 cup water
- 1/4 cup granulated white sugar
- 1 tablespoon whole peppercorns
- 1/2 tablespoon whole coriander seeds
- 1 cinnamon stick
- 1 medium sweet onion, sliced into 1/4 inch slices
- 6 medium whole roasted beets, peeled

Instructions

1. In a medium saucepan, bring the vinegar, water, sugar, peppercorns, coriander seed and cinnamon stick to a boil.

2. Turn the heat to low and stir in the onion. Simmer for 5 minutes.

3. Divide the beets among 8 ounce canning jars filling until about 1 inch from the top of the jar. Do not pack the beets in tightly.

4. Pour the pickling brine and onions into the jars covering the beets. Allow the mixture to cool to room temperature, approximately 20 to 30 minutes.

5. Seal the jars with the lids and store in the refrigerator for up to 5 days.



