

Harmony and Harvest

Recipes

Gorham Ecumenical Council
October 24, 2009

Notes

By eating locally-sourced food, we are “caring for creation” in at least three important ways: we support our personal health, the economic health of our towns, and the physical, life-supporting systems of the natural world. It is well documented that eating minimally-processed foods is good for our health. If we purchase such foods from local farmers, we help to keep communities strong. Money spend at local farms tends to stay in the region, unlike purchases made at large chain stores where money leaves the state with every transaction. Finally, but reducing the travel distance between field and plate, we reduce the amount of carbon emissions that contribute to global climate change and poor air quality.

Bean Soup Mix in a Jar

2 cups dry black beans
2 cups dry Great Northern beans (or any small white bean)
2 cups dry red kidney beans
2 cups dry pinto beans
2 cups dry green split peas
4 one-pint canning jars
Small envelopes or bags for seasoning mix

Layer beans in order given, dividing evenly between jars.

Into EACH seasoning packet (you'll need FOUR times this amount TOTAL for all four jars of soup mix), place:

3 teaspoons beef (or vegetable) bouillon
3 tablespoons dried chives (chopped)
1 teaspoon salt
1 teaspoon dried savory
1/2 teaspoon ground cumin
1/2 teaspoon black pepper
1 bay leaf

To Prepare Soup:

3 hours before serving, rinse beans with cold, running water. Remove stones or shiveled beans. In a Dutch oven or stockpot, bring beans and 9 cups water to boil for 3 minutes. Remove from heat and let sit for 1 hour. Drain and rinse beans. Place beans, 5 cups of water, and seasoning packet contents into pot. Heat to boiling, reduce heat to low and simmer gently for 1 1/2 hours until beans are tender. Stir occasionally. Add one **16-oz. can stewed tomatoes** with liquid (break up tomatoes). Heat to boiling. Reduce to low, and cook 15 minutes more. Discard bay leaf.

Each jar of soup mix will make approximately 6 - 8 generous servings.

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Maine Baked Beans with Maple

| 24 half-cup servings | 12 half-cup servings | 6 half-cup servings |
|---|---|--|
| 4 pounds dried beans | 2 pounds dried beans | 1 pound dried beans |
| 1 whole peeled onion | 1/2 peeled onion | 1/4 peeled onion |
| 1 whole apple | 1/2 apple | 1/4 apple |
| 1 1/2 cups maple syrup | 3/4 cup maple syrup | Generous 1/3 cup maple syrup |
| 1 tablespoon salt | 1 1/2 teaspoons salt | 3/4 teaspoon salt |
| 1 1/2 teaspoons cumin | 3/4 teaspoon cumin | Scant 1/2 teaspoon cumin |
| 1/4 cup Maine Natural Oils canola oil or piece of salt pork | 1/8 cup Maine Natural Oils canola oil or small piece of salt pork | 2 tablespoons <i>Maine Natural Oils</i> canola oil or small piece of salt pork |
| 1/4 cup Reye's (Maine) mustard | 1/8 cup Reye's (Maine) mustard | 2 tablespoons Reye's (Maine) mustard |
| Hot water to cover | Hot water to cover | Hot water to cover |

Soak beans overnight. In a large electric turkey roaster or crock pot, add ingredients and water to cover. Cook at 300 degrees (roaster) or on low setting (crock pot) until soft, approximately 6-8 hours. Add water to roaster as necessary.

Recipe developed by Cheryl Wixson's Kitchen (www.cherylwixsonskitchen.org) Serving size adaptations by Beth Fuller Valentine.

Zucchini Muffins or Bread

Mix in large bowl:
3 eggs and 2 cups sugar
Beat until creamy

Add:
3 cups flour
1 tsp. salt
1 tsp. cinnamon
1 tsp. baking soda
1 tsp. baking powder
2 tsp. vanilla
1 cup sunflower oil
3 cups grated zucchini

Note: Can add 3/4 cup chopped walnuts or 3/4 cup coconut or both.

Grease muffin tins or line with paper. Bake standard muffins at 375° for 20 minutes or miniature muffins for 10 minutes. Or, pour batter into 2 greased loaf pans and bake at 325° for 1 hour.

Recipe provided by Chris Kimball. Note: Zucchini is available in late summer and early fall at farmers' markets. Eggs are sold locally at Blue Seal Feeds and at many farms. Spices are sold at Steeplebush Farm Herbs, Limington.

