



The Dreyer Flyer Week 24: Oct 27th & 30th

Small: Apples, Lettuce, Butter, Broccoli, Yams, Cheese Pumpkins, Acorn Squash

Medium: Apples, Butter, Broccoli, Yams, Cheese Pumpkins, Acorn Squash

BAM: Apples, Lettuce, Butter, Broccoli, Yams, Acorn Squash

Market: Apples, Butter, Broccoli, Yams, Cheese Pumpkins, Turkey Maple Breakfast Sausage, Griggstown Pastured Eggs, Breadsmith Pumpkin Scones!

Halloween is just around the corner but we are in turkey mode over here! Thanksgiving takes a lot of planning at the farm as we are sure it is for your family too! Make life just a bit easier by pre-ordering your pies and local turkey. Ashley Farms turkeys are hand raised by the Ashley family from one day old chicks and are fed sweet corn grown on their own farm! These turkeys only pass through the hands of Ashley Farms staff and then ours before reaching you. Order soon as this year, they are limited. Order at the farm or online.

Mac n Cheese Stuffed

Pumpkin by cookingontheside.com

Ingredients

- 1 cheese pumpkin about 5 pounds
- Sea salt
- Freshly ground black pepper
- 1 tablespoon olive oil
- 1/4 pound mild Italian pork sausage
- 4 ounces elbow macaroni
- 5 ounces Fontina, cut into 1/4-inch cubes
- 2 ounces Gruyère, cut into 1/4-inch cubes
- 3 scallions, diced
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh sage

- 1 cup heavy cream

Instructions

1. Preheat the oven to 350°F. Cut a circle from the top of the pumpkin at a 45-degree angle, the way you would cut open a pumpkin to make a jack-o'-lantern, and set aside. Scoop out the seeds and strings as best you can. Generously salt and pepper the inside of the pumpkin, pop the top back on it, place it on a rimmed baking dish (since the pumpkin may leak or weep a bit), and bake for 45 minutes.
2. Meanwhile, heat the olive oil in a saute pan over medium heat. If the sausages are in their casings, remove the meat and discard the casings. Crumble the sausage meat into small chunks and cook until lightly browned. Remove the sausage from the pan with a slotted spoon and set aside to cool. Discard the drippings, or save for gravy or what have you.
3. Also while the pumpkin bakes, cook the pasta in a large pot of salted boiling water until al dente. Drain through a colander and rinse with cool water to stop the cooking process.
4. In a bowl, toss together the Fontina, Gruyère, sausage, pasta, scallions and herbs. Once the pumpkin is done baking, take it out of the oven and fill it with the macaroni and cheese. Pour the cream over the filling. Place the top back on the pumpkin and bake for 1 hour, taking the top off for the last 15 minutes so the cheese on top of the filling can properly

brown. If the top cream still seems a bit too wobbly and liquid, give it another 10 minutes in the oven. The cream may bubble over a bit, which is fine. If the pumpkin splits while baking, as occasionally happens, be thankful you set it in a rimmed baking dish and continue to bake as normal.

5. Allow the pumpkin to rest for 10 minutes before serving. Be careful moving the dish, as the pumpkin may be fragile. You can serve this dish two ways: Cut it into sections and serve them, or just scoop out the insides with scrapings of the pumpkin flesh for each serving. Either way is just dandy. Salt and pepper to taste.

Pumpkin Broccoli Soup by

carolinescooking.com

Ingredients

- 1 tbsp butter 15g
- 1/2 onion diced
- 4 1/2 oz broccoli 125g – 1 stem, approx
- 10 1/2 oz pumpkin 300g, peeled weight
- 1/2 tsp thyme fresh or dried
- salt and pepper
- 1 pint light stock 480ml, chicken or vegetable
- 1/2 cup cheddar 55g, packed 1/2 cup
- 1/4 cup milk or cream

