

## September

### Comfort Foods and the Smell of Fall is in the Air

#### ***Waldorf salad***

In a large mixing bowl add diced Red and Green Apples leave skins on for color, remove core and seeds. 1 cup chopped finely Cabbage, ½ cup or more Chopped Pecans or Walnuts, toss with ¼ lemon juice set aside. Mix together ½ cup salad dressing, ½ cup Sour Cream or Plain Yogurt dash of cinnamon and salt and pepper. Toss together with apples. Add raisins or dried cranberries for a twist.

#### ***Stuffed Zucchini Boats***

Using summer squash lengthwise cut in half and spoon out middle making a trough. In a mixing bowl mix together ground beef or turkey (1lb for 4-6 servings), 1 Anaheim, 1 Red Bell Pepper, 1 Yellow Pepper, diced onion, ½ cup parsley chopped, 2 cloves garlic, 1 cup grated cheese. Mix together and mound in boats. Bake till done takes about 1 hour at 350. Variations may include shrimp or crab or lamb or pork.

#### ***Roasted Pear and Butternut Soup***

In a greased roasting dish - 2 ripe pears, peeled, cored and quarter, 2 lbs. butternut squash peeled and cut into chunks (remove seeds), 2 med tomatoes (romas) cut in half leave skins on, 1 med leek chopped, 2 cloves garlic, 2 Tbsp Olive Oil dash of salt and pepper. Roast at 400 for 40 to 45 mins. Combine half at a time in blender with 2 cups vegetable broth or chicken broth blend till smooth. Heat again in kettle serve with warm buttermilk biscuits. Super on a rainy night and this freezes well!

#### ***Roasted Beets for Dinner and Beet Salad for Tomorrow***

Wash well beet bulbs, leave whole with 1 inch of tops. If tops are in good shape use in salad or roast. In a pie pan drizzle Olive Oil on and roast beets at 400 till fork tender, cool slightly run under cold water and skins will slide off. Cut into thin slices serve with minced chives and butter....if you have any left place in a bowl with 1 Tbsp of Honey and Balsamic Vinegar salt and pepper...Chill and warm slightly just before serving as a salad the next day. (Or if you are in the kitchen with me we eat them leaving no trace behind!)

#### ***Making Pesto! All Kinds not just for Basil Lovers***

In your food processor you can create many kinds of pesto – enjoy them all winter long. Using each herb individually rinsed and pat dry taking only the leaves place in food processor and gradually add Olive Oil. You can add Almonds, Walnuts, Pine nuts and Filberts to make your pesto have a rich body and flavor. Basically 1 cup of herbs to ½ cup of nuts and ¼ oil. Freeze in snack size bags – remove all air, or freeze in Ice Cube Trays remove and place in freezer bag. We prefer snack size bags. You will be amazed how flavorful and fun to use when there is snow on the ground!

**Jack Frost has come early before – Preserve Now for Winter!**

### ***Herb Butters – Easy and great gifts any time of year!***

1 pound of butter makes 4 herb butters. Let butter soften on counter, mince herbs (leaves only) blend either by hand or in food processor. Using wax or parchment paper, place 1 quarter of butter on paper and make a log, you decide how big we make 4 “ logs, wrap well and place on cookie sheet – Freeze, vacuum seal individually for gifts or for use later. We make 1 lb of each herb: Basil, Rosemary, Thyme, Oregano, also can make Citrus butters using dried zest from Lemon, Lime or Orange. Especially the Citrus Butters- Awesome on Fish and Chicken!

### ***Sausage, Kale and Chard Lasagna***

Preheat oven to 350, brown 1 lb of mild sausage set aside. 4 Tbsp Butter melted in a skillet stir in ¼ cup flour brown slightly stir in 3 cups whole milk. Reduce heat and stir till thick season with 1 cup grated Parmesan cheese, dash of pepper and a pinch of red pepper flakes (just a pinch). Add 2 cups coarsely chopped Kale and 3 cups coarsely chopped Chard to cream mixture. Layering with noodles (use Barilla thin no cook noodles or egg roll noodle papers work well too)...grease a baking dish put a little sauce on bottom so none will stick, add one layer of noodles then chard cream mix, then noodle, sausage, noodle and repeat till all is used. Bake for 30 mins....Top with fresh parmesan just prior to serving...very special dish and wonderful with a crisp White Wine.

