



March 2013

The Good Herb

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

Grand Shire Farm
Rockford, MI 49341
616-866-1963 or
connie@grandshirefarm.com
Website: www.grandshirefarm.com

Maple Syrup and Herbs!

When I was growing up, my father had an elderly aunt and uncle who had a sugar bush. In late March we would go for a visit and my parents would help out. The snow was just melting in the woods, and my brother and I would play hide and seek behind the big maple trees, while Mom and Dad helped out by gathering pails filled with sweet syrup. My uncle had a fire pit under a tall metal roof, where he cooked down the syrup in a large copper kettle, right out in the woods. I'll always remember Uncle Perl ladling up the warm syrup for us to try! Up in the farmhouse, my great Aunt Opal made maple sugar candy to sell at the local farm market, and always set a few pieces aside to share with our family and other helpers.

There is nothing that compares to the taste of maple syrup! This month I'll share a few easy recipes that include both this sweet early spring treat and flavorful garden herbs!!

Maple Mojito

6 fresh mint leaves
1-2 Tablespoons maple syrup (to taste)
2 Tablespoons fresh squeezed lime juice
Crushed ice
2 Tablespoons rum
Approximately 4 Tablespoons club soda

Using a muddling stick or a mortar and pestle, muddle the mint leaves, maple syrup, and lime juice. Fill a cocktail shaker half full of ice and pour in the mint mixture. Add the rum. Shake for about 1 minute until the drink is chilled. Pour into a highball glass and top with the club soda. Stir well. Makes 1 drink.

Make Ahead Chopped Salad

I like anything that can be done ahead of time when I'm entertaining. This tasty salad is one I've been serving guests for years. It always gets rave reviews!

3 Roma tomatoes, seeded and chopped
1 seedless cucumber, peeled and chopped
1 large yellow sweet pepper, chopped
1 cup broccoli, chopped
¼ cup red onion, finely chopped
½ cup finely chopped black olives



Dressing

3 Tablespoons white wine vinegar or herbal vinegar
2 Tablespoons Maple syrup
1 teaspoon Dijon mustard
¼ teaspoon salt
¼ teaspoon pepper
½ cup light olive oil
2 heads Romaine or red leaf lettuce, finely shredded
½ cup fresh grated parmesan cheese

In a medium bowl, combine tomatoes, cucumber, yellow pepper, broccoli, onion, and olives. In a separate small bowl, combine the dressing ingredients and mix well. Pour the dressing over the vegetables, stir gently, and refrigerate for 1-2 hours. When ready to serve, put the shredded lettuce on 6-8 salad plates. Top each with ½ cup of the vegetable mixture. Sprinkle parmesan cheese on top.

Maple and Herb Roasted Vegetables

4-5 cups of your choice of chopped vegetables (asparagus, broccoli, carrots, yellow, orange, or red sweet peppers, yellow beets, sweet potatoes, parsnips)

Dressing: 2 Tablespoons light olive oil
1 Tablespoon maple syrup
1 Tablespoon balsamic vinegar
1 teaspoon thyme
½ teaspoon ground rosemary

Preheat oven to 375 degrees. Place vegetables in a glass 9x13 casserole dish. Mix together the dressing ingredients and drizzle over the vegetables. Add salt and pepper to taste. Cover with foil and bake for 45 minutes, or until vegetables have softened.