



The Dreyer Flyer Week 19: Sept. 22nd & 25th

Small: Corn, Radish, Bosc Pears, Lettuce, Cortland Apples, Yam, Carrots

Medium: Kale, Corn, Radish, Bosc Pears, Lettuce, Cortland Apples, Yams, Carrots

BAM: Corn, Radish, Bosc Pears, Apples, Yams, Carrots

Market: Radish, Lettuce, Apples, Yams, Carrots, Griggstown Whole Chicken, Herbs, Lemon, Onions, Garlic, Corn

This week's apple is the Cortland Apple! It's in the Macintosh family and perfect for eating and baking! Show us your creations on our Facebook page the CSA Farm-ily!

Wellness Tip from Patty: Smile

When you smile, your brain releases tiny molecules called neuropeptides to help fight off stress. Then other neurotransmitters like dopamine, serotonin and endorphins come into play too. The endorphins act as a mild pain reliever, whereas the serotonin is an antidepressant. One study even suggests that smiling can help us recover faster from stress and reduce our heart rate. In fact, it might even be worth your while to fake a smile and see where it gets you. There's been some evidence that forcing a smile can still bring you a boost in your mood and happiness level. (SCL Health)

“A simple smile. That's the start of opening your heart and being compassionate to others.”

– Dalai Lama

Whole 30 + Keto Perfect Roast

Chicken by tasteslovely.com

Ingredients

- 1 whole chicken
- 1 lemon, cut into quarters (optional)
- 1 onion, cut in quarters
- 1 head of garlic, cut in half
- 6–8 sprigs of fresh herbs, like rosemary, thyme + sage
- 1 tablespoon kosher salt
- 1 tablespoon pepper
- 1 tablespoon olive oil
- 1 pound of carrots/ yams
- 1 pound radishes, sliced in half
- 1 yellow onion, sliced
- 2 teaspoons olive oil
- 2 teaspoons salt
- 2 teaspoons pepper

Instructions

1. Preheat oven to 425°F with the oven rack in the lower third.
2. Remove the gizzards from the chicken, rinse the inside and outside under water, and pat dry until it is completely dry. Any moisture will create steam and the skin won't get crispy. Leave on a cutting board at room temperature while you prepare the vegetables.
3. In your cast iron skillet (or roasting pan or glass baking dish), place the vegetables in an even layer. Drizzle with 2 teaspoons olive oil, salt and pepper.
4. Stuff the inside of the chicken with the lemon, onion, garlic and fresh herbs. Season the chicken with 1 tablespoon salt and pepper. Place the chicken in the middle of the cast iron skillet on top of the vegetables.
5. Roast for 60-90 minutes, until the skin is golden and crispy and the thickest part of the breast has in

internal temperature of 165°F using a meat thermometer. Mine usually takes about 70 minutes.

6. Remove from oven. Lift the chicken out, tilt the chicken so all the internal juices drip on top of the vegetables. Put the chicken on a cutting board to rest for 10 minutes uncovered. (If you cover it, it creates steam and the chicken skin will get soggy!) Toss the vegetables in all the chicken juices, and return to the oven for another 20 minutes to caramelize.
7. Carve the chicken, and serve warm with the vegetables.

Chicken Apple Salad Lettuce Wraps

by lifeasastrawberry.com

Ingredients

- 4 cups cooked shredded chicken
- 1 cup apple, diced
- 1 tsp. lemon juice
- 1 tsp. honey
- 1 cup plain greek yogurt
- salt and pepper to taste
- 6–10 large leafy green lettuce leaves, for wrapping

Instructions

1. Combine chicken, diced apple, lemon juice, honey, greek yogurt, salt and pepper in a large bowl and mix to combine.
2. Spoon a heap of chicken salad onto the center of each lettuce leaf. Wrap lettuce up around the salad and serve immediately

Chili Stuffed Sweet Potatoes

by paleorunningmomma.com

Ingredients

- 4 medium sweet potatoes
- 1 Tbsp cooking fat of choice
- 1/2 small onion diced

- 1 lb ground beef
- 3/4 cup diced tomatoes from a can
- 1/2 tsp fine grain sea salt
- 1/2 - 1 tsp chipotle chili powder I used
3/4 tsp
- 1 tsp cumin
- 1/2 tsp smoked paprika