### ***Sweet Potato, Zucchini and Apple Mounds***

Grate 1 zucchini (10oz), 1 sweet potato (1lb), 1 apple grated (dip grated apple in lemon juice) mix in a bowl with 1 large egg beaten, 1 egg white, ¼ chopped onion, dash of salt and pepper...In a hot skillet with canola oil make small mounds and fry till browned on one side flip and lightly brown – top with cinnamon dusted plain yogurt! Oh so tasty and very pretty.

### ***Acorn Squash Stuffed with Sausage***

Wash and cut Acorn Squash in half remove seeds, make a simple meatloaf of ½ sausage, 1 diced apple, 1/8 cup diced onion, salt pepper and a few walnuts chopped. Mix together and place in Acorn wells, bake at 375 till done takes about 45 mins.

### ***Acorn Squash and Nut Medley***

Wash and cut Acorn Squash in half remove seeds, using a mix of ½ cup raisins or chopped dates, 2 dried apricots chopped, 1 cup chopped walnuts or pecans or a mix, 1/8 cup coconut, 3 Tbsp melted butter – mix together with a dash of salt place in wells of acorn and bake at 375 till squash is fork tender.

### ***Banana Squash***

A very simple yet huge giant of the garden. We love Banana Squash chunked and added to stews about middle to end of cooking so it keeps it cube, made into soups and pies-yes it makes a great squash pie!

Squash are good keepers for winter! Wash and let dry store in cool dark areas

**Steve's Banana Squash Recipe**—this is pretty easy, but hey it's great! Cut your chunk of squash remove seeds leave skin on, bake at 400 till just fork tender, and baste with butter and salt and pepper. This is actually amazing, the flavor and smell while cooking is "fall" especially in our house!

### **Spaghetti Squash – Fun Veggie Noodles**

Every year we can't wait till the Spaghetti Squash is ready. We make our own spaghetti sauce from farm raised ingredients and it is amazing on Spaghetti Squash! Take Spaghetti Squash wash well cut in half either direction – your choice to remove seeds sometimes we poke holes in squash and cook whole, once done remove seeds and take out noodles place in bowl top with Marinara sauce, parmesan cheese and serve.

**Butternut Squash---The Queen of Fall!** Very versatile, can be used in ravioli, chunked in stews, blended in soups and roasted in chunks with other veggies. No matter how you use the Queen of Fall, it is a crowd pleaser.

### **Butternut Squash Soup – Spicy and wonderful on winter nights.**

1 large Butternut, cut in half remove seeds. Bake at 400 till fork tender. Also bake 1 Anaheim and 1 pablano pepper and 1 med size sweet onion with 2 tomatoes and drizzle olive oil and 1/4 cup Balsamic Vinegar.,,, for 30 mins at 350. Peel and chop. Peel squash. Place all in large pot.

Add 3 cups chicken broth. Once heated use masher or electric hand held blender to puree. Leave a little chunky....Serve with a small spoonful of sour cream and warmed bread...Wonderful

### **Griddle Cakes**

Midwest comfort food...loved by all...1 1/2 cup self-rising white cornmeal mix...1/2 cup all-purpose flour, 1 Tbsp sugar, 3 Tbsp melted butter, 2 large eggs beaten, whisk together all ingredients...this is where you can go crazy, at this point you can add, chopped crisp bacon, jalapenos, okra, herbs all finely chopped, use your imagination...Stir together and on a hot griddle with a little canola oil drop 1/4 cup and make pancakes not too big ... brown flip and use like bread for sandwiches...great with mayo and fresh tomatoes, great with chicken salad, tuna salad, smoked salmon, egg salad....enjoy!

### **Baked Apple Pancake**

Ingredients...2 Tbsp Butter, 4 Tbsp Sugar, 1 tsp ground cinnamon, 1-2 apples cored and sliced leave skins on, 4 eggs, 2/3 cup milk, 1/3 cup flour, 1/2 tsp salt...Melt butter in a 10 inch fry pan (cast iron is best or just oven proof)..Combine 3 Tbsp sugar, with 1 tsp cinnamon sprinkle over butter. Arrange apple slices over sugar mixture in pan...Cook over medium heat 3 to 4 mins...remove from heat...Beat together (mixer) eggs, milk, flour remaining sugar and salt till smooth...Pour gently over apple slices, Bake in preheated oven 400 for 15-20 mins...Should be golden brown and puffy...Serve immediately and of course with Vanilla Ice Cream!

