



## Down on the Farm Notes: November 18<sup>th</sup>, 2008

Hi everyone!

Thanksgiving is almost here, so in preparation for this special holiday, we have given you some extra potatoes (for mashed potatoes), onions, and made sure you have a pumpkin in order to make fresh pumpkin pie. **Remember that next week our regular delivery will not happen. Next week's delivery is for only the people who signed up for the Thanksgiving basket.** We will resume with normal deliveries Dec. 2nd. And then, make a note that there will only be 2 deliveries left in Dec. (Dec. 2nd and 9th) which wraps it up for this year.

Look for extra special Thanksgiving recipes on our website next week. I have included a few for this week.

**This week** you have extra potatoes to make mashed potatoes for your holiday dinner, onions, carrots, a butternut squash, an extra acorn or spaghetti squash, some lettuce, a variety of apples, a nice surprise of chestnuts (also to enjoy for your Thanksgiving holiday), another sugar pie pumpkin, and some of our pepper jelly (it is gorgeous with Rick's peppers sparkling like stars in the jelly!).

This jelly is so pretty. You can use it to glaze chicken or turkey, or you can pour it over cream cheese and serve with a nice cracker during your special dinner. The apples are a great variety for cooking with or eating. Make sure you check out the recipes for some new ideas such as Apple Pumpkin Soup or Apple Nut Cake with rum sauce.

The chestnuts are fun. All you do is make a small cut in the round side of the chestnuts and lay them flat side down in a baking dish. Sprinkle just a little water on top with your fingers. Bake at 425 for 10 minutes. Make sure pan is on bottom rack of the oven. Then turn each nut over and roast the other side for 10 more minutes. Remove them from the oven and when cool enough to handle (don't let them get cold), peel them with your fingers and eat them. They peel easily if cooked all the way. Enjoy and think of "Chestnuts roasting on an open fire.....Jack Frost nipping at your nose".

We want to wish all of you a special Thanksgiving holiday. At this time of year, we reflect on our many blessings and what we are thankful for. Please know that we are truly thankful for your continued

support, encouragement and, most of all, your friendship.

I just spoke with Heidi, an organic farmer from Sacramento. She supplied a lot of our spring and early summer fruit. She is now planting peas and fava beans and greens. I am so envious. We can look at it 2 ways. If we had moderate winter weather, we could work hard for 12 months out of the year, have some great eating, and not get hit so hard with these unexpected frosts. On the other hand, we do get a break—a little vacation which is actually much appreciated. Our bodies appreciate it and even our vehicles get to slow down from all the driving and the delivering. So there is some good about not being able to grow 12 months out of the year!!!

\*\*\*\*\*

Here is another excerpt from *The Country Kitchen*.

“Perhaps, in passing, a word is due the Apple Dowdy which Aunt Hanner had served, since its appearance drove the blackest clouds from my father's face and in some degree compensated for the inability of making a good soup. Aunt Hanner may have been just an average hand at soup, but she was a master at Apple Dowdy.

Apple Dowdy is not a dumpling, a pudding, or a pie-deep-dish or otherwise. It is just a dowdy-sort of common, homely, gingham-

like, but it has character. To make it you peel and quarter firm tart apples, and you lay them in a deep earthen pudding dish. ) The dowdy would probably reconcile itself to a glass baking dish if it had to.) You fill the dish with apple, and over this sprinkle light brown sugar, the amount depending upon the tartness of the apples and the size of your dish. Add a slight scattering of nutmeg, a little less of cinnamon, a dash of salt. Now, with generous judgment, cut some slivers of butter over the whole, say about a teaspoonful to each serving. Then add half a cup of warm, not hot, water. Make a rich baking powder crust. (One cupful of flour, 2 tsp. of baking powder, 2 tbl. of butter, 1/4 tsp. of salt, and 1/2c. milk.) roll this out to three fourths of an inch in thickness, cut a dido in the center, you know, a big S with eyelet holes slashed alongside, and lay the crust over the apples, pinching it to the edge. So far, so good, but the proof of the dowdy is in the baking. It must be baked in a slow oven (300-350) at least three hours. When done it will be delicately brown on top, a rich fruity red on the inside, and delicious withal. Serve it as Aunt Hanner did, with thick cream slightly sweetened and flavored with nutmeg.”

\*\*\*\*\*

**Have a wonderful Thanksgiving** and safe travels to those of you on the road. May you have a special time with friends and family. Happy cooking!

*Tina*

## Recipe

### Apple Pumpkin Soup

2c. finely chopped apples  
1/2c. finely chopped onion  
2 tbl. butter  
1 tbl. flour  
4c. chicken broth  
3c. pumpkin  
1/4c. brown sugar  
1/2tsp. each, cinnamon, nutmeg, and ginger  
1c. apple juice  
1/2c. half and half cream  
1/4 tsp. salt and pepper

In a large saucepan, sauté apples and onion in butter for 3-5 or until tender. Stir in flour until blended. Gradually whisk in broth. Stir in the pumpkin, brown sugar, cinnamon, nutmeg and ginger. Bring to a boil. Reduce heat; cover and simmer for 25 minutes. Cool slightly.

In a blender, cover and process in batches until smooth. Pour into a bowl; cover and refrigerate for 8 hours or overnight. Just before serving transfer soup to a saucepan. Cook over medium heat for 5-10 minutes. Stir in the apple juice, cream, salt and pepper, heat through.