Instructions

1. First, 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!

Crispy Sweet Potato Wedges by

bakerbynature.com

Ingredients

- 2 large sweet potatoes, peeled (or unpeeled, if you like skin) and cut into wedges
- 3 tablespoons olive oil
- 1 teaspoons salt
- 3/4 teaspoon garlic powder
- 1/2 teaspoon sugar
- 1/2 tablespoon Italian seasoning
- 1/2 teaspoon black pepper

Instructions

1. Preheat oven to 450 degrees (F). Line a large baking sheet with tinfoil (shiny side up); place baking rack onto prepared baking sheet; set aside.
2. Peel the sweet potatoes (if preferred) and cut off the pointy ends. Slice the sweet potatoes in half (lengthwise), then cut each piece into wedges.
3. Place the sweet potato wedges in a large bowl, then add in the olive oil, salt, garlic powder, sugar, seasoning,

2. While you bake (or reheat) your sweet potatoes, make the chili. Heat a med/large skillet (I used this cast iron one) over medium heat. Add your cooking fat, then diced onions and stir to coat. Once softened, add the ground beef, breaking up lumps to evenly brown.
3. Add the salt and spices and stir, cooking the beef until browned - about 3-4 minutes. Add the tomatoes and simmer for 5-10 more minutes, lowering the heat to avoid burning.
4. Cut open your sweet potatoes, stuff, top with ranch dressing and scallions if desired, and enjoy!

and black pepper. Mix well, making sure each wedge is coated with oil and spices.

4. Arrange the sweet potato wedges in a single layer on the prepared baking sheet. Bake for 30 minutes, then turn on the broiler and bake for another 3-5 minutes, or until they're well browned and crispy. Keep an eye here - it's easy to burn when the broiler is on!
5. Cool wedges on pan for 5 minutes, then serve at once!

Autumn Pear Salad by

feelgoodfoodie.net

Ingredients

- 2 heads kale
- 1/4 cup Pecans
- 1/4 cup Feta cheese crumbled
- 1/4 cup grapes sliced
- 1 pear sliced

Dressing

- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon maple syrup

- 1 clove garlic
- 1 tsp fresh thyme
- Kosher salt and pepper

Instructions

1. Remove the stems from the kale, and tear up with your hands into bite size piece. Place in a large bowl.
2. To make the dressing, whisk together the olive oil, apple cider vinaigrette, maple syrup, garlic, thyme, salt and pepper. You can also use a mini blender like I did for easier blending.
3. Pour the dressing over the kale and toss well to combine. You can also massage the dressing into the kale with your hands.
4. Arrange the pecans, feta cheese, grapes and pears on top of the tossed kale, and enjoy!

4 Ingredient Flourless Fudgy

Brownies

Ingredients

- 1 cup cooked sweet potato mashed
- 1/2 cup almond butter can sub for any nut or seed butter of choice
- 2 tbsp pure maple syrup
- 1/4 cup cocoa powder
- 1/2 cup chocolate chips of choice

Instructions

1. Preheat the oven to 350F and grease a loaf pan and set aside.
2. In a blender or food processor, combine all the ingredients and blend well until a smooth brownie batter remains.
3. Pour the mixture into the greased pan and bake for around 20 minutes

or until cooked through. Remove from the oven and allow to cool completely before slicing into pieces.

Easy Baked Apples by houseofyum.com

Ingredients

- 3 pounds apples , peeled, cored, sliced
- 1/2 cup light brown sugar
- 2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp ground cloves
- 1/8 tsp salt
- 1 tsp cornstarch
- juice from 1/2 a lemon
- 1 tsp vanilla extract
- 2 tbsp unsalted butter

Instructions

1. Preheat the oven to 350°F degrees.
2. Peel the apples, cut and remove the core and cut into slices about 1/3-1/2 an inch thick.
3. Add the apples to a large bowl or you can mix right in a pie dish, or 2 quart baking dish. Add the light brown sugar, cinnamon, nutmeg, cloves, salt, cornstarch, lemon juice and vanilla extract. Stir to combine. If using a bowl, spoon the apples into a pie dish or 2 quart baking dish.
4. Cut the butter into small squares, and place them over the top of the apples.
5. Bake for 30 minutes, stirring after the apples have baked for 15 minutes. This prevents apples on the top from drying. Bake until the apples are tender and soft.