### **Spyglass Chili**

This is our farm Chile, now we do things the ol'fashioned way so you can take short cuts if you wish, but the slow roasted way has flavor that you won't find in a can....Cook 1 cup of each bean in a pot with water till done. Black, Pinto and Navy...set aside....Take 2 lbs. chunked stew meat, ours is grass fed and all natural, place in a Dutch oven with fresh garlic cloves (4-6) 1 large onion quarter, 4 bay leaves, dash of salt and pepper...roast for 3 hours at 350...mean while roast in a separate pan 4 lbs. tomatoes whole (romas and regular) drizzled with olive oil and garlic salt and pepper....If you haven't made some "Pepper Butter" this is your time....follow those directions on this page, you will only use a little freeze what you do not use....After meats and all of the stock in Dutch oven have cooked add to roasted tomatoes in a large pot, simmer...add 2 Tbsp Cumin, 3 Tbsp Chili Powder...simmer, add a small amount of "Pepper Butter" tasting between...Once you like the flavor and heat....drain beans and add to mixture. Heat till bubbly....Now just a point Chile does not have to have beans in it....In fact the true Chile is beanless, but most folks including Mr. Farmersmith...likes the beans in the Chile!....You decide...Serve with Griddle Cakes on this same page...Enjoy!

### ***Ol Fashioned Carmel Sauce for Apples of Ice Cream***

1 cup butter, 1 16 oz. package of brown sugar and dash of salt, melt together in a 2 quart or bigger sauce pan-stirring constantly add 1 cup Lite Corn Syrup and 1 14 oz. can of Sweetened Condensed Milk, stirring to a rapid boil - this becomes very HOT!...Using a candy thermometer 245 degrees or firm ball stage. Remove from heat add 1 Tsp Vanilla, Dip apples with sticks stuck in the top, remove and place on buttered plate...Can drizzle over cut apples and pears too or on Ice Cream. Keeps well in Fridge up to 1 month. It really doesn't take long to enjoy this treat. Keep warm in a crock pot on warm too for a fun treat at a party. Johnathan's, Galas or Honey Crisps are best for Carmel Apples.

### ***Pumpkin Bread Bars***

First of all fresh pumpkin is always best cook your pumpkin with seeds removed flesh up on a cookie sheet till fork tender, while warm peel off skin and smash with potato masher or food processor, measure out 1 cup for this recipe repeat and place into plastic bags or freezer containers to use all winter long!...Taking your 1 cup pumpkin add the following in a mixer bowl...1/2 tsp ginger, 1/4 tsp soda, 1/4 tsp cloves 1/4 tsp salt, 1 cup brown sugar, 1/3 cup shortening, 2 eggs, 1/4 cup milk, blend together add 2 tsp baking powder and 2 cups all-purpose flour we then like to add 1 cup chopped walnuts or pecans. You can add raisins too if you wish. Bake in loaf pan for bread or bar pan at 350. 1 hour for loaf pan, approx. 35 mins for bar pan but check at 25 mins to make sure. Top with Cream Cheese Frosting! 1/2 cup cream cheese blended with 1/3 powdered sugar and orange zest!

### ***Roasted Pear and Butternut Soup***

Super easy and tasty....Cut open one butternut squash and take seeds out score with knife and lightly salt and pepper drizzle with Olive Oil, bake at 375 till fork tender...I sometimes do this a day ahead...then...in baking dish bake at 350 ... 3 sweet banana peppers whole, 1 ancho pepper whole, 1/2 sweet onion, 2 pears cut in half and cored...Drizzle with Olive Oil and salt and pepper...bake till Browning...deseed the peppers and place in food mill or food processor or emulsion blender...blend till smooth, adding chunks of squash...we add a little chicken broth or veggie broth or just water... to thin...heat and serve with warm bread... WOW...THE FLAVORS ARE WONDERFUL!

### ***Bake Apples for a side or Treat!***

This was a favorite of mine when I was a kid and will share this with our family forever...Mom would find the biggest apples... (We like our Honey Crisps for this!)...which were Delicious Apples on our farm...Cut in half and scoop out the center...Sprinkle with Cinnamon and a dab of sweet butter...She then would place them in a baking dish and bake them till fork tender...Once out of the stove you couldn't wait to eat them...but they needed to cool a bit...she would place them in a bowl...and then she would scoop some vanilla ice cream on top sprinkled with walnuts!.... Oh Boy this was the best treat in the fall at our house...next to her pumpkin pie....Thanks to my Mom...!