Instructions

1. Melt butter in a pan over medium heat. Add onion and soften until translucent but not browning, around 5mins.

2. Meanwhile chop broccoli and pumpkin – use whole stem not just florets of broccoli – in small to medium dice. Add to pan and sweat for around 10 minutes, stirring occasionally and covering in between.
 3. Add thyme, season with salt and pepper to taste and add stock.
 4. Bring to boil and simmer for 5-10mins until the vegetables are tender.
 5. Take off heat and blend, easiest with hand blender or transfer in batches to blender.
 6. Add grated cheddar and stir in, allowing the heat to melt the cheese into the soup.
 7. Add milk or cream and serve.
3. Place the sweet potato, apple, and a pinch of salt into the skillet and saute until soft, about 15 minutes. In the meantime, chop the bacon. When the sweet potato and apples are nearly done, return the bacon to the skillet and sprinkle in the thyme. Taste and add salt as needed.
 4. To cook the eggs, push the hash around to create two wells. If the skillet has dried out, you can add a bit of butter to each well to help the eggs fry and prevent sticking. Crack an egg into each well and cook to your preference.
 5. Serve immediately & enjoy!

Apple Sweet Potato Hash * by freshoffthegrid.com

Ingredients

- 4 slices thick-cut bacon OR browned turkey maple sausage!!!!
- 1 medium sweet potato, (skinned if preferred)
- 1 granny smith apple
- 1 teaspoon thyme
- 1 tablespoon butter, (optional)
- 2 eggs

Instructions

1. Slice the sweet potato and apple into 1/2 to 1-inch chunks.
2. Place the bacon in a skillet. Turn the burner on to medium. Fry the bacon so it's just beginning to crisp on the bottom, then flip and cook an additional minute or so. Remove and place on a paper towel-lined plate and set aside.

Broccoli & Bacon Bowls by

thestonesoup.com

Ingredients

- 4 slices bacon, chopped brown in oil
- 1lb broccoli
- 1-2 small cloves garlic, finely chopped
- squeeze lemon
- 2 large handfuls grated parmesan

Instructions

1. Heat a good glug of olive oil in a medium saucepan. Add bacon and cook, uncovered on a medium high heat stirring often until bacon is starting to brown and crisp.
2. Drain broccoli well and toss in with the bacon. Add garlic and stir well. Cover and cook for 2-3 minutes or until broccoli is hot and tender.
3. Remove from the heat. Add a squeeze of lemon and the

parmesan. Taste and season with salt or more lemon / parmesan as needed.

Parmesan Pumpkin Fritters by

rasamalaysia.com

Ingredients

- Oil for frying
- 1 1/4 cups shredded pumpkin (5 oz)
- 4 tablespoons all-purpose flour
- 1 large egg
- 2 tablespoons milk
- 1/4 cup shredded Parmesan cheese
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3 dashes ground black pepper
- Thai sweet chili sauce

Instructions

1. Heat the oil in a large frying pan over medium-high heat.
2. Mix the pumpkin, flour, egg, milk, cheese, baking powder, salt and pepper in a big bowl. Stir to combine well. The mixture should barely bind together and not wet or watery.
3. Using a spoon, scoop up the pumpkin mixture and drop it gently into the hot oil. Fry in batches until both sides turn golden brown and the inside is cooked through. Remove from oil with a strainer and transfer the fritters on a plate lined with paper towels. Serve hot with Thai sweet chili sauce.

Cranberry Pecan Apple Salad

by myforkinglife.com

Ingredients

- 4-5 cups spinach salad mix
- 2 red apples thinly sliced on a mandolin
- 2 Tbsp fresh lemon juice
- 1/2 red onion thinly sliced on a mandolin
- 1/2 cup dried cranberries
- 1/2 cup sugared pecans chopped
- 4 Tbsp goat cheese chopped or crumbled

Salad Dressing

- 2 Tbsp Apple Cider Vinegar
- 1.5 Tbsp white sugar
- 1.5 Tbsp Dijon mustard
- 4 Tbsp olive oil
- Salt and pepper to taste

Instructions

1. In a large salad bowl, add spinach salad mix, red apples, red onion, dried cranberries, sugared pecans, and goat cheese. Toss to combine. Set aside.
2. In a small mason jar, add apple cider vinegar, dijon mustard, white sugar, olive oil, and salt and pepper. Cover and shake vigorously, for about 20-30 seconds, until salad dressing has thickened.
3. When ready to serve, lightly pour dressing over salad greens and toss. Serve and enjoy.

