



The Dreyer Flyer Week 26: Nov. 10th & 13th

Small: Spaghetti Squash, Apples, Yams, Cabbage, Carrots, Pastured Eggs, Brussels Sprouts, Leeks

Medium: Spaghetti Squash, Apples, Yams, Cabbage, Carrots, Pastured Eggs, Brussels Sprouts, Leeks

BAM: Spaghetti Squash, Yams, Apples, Cabbage, Carrots, Brussels Sprouts, Leeks

Market: Spaghetti Squash, Apples, Yams, Cabbage, Carrots, Brussels Sprouts, Leeks, Griggstown Chicken Sausage, Nicola's Pasta Fresca Pesto, 1 Cooking Onion

Everyone please remember to ask us for your credits on a CSA day! Ask for Patty or Justine please. We have lots of staff with a lot to remember so please keep CSA related questions for us at the table or at dreyerfarmscsa@gmail.com. This Sunday the 15th is the LAST day to place turkey orders. Please make sure to place your order online or in the store and pay your \$25 deposit over the phone or in the store before the 15th. Thanks everyone!

Wellness Tip from Patty: November

How did you do with your October challenge? Did you start doing something that you are going to continue? Did you celebrate your success? Did you have trouble sticking with something?

It's November. Are you ready to challenge yourself again? What's something else you want to add to your life? Don't lose track of yourself as the stress of the holidays start to creep into your life. Taking care of yourself is even more important now.

Commit to some kind of movement every day. Commit to giving yourself 5 (10 or 20 would be better) minutes of meditation or deep breathing. Put a little fun into every day.

If you need an accountability partner, I'm here for you. Call / text /email - really!

Cabbage Roll Soup by simplystacie.net

Ingredients

- 4 cups cabbage, roughly chopped
- 1 lb. ground beef
- 1 tsp Worcestershire sauce
- 1 tsp salt
- 1 tsp paprika
- 1 onion, chopped
- 3 cloves garlic, minced
- ½ cup water
- 1 tsp oregano
- ½ tsp basil
- 680 mL can tomato sauce (or about 3 cups)
- 796 mL can diced tomatoes (or about 4 cups)

Instructions

1. Add onion, garlic, Worcestershire sauce, paprika, ground beef and salt to a skillet on medium heat. Cook until the ground beef is browned (about 7 to 10 minutes).
2. In a 6 quart slow cooker, add cabbage, oregano, basil, tomato sauce, diced tomatoes, water and ground beef mixture and stir to combine.
3. Cover and cook on low heat for 8 to 10 hours.
4. In last half hour of cooking, cook the rice according to package directions. Add the cooked rice to the slow cooker and stir to combine.

Egg Roll Stir Fry by southinyourmouth.com

Ingredients

- 1lb. ground meat
- 1 large onion
- 1 cabbage
- 2-3 carrots
- 4-5 cloves of garlic

- 1 tbsp grated fresh ginger
- ½ teaspoon black pepper
- 2 tablespoons sesame oil
- 1 tablespoon vegetable oil
- ¼ cup soy sauce

Instructions

1. Cook & crumble ground meat with onions in a very large skillet until meat is cooked through. Do not drain. You'll need to select a skillet large enough to contain all the cabbage- divide everything evenly into two skillets if necessary.
2. While meat and onions are cooking, cut cabbage into thin shreds; set aside. Peel carrots with a vegetable peeler then either dice small or use the peeler to shave off thin slices; set aside.
3. Combine garlic, ginger, pepper, sesame oil, vegetable oil and soy sauce in a small bowl and stir to combine; set aside.
4. Add cabbage and carrots to ground meat then cook and stir over medium-high heat for 3-4 minutes.
5. Add soy sauce mixture then stir well.
6. Reduce heat to medium and continue cooking for 5-10 minutes or until cabbage is tender.

