



## The Good Herb

A monthly newsletter with ideas for using the bounty of the garden!

December 2014

Grand Shire Farm

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The gardens are put to bed and it seems very quiet here. All of our construction workers have left, and we're enjoying a beautifully redone log home, a new barn, greenhouse, and the beginnings of the gardens which will be completed in the spring. We've had many wonderful gatherings here already, and look forward to many more to come. I want to thank all of you who joined us for our open house last month! We were blessed with perfect weather this year!

As 2014 comes to a close I want to wish all of you health and happiness for the new year. I'm planning over the winter to update our website with some fun new programs we'll be offering here at the farm in the spring.

I will be at the Fulton Street Farm Market throughout the winter with our soup mixes — Saturday's from 10-1 from January through April. If you get a chance to stop by you'll find a variety of vendors with everything you need to prepare meals from local farms.

Have a wonderful holiday season!

*Connie*



The beginnings of our new gardens.



### Scandinavian Stampot

*This is a great replacement for traditional mashed potatoes on your holiday table! Use whatever vegetables you have on hand.*

Your choice of vegetables such as:

- 6 medium Yukon Gold potatoes
- 1 butternut squash
- 1-2 sweet potatoes
- 3 large carrots
- 2 large parsnips
- 1 large turnip
- 1 onion
- ½ cup butter
- ½ cup chopped fresh parsley
- salt and pepper to taste
- 1 1/2 pounds spicy Sausage, such as Rookworst (or other spicy sausage such as Chorizo)

#### Directions:

Prepare the vegetables: Peel and roughly chop the potato, Butternut squash, sweet potato/yam, carrots, parsnips and turnip. Peel and finely chop the onion.

Place the chopped vegetables in a large stock pot, and add water to barely cover. Place over heat, cover, bring to the boil, then reduce heat and simmer until vegetables are tender, around 20 minutes.

Meanwhile, cook the sausage until completely done in a little oil. Slice and keep warm.

Drain the vegetables well, then mash - but not too smoothly - some lumps are good ;-). Season with salt and pepper to taste. Add the butter, and mix through (use less than 1/2 cup if you prefer). Top with the chopped parsley.

### Roasted Ham with Glaze

*This is a traditional Swedish glaze for ham, and very tasty!!*

- 6 tablespoons grainy mustard
  - 1 Tablespoon brown sugar
  - 6 Tablespoons ginger snap crumbs
- Mix together and drizzle over sliced warm ham.