Apple Crisp

4-6 medium tart cooking apples, sliced (4 cups)
3/4 cup packed brown sugar
1/2 cup all-purpose flour
1/2 cup quick-cooking or old-fashioned oats
1/3 cup butter, softened
3/4 teaspoon ground cinnamon
3/4 teaspoon ground nutmeg
Cream or ice cream, if desired

Heat oven to 375°F. Grease bottom and sides of 8-inch square pan with shortening.

Spread apples in pan. In medium bowl, stir remaining ingredients except cream until well mixed; sprinkle over apples.

Bake about 30 minutes or until topping is golden brown and apples are tender when pierced with a fork. Serve warm with cream.

Recipe provided by Ruth Covell.

Maple Bacon Baked Beans

8 cups Maine cannelloni beans (from The Beanery in Exeter)
1 1/2 pounds Sunset Acres Bacon - diced
Maine maple syrup to taste (approximately 3/4 - 1 c.)
1/2 teaspoons red chili flakes
1 large yellow onion, diced
Sea salt and pepper to taste

Soak beans overnight. Cook bacon in stock pot until lightly crispy. Add onions to bacon fat. Cook until soft. Add chili flakes and drained beans. Add three times water to beans. Bring to a soft boil and cook, uncovered, over medium flame for 2 1/2 - 3 hours. Should thicken nicely. Finish with maple syrup, salt, and pepper to taste.

Recipe by Rae Hebert, Aurora Provisions.

Carrot Cranberry Slaw

| 24 half-cup servings | 12 half-cup servings | 6 half-cup servings |
|---|--|--|
| 6 cups carrots grated | 3 cups carrots grated | 1 ½ cups carrots grated |
| 6 cups grated cabbage | 3 cups grated cabbage | 1 ½ cups grated cabbage |
| 1 ½ cranberries plumped up in 1 cup hot water | ¾ cups cranberries plumped up in 1 cup hot water | 3/8 cups cranberries plumped up in 1 cup hot water |
| 5 oz. rice vinegar or fresh lemon juice | 2 ½ oz. rice vinegar or fresh lemon juice | 1 ¼ oz. rice vinegar or fresh lemon juice |
| 3 oz. canola oil | 1 ½ oz. canola oil | ¾ oz. canola oil |
| 1 ½ teaspoons cumin | ¾ tablespoon cumin | 3/8 teaspoon cumin |
| Scant ½ teaspoon cayenne pepper | ¼ teaspoon cayenne pepper | Pinch of cayenne pepper |
| 1 Tablespoon sugar | 3 teaspoons sugar | 1 ½ teaspoons sugar |
| Sea salt & fresh pepper to taste | Sea salt & fresh pepper to taste | Sea salt & fresh pepper to taste |
| 1/3 cup chopped fresh parsley | 16 teaspoons chopped fresh parsley | 8 teaspoons chopped fresh parsley |

Grate the carrots and the cabbage into a medium bowl either by hand or with a food processor. Add the hot water to the cranberries in a small bowl and let set so the cranberries will plump. In a small bowl, whisk together the rice vinegar, canola oil, cumin, sugar, cayenne pepper, chopped fresh parsley. Season to taste with sea salt and fresh pepper. Drain the cranberries and add to the carrots and cabbage. Stir in the dressing and serve.

Recipe developed by Cheryl Wixson's Kitchen (www.cherylwixsonskitchen.org) Serving size adaptations by J. Garland, GEC Gorham, Maine.

Maple Roasted Root Vegeta-

2 1/2 pounds sweet potato, chopped
 2 pounds potato, chopped
 2 pounds beets, peeled and chopped
 2 pounds carrots, chopped
 1 1/2 pounds onions, chopped (be sure to leave in chunks, not finely chopped)

1 cup maple syrup
 1/2 cup *Maine Natural Oils* canola oil
 Sea salt and fresh pepper

Preheat oven to 450 degrees. Spray a baking sheet with cooking spray or line with parchment paper.

In large bowl, whisk together the maple syrup and canola oil. Coat the vegetables with the mixture and season to taste with sea salt and fresh pepper.

Roast the vegetables until they are tender, about 35 minutes. Stir and shake the vegetables every few minutes to cook evenly. Season to taste again with sea salt and fresh pepper. Makes about 25 servings.

Recipe developed by Cheryl Wixson's Kitchen (www.cherylwixsonskitchen.org) and adapted by Beth Fuller Valentine.