



The Dreyer Flyer Week 2I: Oct. 6th & 9th

Small: Red peppers, Apples, Yams, Acorn Squash, Plum Tomatoes, Beets, Corn

Medium: Red peppers, Arugula, Apples, Yams, Acorn Squash, Plum Tomatoes, Beets, Corn

BAM: Red peppers, Apples, Yams, Plum Tomatoes, Corn

Market: Red Peppers, Acorn Squash, Arugula, Plum Tomatoes, Beets, Yams, Apples, Ricotta Cheese, Parmesan Cheese, Balsamic Vinegar, Thyme, Breadsmith Pizza Dough

Welcome to week 2I! It's the last of the NJ field grown tomatoes so use them wisely! Please remember to send us an email to dreyerfarmscsa@gmail.com if you want to pick up on another day or change your CSA pickup in any way.

Wellness Tip from Patty:

How many of you step on your scale every week? Every day? Multiple times a day? How does it make you feel? Do you judge yourself based on the number you see? What if, instead of doing things to change a number on a scale, we do things to be kind to ourselves, to feel good, to be healthy.

Challenge: No scale for 30 days. Use the time to tell yourself you are perfect today!

Pasta Salad with Arugula, Roasted Red Peppers, and Sweet Corn by domesticateme.com

Ingredients

- 8 ounces fusilli or rotini (I like to use whole wheat, but you do you.)
- 3 tablespoons extra-virgin olive oil, divided
- 2 ears sweet corn, shucked and kernels removed (roughly 1½ cups sweet corn kernels)
- Kosher salt
- Freshly ground black pepper

- 8 ounces roasted red peppers, roughly chopped (About 1 cup chopped peppers)
- 3 packed cups baby arugula
- 1/3 packed cup fresh basil leaves, thinly sliced
- 1/2 teaspoon crushed red pepper (optional)
- 3 tablespoons balsamic vinegar
- 4 ounces goat cheese, crumbled

Instructions

1. Bring a large pot of salted water to a boil. Cook the pasta al dente according to the package directions. Drain and add to a large mixing bowl. Drizzle with 1 tablespoon of the olive oil to prevent the pasta from sticking and let cool to room temperature.
2. Meanwhile, heat 1/2 tablespoon of olive oil in a large skillet over medium-high heat. When the oil is hot and shimmering, add the corn to the pan and season with a little bit of salt and pepper. Cook for 4 to 5 minutes, or until the corn is bright yellow and lightly browned in spots. Transfer the corn to a bowl and let cool to room temperature.
3. Add the cooled corn, roasted red peppers, arugula, basil, and crushed red pepper (if using) to the bowl with the pasta. Drizzle with the remaining 1 1/2 tablespoons of olive oil and the vinegar and toss to combine. Add half of the goat cheese and gently toss again. Taste and season with a little extra salt and pepper if needed. (You can also add a little bit more oil and balsamic if you like.)
4. Serve immediately topped with the remaining goat cheese.

Acorn Squash Arugula Pizza by destinationdelish.com

Ingredients

- 1/2 acorn squash, seeds removed
- 1 tablespoon maple syrup
- 1/2 tablespoon olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/3 cup crumbled feta cheese or gorgonzola cheese
- 1 pre-made large pizza crust (I pre-baked a Trader Joe's whole wheat crust)
- 1 cup balsamic vinegar
- 1 cup arugula

Instructions

1. Roast the squash: Preheat the oven to 400 degrees. Thinly slice the acorn squash into half moon shapes. Place the squash in a bowl and add the maple syrup, olive oil, salt, and pepper. Toss to combine. Place the squash pieces on a baking sheet and roast for 15-20 minutes until the squash is tender and the edges are crisp.
2. Prepare the pizza: Layer the squash pieces over the pizza crust. Sprinkle the feta over the squash. Place in the oven to bake for about 10 minutes until the cheese softens and slightly melts.
3. Make the balsamic drizzle: While the pizza is baking, add the balsamic vinegar to large saucepan. Bring the vinegar to a boil and then reduce to a simmer. Simmer for 10-15 minutes until the vinegar has a syrupy texture.
4. Add the finishing touches: Top the pizza with the arugula and a drizzle the balsamic reduction. Slice and eat.

