



## The Good Herb

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

November 2011

Grand Shire Farm  
9881 Summit Ave. NE,  
Rockford, MI 49341  
616-866-1963 or  
[connie@grandshirefarm.com](mailto:connie@grandshirefarm.com)  
Website: [www.grandshirefarm.com](http://www.grandshirefarm.com)

### Sage

"How can a man grow old who has sage in his garden?" This comes from an ancient proverb often quoted in China and throughout parts of Europe, as well as in Colonial America. This perennial herb is very easy to grow. Its fuzzy leaves add wonderful texture to the garden, and of course the flavor is a must for our Thanksgiving turkey.

Sage is still used today for many ceremonial events, especially by Indian tribes in the western states who use it in smudge ceremonies. The Latin name is *Salvia officinalis* which means to be in good health, to cure, and to save. The Victorians called it the herb of wisdom. Enjoy a few of my favorite autumn recipes and have a wonderful Thanksgiving!!

Join us for our [Holiday Open House and Sale on Saturday, November 12](#) from 9am - 4 pm. Additional information and directions are on our website:

[www.grandshirefarm.com](http://www.grandshirefarm.com).

### Pumpkin Vegetable Soup

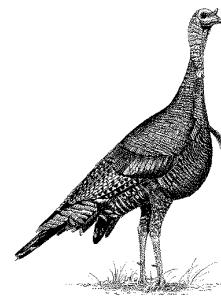
1 large onion, chopped  
2 tablespoons butter or stick margarine  
2 cups reduced sodium chicken broth  
2 medium potatoes, peeled and cubed  
2 large carrots, chopped  
2 celery ribs, chopped  
1 cup cooked fresh or frozen lima beans  
1 cup fresh or frozen corn  
1 can (15 oz.) solid pack pumpkin  
½ t. salt  
¼ t. white pepper  
¼ t. ground nutmeg

In a large saucepan, sauté onion in butter until tender. Add the broth, potatoes, carrots, celery, lima beans, and corn. Bring to a boil. Reduce heat, cover and simmer 25-30 minutes until vegetables are tender. Stir in the pumpkin, salt, pepper, and nutmeg. Cook 5-10 minutes more or until heated through. Makes 8 servings.

### Sage Cornbread

Makes 1 loaf

2 c. coarse yellow cornmeal  
1 c. flour  
¼ c. canola oil  
1 8 ¾ oz. cream corn  
1 c. shredded cheddar cheese  
1 c. buttermilk  
2 eggs, beaten  
2 T. chopped onions  
2 t. baking powder  
¼ c. sugar  
1 ½ t. salt  
2 T. fresh sage, chopped fine



Preheat oven to 350 degrees. Grease a 7x11 inch bread pan or muffin tins. Set aside. In a large bowl combine cornmeal, flour, oil, creamed corn, and cheese – beat well. Add buttermilk, eggs, onions, baking powder, sugar, salt, and sage. Mix well. Pour into prepared pans. Bake 30-40 minutes or until done (wooden pick should come out clean). Crust will be light brown.

### Poultry Rub

¼ t. dry mustard  
¼ t. nutmeg  
¼ t. allspice  
1 T. parsley  
1 T. sage  
1 t. tarragon  
1 t. rosemary  
1 t. salt (optional)  
1 t. pepper

1 c. dry or semi-dry white wine (such as Chardonnay)  
2 T. lemon juice

Stir all the herbs and spices together. Add the wine and lemon juice and stir well. Before baking rub the outside of the turkey with mixture. Use a brush to brush the inside with mixture. Stuff with your favorite dressing if desired. Use any remaining marinade to baste the turkey as it cooks. I always use a cooking bag, which really holds in the flavors of the herbs!