



November 2013

The Good Herb

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

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I don't know about you, but in our household Thanksgiving breakfast is almost as important as the turkey dinner itself! This month I want to share some easy and unique ideas to help simplify Thanksgiving day in the kitchen!! **Happy Thanksgiving!!**

Apple Cheddar Quiche

2 firm apples, peeled and diced (Granny Smith works well)
½ cup sweet onion
3 tablespoons butter
1 cup diced ham
1 cup grated sharp cheddar
1 prepared pie shell

In a medium fry pan sauté apples and onion in butter for 5 minutes. Place in the pie shell; top with ham and cheddar cheese.

4 eggs

1 ½ cups evaporated milk or half and half
2 teaspoons Worcestershire sauce
1/2 teaspoon ground rosemary
dash of salt and pepper

In a blender mix together the eggs, milk, Worcestershire sauce, salt and pepper. Pour over the apples, ham and cheese.

Bake in a 375 degree oven for 45-60 minutes, until the custard is firm.

Homemade Chai Tea

¾ cups dry coffee cream
1/8 c. black tea leaves (Darjeeling or Assam)
6 cardamom pods
1 t. dried lemon peel

2-2 inch pieces stick cinnamon

To Prepare: In a saucepan combine all the ingredients with 4 cups of water. Bring to a boil, then remove from heat. Cover and let stand for 5 minutes. Strain through a sieve lined with cheesecloth or a coffee filter. Serve with honey. Makes 4-1 c. servings.



Garden Vegetable Breakfast Casserole

8 slices whole wheat bread
3 cups fresh mushrooms
1 medium sweet onion, chopped
2 cloves minced garlic
2 Tablespoons light olive oil or Avocado oil
1 red sweet pepper, chopped
8 eggs
4 egg whites
2 cups milk (2% or whole)
1 Tablespoon Dijon mustard
¾ teaspoon salt
½ teaspoon nutmeg
½ teaspoon pepper
1 package frozen chopped spinach, thawed and squeezed dry
2/3 cup Swiss cheese
½ cup cheddar cheese

Cut crusts off bread and tear bread into small pieces. Place in a 9x13 baking pan coated with cooking spray. Set aside.

In a large skillet, sauté mushrooms, onion, sweet pepper, and garlic until tender. Drain off excess liquid.

In a blender combine eggs, egg whites, milk mustard, salt, pepper, and nutmeg. Blend until smooth.

Place mushroom blend ovetop of bread cubes in the casserole dish. Top with spinach and cheeses. Pour egg mixture over-top. Cover and refrigerate overnight.

Remove from refrigerator 30 minutes before ready to bake.

Bake, uncovered, at 350 degrees for 50-60 minutes or until a knife inserted in the center comes out clean. Let stand for 10 minutes before cutting.

Sausage Breakfast Ring

3 pounds pork sausage
½ cup chopped green pepper
3 small onions, chopped
4 slices bread, broken into small pieces
3 eggs
½ teaspoon pepper
1 teaspoon garlic salt

Mix all ingredients together and put in a ring mold or Bundt pan. Bake 1 hour at 350 degrees. Serve on a round plate or platter. This can be made ahead and frozen. (Remove the night before to thaw and bake in morning) It's nice to fill the center with scrambled eggs and put wedges of toast, English Muffins, or bagels at the ends of the platter.