One Skillet Chicken, Acorn Squash and Arugula by jaroflemons.com

Ingredients

- 2 Tbsp avocado or coconut oil
- 4 chicken drumsticks
- 2 medium acorn squash
- 2 cups arugula
- 1 small lemon

Instructions

1. Preheat oven to 425 degrees.
2. Place 1 Tbsp oil on the skillet and heat over medium-high heat.
3. Add the chicken drumsticks and cook for about 10 minutes on each side (or until they are 80% cooked).
4. While the chicken is cooking, slice or cube the acorn squash.
5. When the chicken is about 80% cooked through, set aside and add another tablespoon of oil to the skillet. Cook the squash for about 5 minutes, flipping half way through.
6. Add the chicken back into the skillet. Place the entire skillet in the oven for about 20 minutes or until the chicken is completely cooked.
7. Remove from oven. Add in the arugula and squeeze lemon over the entire dish. Serve and enjoy

Cheesy Italian Stuffed Acorn Squash with Ground Beef by

cupcakesandkalechips.com

Ingredients

- 2 small acorn squash cut in half and seeds removed
- 2 teaspoons olive oil, divided
- salt and pepper

Sweet Potato, Ricotta & Arugula Flatbread by thekitchn.com

Ingredients

- 1 pound pizza dough
- 1 medium sweet potato

- 1/2 medium onion
- 1 pound lean ground beef
- 1 cup tomato sauce, plus additional for serving if desired
- 1 cup ricotta cheese
- 1 cup shredded mozzarella cheese
- 1 Tablespoon grated parmesan cheese

Instructions

1. Preheat oven to 400°F. Coat a baking sheet with olive oil; set aside.
 2. Brush each squash cut half with ¼ teaspoon olive oil, then sprinkle with salt and pepper. Roast the squash cut side down until tender, about 20-25 minutes.
 3. While the squash is baking, heat a teaspoon of olive oil in a skillet over medium heat. Add the onion and ground beef, season with salt and pepper, brown the ground beef, breaking up as it cooks.
 4. Drain any excess grease, then stir in the tomato sauce and cook until heated through.
 5. Remove the squash from the oven and flip them over. Place a quarter cup of ricotta cheese in the bottom of each of the squash. Divide the meat mixture between the squash and top each with a quarter cup of mozzarella and about a teaspoon of parmesan cheese.
 6. Return squash to the oven and baked for about another ten minutes until the squash is tender and the cheese is melted and slightly browned.
- 1 cup ricotta
 - 2 teaspoons fresh thyme
 - 1 cup grated Parmesan cheese, loosely packed
 - 2 ounces arugula (2 big handfuls)
 - Salt and pepper

Instructions

1. Preheat the oven to 550°F. If you have a baking stone, set it in the oven now.
2. Use your hands to gently press the pizza dough into a large oval. If the dough starts to spring back, let it rest for a few minutes and then try again. I prefer to roll the dough on top of a piece of parchment paper to make it easier to shuttle the pizza into the oven.
3. Peel the sweet potato and slice it into thin 1/8" coins (or use a mandoline). Toss the coins with a little olive oil in a small bowl and set aside. In another bowl, mix the thyme into the ricotta.
4. Spread the ricotta mixture across the top of the dough. Arrange the sweet

- potato coins in slightly overlapping layers on top. (Make sure the layers don't overlap too much or the sweet potatoes might not cook through where they touch.) Sprinkle the entire surface with a little salt.
5. Bake for 5 minutes directly on the baking stone or on a baking sheet. Rotate the flatbread, then bake for another 4 to 5 minutes, until the edges of the bread are deeply golden and the sweet potatoes are soft. Sprinkle the cheese on top and bake for one more minute.
 6. As soon as you take the flatbread out of the oven, scatter the arugula over top. Let it stand for a few minutes before cutting so the arugula wilts a little. Slice and serve either warm or room temperature.