Spaghetti Squash with Pesto & Sausage by tastelovely.com

Ingredients

- 1 medium spaghetti squash
- 1 tablespoon olive oil
- (1) 12-ounce package of chicken Italian sausage, cut into ¼" thick half moons
- 1 medium yellow onion, diced
- ½ teaspoon salt
- ½ teaspoon pepper

- 1 batch paleo & whole30 pesto
- 2 teaspoons nutritional yeast
- fresh basil for garnish (optional)

Instructions

1. Preheat your oven to 350° with the oven rack in the middle. On a rimmed baking sheet, roast the whole spaghetti squash (just put the entire thing on the baking sheet! No need to cut it or anything) for 1 hour, turning the squash half way through. Allow to cool for 20 minutes until cool enough to handle.
2. While the spaghetti squash is cooling, heat a large skillet over medium high heat. Add the olive oil, onion, sausage, salt and pepper. Cook for 10-15 minutes until the onions are soft and the sausage gets brown marks.
3. Using a large knife, cut the spaghetti squash in half. Use a spoon to scoop out the seeds, and throw away. Use a fork to shred the spaghetti squash into a large bowl. Add in the cooked sausage and onion, pesto sauce and nutritional yeast. Toss to combine.
4. Serve warm topped with fresh basil. I sometimes like to serve mine right in the spaghetti squash skin!

Creamy Brussels Sprouts & Leeks by viktoriastable.com

Ingredients

- 1 lbs leeks
- 1 lbs brussels sprouts
- 3 Tbs butter
- 3 Tbs olive oil
- 1/2 cup sour cream
- 1 tsp cumin
- 4 garlic cloves
- 1/2 cup Parmesan cheese + more for topping

Instructions

1. Saute the leeks in the butter until they are soft and begin to caramelize (about 10 minutes)
2. Cut the bottom part of the brussels sprouts, and halve or quarter them.
3. Bring a pot of salted water to a boil, and add the brussels sprouts. Cook for 5 minutes and drain.
4. Saute the brussels sprouts in olive oil, salt and pepper, until they begin to get a nice color (5-7 minutes).
5. Add the leeks back to the pan, and stir.
6. Add the sour cream, mixed with the cumin, and smashed garlic and stir.
7. Add the Parmesan cheese, and combine everything.
8. Taste and adjust the garlic/salt/pepper content, and cook for just a couple more minutes.
9. Optionally, sprinkle more Parmesan cheese on top, and put under the broiler to get a nice cheesy top.

Creamy Mini Meatball with Brussels Sprouts and Penne by yammiesnoshery.com

Ingredients

- 1/2 pound ground pork (or other ground meat, beef and pork mixed is good)
- 2 tablespoons flour (I used rice flour)
- 1 tablespoon ketchup
- 1 tablespoon olive oil
- 2 shakes Worcestershire sauce
- 3 tablespoons parmesan cheese
- 1 teaspoon oregano (I used dried, but chopped fresh would also be good if you increase to one tablespoon. Same for the sage.)
- 1 teaspoon sage
- 1 teaspoon fennel seeds

- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon black pepper (I used freshly ground)
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- For the pasta:
- 6 oz. Penne pasta, which is about 3 cups cooked or 1 2/3 cup dry (I used gluten free penne)
- 2/3 cup brussels sprouts that have been cut in half
- 3 tablespoons butter
- 1/2 of a large yellow onion, chopped
- 1/2 cup sliced cremini mushrooms
- 3 cloves garlic, thinly sliced
- A small bunch of fresh sage, chopped
- 3 tablespoons flour (again, I used rice flour)
- 1/4 cup dry white wine
- 1 1/2 cups half and half
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup (or more) mozzarella (I used fresh mozzarella, but regular grated works fine too)

Instructions

1. First mix together all of the meatball ingredients. I mix them up in the pot that I cook the pasta in to save a bowl to clean. Put a few tablespoons of olive oil in your skillet on medium

heat. Roll the meatballs into rounded teaspoonfulls (or whatever size you like) and place them in the pan. Cook the meatballs, gently stirring to brown all sides. Cook until browned and cooked through. Set aside in a large bowl.

2. Start the noodles cooking and cook according to package directions.
3. Put the brussels cut side down in the pan (if there isn't enough oil from the meatballs, you can add a little more olive oil). Cook on medium heat until the cut side is brown and crispy. Stir and continue cooking until "al dente". Remove from the pan and add to the bowl with the meatballs.
4. Add the butter to the pan. Throw in the onions, garlic, mushrooms, and sage. Cook until everything is browned.
5. Add the flour to the pan and stir to evenly distribute. Add the wine and stir well. Then add the half and half and stir until no lumps remain and the mixture is thickened. Add the salt and pepper.
6. Add the cooked and drained pasta, brussels sprouts, and meatballs to the pan and gently fold everything together until it's all evenly distributed. Top with mozzarella.
7. Broil in the oven until the cheese is melted and browning.

