



October 2011

## The Good Herb

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

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### Rosemary

Rosemary has to be treated as an annual in Michigan. You can bring them inside for the winter, but if you plan to do so I would do it fairly early in October. Waiting until the weather is cold will be too big of a climate change for your plant. Put your rosemary in a south facing window and water it lightly every couple of days. They also like to be misted about once a week.

I've included a couple of my favorite fall recipes using rosemary. The one at the right looks very complicated, but it really isn't bad and is well worth the extra time it takes to put together.

We have harvested our honey and have it available for sale. It runs \$6.00 for a one pound jar. I'll have it at the Fulton Street Market in Grand Rapids, or you can call and stop by the farm. I also have small Bay Laurel trees at \$3.00 each. Fresh bay leaves are a tasty addition to soups and stews!

### Baked Rosemary Squash

1 ½-2 lb. Butternut squash or Acorn squash  
1 T. melted butter  
2 c. apple cider  
6 – 4 inch sprigs fresh rosemary  
Freshly ground pepper to taste  
Cut squash in half and remove seeds.  
Brush squash with melted butter. Place rosemary sprigs evenly around the bottom of a 9 x13 glass baking dish. Lay squash, cut side down, overtop of the fresh rosemary.  
Pour in cider. Bake, covered, at 375 degrees for 45 minutes. Turn squash over and bake another 15 minutes or until done. Discard rosemary sprigs and scoop squash out of shells. Place squash in serving dish and grind fresh pepper on top. Garnish with additional fresh rosemary if you wish.

### Rosemary Roasted Sweet Potato Salad with Warm Chutney Dressing

(Fills a 8 ½ x 11 casserole/cake pan.)

*Preheat oven to 425 degrees.*

8 medium sized sweet potatoes, peeled and cubed into 1 inch pieces  
½ c. olive oil  
1 T. fresh rosemary, chopped  
1 t. salt  
1 t. pepper  
1 t. cumin  
1 t. ginger



In a roasting pan, combine all these ingredients. Stir to blend and bake (covered with foil) at 425 degrees until potatoes are fork tender. (about 30 minutes)

2 red peppers and 2 green peppers cut in 1 inch pieces

2 T. olive oil

Combine these ingredients, place in an oven safe dish, cover with foil, and bake at 425 for approx. 20 minutes until peppers are tender.

1 c. raw green pumpkin seeds, also know as pepitas (available at Kingma's Market on Plainfield or Harvest Health Food stores.)

2 T. olive oil

Toast pumpkin seeds over medium heat. When toasted, transfer to a plate and season with salt and pepper to taste. (You may want to drain these on paper towel also.)

While still warm, mix potatoes and peppers together. Add:

1 c. dried cranberries

1 c. chopped green onions

Dressing:

2/3 c. mango chutney (I prefer sweet chutney rather than hot/spicy, but use what you like)

6 T. balsamic vinegar

4 T. Dijon mustard

3 T. honey

2 cloves minced fresh garlic

Mix together and pour over salad – toss well. Place in casserole dish and top with pumpkin seeds. Heat about 20 minutes, covered. Serve as a warm salad.