### Blue Cheese Green Salad

1/2c. pine nuts  
1 tbl. butter, melted  
6c. lettuce  
3/4c. crumbled blue cheese  
2 apples or pears, diced

Lemon Vinaigrette:

1/3c. lemon juice  
1 tbl. brown sugar  
1 clove garlic, minced  
1/4tsp. salt  
1/8 tsp. pepper  
1/2c. olive oil

Combine pine nuts and butter; spread on a baking sheet. Bake at 350 for 4-6 minutes until golden brown, stirring once. Cool on a wire rack. In a large bowl, combine lettuce and blue cheese. Add apples and pine nuts. In a food processor or blender, combine the lemon juice, brown sugar, garlic, salt and pepper; cover and process until smooth. While processing, gradually add oil in a steady stream. Drizzle over salad and toss to coat.

## Apple Nut Cake with Rum Sauce

Cake.

4c. chopped peeled apples  
2c. sugar  
2 eggs  
1/2c. oil  
1tsp. almond extract  
2c. flour  
2tsp. baking powder  
1 tsp. each salt and ground cinnamon  
1/2c. chopped pecans

Sauce.

1/2c. butter, cubed  
1 c. sugar  
2 tbl. flour  
1/8tsp. salt  
1c. water  
2 tsp. vanilla  
1/2 tsp. rum extract

In a large bowl, combine the apples and sugar. Let stand for 30 minutes. In a small bowl, whisk the eggs, oil and almond extract. Add to apple mixture and toss to coat. Combine the flour, baking powder, salt and cinnamon; stir into apple mixture just until moistened. Stir in pecans.

Transfer to a greased 11" x 7" baking dish. Bake at 350 for 35-40 minutes or until a toothpick inserted near the center comes out clean.

For sauce, in a small saucepan, melt butter. Stir in the sugar, flour and salt until

smooth. Gradually add water. Bring to a boil; cook and stir for 2 min. Remove from the heat; stir in extracts. Serve with warm cake.

## Green Beans and Caramelized Onions

4 bacon strips  
2 large onions, cut in thick wedges  
2 lb. fresh green beans  
3 tbl. cider vinegar  
4 1/2 tsp. brown sugar  
1/4 tsp. salt  
1/4 tsp. pepper

In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels. Drain, reserving 2 tbl. drippings. Crumble bacon and set aside. In the drippings, cook onions over medium-low heat until tender and golden brown, about 50 minutes.

Meanwhile, place the beans in a large sauce pan and cover with water; bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender. Drain. Stir the vinegar and brown sugar into onions; add beans. Cook, uncovered, over medium heat for 1 minute. Add bacon; toss gently. Season with salt and pepper.

## Golden Squash Soup

3c, coarsely chopped onion  
2 tbl. oil  
1/4 tsp. ground nutmeg  
1/4 tsp. ground cinnamon  
1/4 tsp. dried thyme  
2 bay leaves  
1 1/2c. water  
2 stalks celery, chopped  
1 carrot, chopped  
2c. mashed cooked butternut squash  
1 1/2c. tomato juice, divided  
1c. apple juice, divided  
1c. orange juice, divided  
salt and pepper to taste

In a large saucepan or Dutch oven, sauté onion in oil with nutmeg, cinnamon, thyme and bay leaves until onion is tender. Add water, celery and carrot; cover and simmer until carrot is tender. Discard bay leaves.

In a blender container, place half of the squash and half of the tomato, apple, and orange juices; add half of the vegetable mixture. Puree; return to pan. Repeat with the remaining squash, juices and vegetable mixture; return to pan. Add salt and pepper. Heat through.

## Fresh Pumpkin Pie

~A Smith family favorite~

2c. pumpkin puree  
3/4c. brown sugar  
2 tsp. cinnamon  
3/4tsp. ginger  
1/4 tsp. salt  
1/8tsp. nutmeg  
1/8 tsp. cloves  
4 eggs  
1 1/2c. cream  
1 tsp. vanilla

Combine all ingredients. Mix well. Pour into a pie shell. Bake at 350 until a knife comes clean.

This recipe makes 2 pies with a little leftover. We always take the leftovers and pour into just a small baking dish. Bake without crust and eat with cream, ice cream or a custard for breakfast. In fact, if you are not a fan of pie crust, just pour the pumpkin filling into a greased 9x13 baking dish and bake as a custard. We have done this many times for breakfast.

Butternut Yeast Bread  
(This recipe yields 3 loaves)

3pkg. yeast  
1/2c. warm water  
2tbl. sugar  
2 1/2c. mashed cooked butternut squash  
2c. milk  
2/3c. brown sugar  
2/3c. butter, softened  
2 eggs, lightly beaten  
3 tsp. salt  
13c. flour

In a very large mixing bowl, dissolve yeast in warm water. Add sugar; let stand for 5 minutes. Add the squash, milk, brown sugar, butter, eggs, and salt; mix well. Add 6c. flour. Beat on medium speed for 3 minutes. Stir in enough remaining flour to form a soft dough

Turn onto a floured surface; knead until smooth and elastic, about 10 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 1/4 hours.

Punch dough down. Divide into three portions; shape into loaves. Place in three greased loaf pans. Cover and let rise until doubled, about 45 minutes.

Bake at 350 for 35-40 minutes or until golden brown. Cool for 10 minutes before removing from pans to wire racks to cool completely.

Note: Remember when baking bread, it is always best to add warm ingredients to your batter. Placing cold liquids or squash such as this recipe calls for, will retard the yeast action leaving you with a flat loaf!!