



The Good Herb

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

September/October 2012

Grand Shire Farm
9881 Summit Ave. NE,
Rockford, MI 49341
616-866-1963 or
www.grandshirefarm.com

Annual Holiday Sale

At Grand Shire Farm!!!

Saturday, Nov. 10 from 9-5.

See flier with additional information
on our website.

Autumn is my favorite time of year! I love to go to the farm market and purchase colorful autumn fruits and vegetables. The wonderful scents that fill the house when they cook holds no comparison. Squash, peppers, carrots, parsnips, bright red and yellow beets, apples — the list goes on and on. Here are a couple of my favorite “autumn only” recipes. Enjoy this beautiful season!!

Apple Butter in a Crockpot

Peel and slice approximately 35 Macintosh apples. In batches, run apples through a food processor until they are very fine, the consistency of baby food. (They will turn brown, that's okay!) Put the apples into a 4 quart crock pot and add 5 cups sugar, 2 Tablespoons good quality cinnamon and 1/2 teaspoon cloves. Stir everything together well. Place 2 knives or wooden skewers, criss-cross over the top, and then put the lid on. This allows for a gap for steam to escape while cooking. Cook on low for 8 hours or overnight. After this time, stir well and put the crockpot on high for another 4 hours, stirring about every 30 minutes. When the apple butter mounds up on a spoon, it is finished and if you wish is ready to can.

Follow traditional water bath canning method and process for 15 minutes for 1/2 cup or 1 cup jars, or 25 minutes for 1 pint jars. Makes approximately 12 cups.

Pork Meatballs with Roasted Autumn Vegetables

Serves 4

- 1 pound fresh ground pork
- 1 cup finely grated fresh Parmesan cheese
- 1 t. salt
- 1 teaspoon dried oregano
- 2 teaspoons finely chopped fresh sage
- 2 Tablespoons light olive oil or canola oil

- 1 1/2 cup Marsala (cooking) wine
- 1/4 cup honey

Roasted Vegetables

- 4 carrots, peeled and cut into 1 inch pieces
- 4 parsnips, peeled and cut into 1 inch pieces
- 2 sweet potatoes, peeled and cut into chunks
- 2 Yukon Gold potatoes, peeled and cut into chunks
- 2 sweet onions, peeled and sliced
- 2 teaspoons dried basil leaves
- 1 teaspoon dried thyme leaves
- Salt and pepper to taste
- 1/3 cup light olive oil

Preheat oven to 350 degrees. Toss the vegetables in the olive oil and place in a 9x13 baking dish. Sprinkle with basil, thyme, salt, and pepper. Cover with foil and bake 45 minutes, or until done.

Meanwhile, mix the pork, Parmesan cheese, salt, oregano, and sage together. Blend well and form into meatballs, each about the size of a walnut. Add the oil to a fry pan and gently cook the meatballs for 6-8 minutes until cooked through. Remove the meatballs from the pan and set aside. In the same fry pan, add the wine and honey. Cook about 5 minutes until syrup thickens. Add the meatballs back in and gently stir to coat. Pour the meatballs over the roasted vegetables. Serve this one dish meal with warm rolls and applesauce. This is comfort food at it's best!!

