

Mrs. Calhoun's Award-Winning Zucchini Bread

From the Kitchen of Helen VanBeck, Midwest Program Specialist

This recipe comes from my beloved neighbor and fifth grade teacher, Karen Calhoun. Over the years, it has become a family favorite and has won first place at a bake-off or two. During the summer, it's a great way to use all those zucchinis taking over your garden, and during the fall and winter I like to substitute the zucchini for squash or pumpkin - it makes an amazing pumpkin bread!

Ingredients

- 3 eggs
- 1 3/4 cup sugar
- 1 cup vegetable oil
- 2 cups flour
- 1/4 teaspoon baking powder
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 2 teaspoons vanilla
- 2 cups of zucchini (shredded and liquid pressed out)
- 1 cup chopped pecans or walnuts (optional but yummy!)

Directions

1. Mix eggs, sugar, oil, and vanilla
2. In a separate bowl, mix dry ingredients
3. Add egg mixture to dry ingredients and mix
4. Add shredded zucchini and mix
5. Pour batter into a greased and floured pan (makes 2 loaves, or use cake pan, muffin pan, your choice!) and add nuts on top, if you so choose
6. Bake at 350° for 1 hour (less if you're making muffins)




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Apple Dumplings

From the Kitchen of Stephanie Castle, Women for the Land NY Program Manager

Many years ago, our farm was an apple orchard. The old trees still remain but they're in desperate need of pruning. The apples we harvest are usually small, tart, and imperfect. But they're ours, and they're free, and our boys absolutely love them. This recipe is from my Grandmother. It's best served warm out of the oven with a scoop of vanilla ice cream.

Ingredients

- 1 recipe pastry (below)
- 6 apples, peeled and cored
- 1/2 cup salted butter
- 3/4 cup brown sugar
- 1 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 3 cups water
- 2 cups white sugar
- 1 tsp. vanilla extract

Directions

1. Preheat oven to 400° and butter a 9x13 inch pan
2. Using a floured rolling pin, roll pastry (above) into a large rectangle, about 24 by 16 inches. Cut into 6 square pieces. Place an apple on each square with the cored opening facing upward. Cut butter into 8 pieces, and place one piece in the opening of each apple, reserving the remaining butter for the sauce. Divide brown sugar between apples, poking some inside each cored opening and the rest around the base of each apple. Sprinkle cinnamon and nutmeg over the apples.
3. With slightly wet fingertips, bring one corner of pastry square up to the top of the apple, then bring the opposite corner to the top and press together. Bring up the two remaining corners, and seal. Slightly pinch the dough at the sides to completely seal in place. Repeat with remaining apples and place in prepared baking dish.
4. In a saucepan, combine water, white sugar, vanilla extract, and reserved butter. Place over medium heat and bring to a boil. Boil for 5 minutes or until sugar is dissolved. Carefully pour over dumplings.
5. Bake for 50-60 minutes. Place each apple dumpling in a dessert bowl and spoon some sauce over the top. Serve with vanilla ice cream.




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Garlic Vinaigrette

From the Kitchen of Stephanie Riley, Philanthropy Officer

This vinaigrette recipe is used in the Kale Salad above, but we highly recommend trying it on your own favorite salad as well!

Ingredients

- 1 head garlic
- 7 tbsp. olive oil, divided
- Kosher salt and freshly-cracked black pepper
- 2 tbsp., honey
- 2 tbsp. apple cider vinegar
- 2 tbsp. apple cider or apple juice
- 1 tbsp. Dijon mustard

Directions

1. Preheat the oven to 400°. Trim the top off the head of garlic to expose the bulbs inside. Drizzle with 1 tablespoon olive oil and sprinkle with salt and pepper, then wrap in aluminum foil and roast in the oven for 40 minutes or until the center clove is completely soft when pierced. Let cool slightly and remove garlic from peel.
2. Place the garlic into a food processor along with the honey, cider vinegar, apple cider, Dijon mustard, remaining olive oil, salt, and pepper, and puree until well blended. Taste and adjust seasonings.




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Corn Pudding

From the Kitchen of Emeran Irby, Writer/Editor

Corn pudding is sacred in my family. Follow the recipe right and you'll be faced with a steaming, sticky, eggy casserole with a sweet crust and a savory filling. Mess it up and you'll be mocked and banished from all future family reunions, a sad fate if you love Southern food as much as I do. This recipe is simple and best shared with those you love.

Ingredients

- 2 cups whole kernel corn (or fresh off the cob in summertime)
- 4 eggs
- 8 tbsp. flour
- 4 tsp. sugar
- 4 tbsp. butter, melted
- 1 tsp. salt
- 1 quart of milk (or buttermilk for extra creaminess)
- Dash of vanilla extract

Directions

1. Preheat the oven to 450°
2. In a large bowl, stir the flour, salt, sugar, and butter into the corn
3. In a separate bowl, beat the eggs well
4. Mix the eggs into the milk, then stir into the corn
5. Cook in a pan or casserole dish for 40-45 minutes, stirring vigorously with a long-pronged fork every 10 minutes
6. Try to disturb the top as little as possible
7. For a browner top, finish the dish under the broiler for a few minutes




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Vegetable Rice Pulao

From the Kitchen of Mini Aggarwal, Finance Controller

Pulao is an Indian delicacy that is cooked using rice, healthy vegetables, and some condiments. This is the simplest of the Indian rice dishes made with very little preparation, it is super quick and ridiculously easy to make.

Ingredients

- 1 cup basmati or long grain rice (washed and soaked for 20 minutes)
- 1 tbsp. ghee/clarified butter or oil
- 1 tsp. cumin
- 1 bay leaf
- 1/2 inch cinnamon
- 2 cloves
- 1/2 onion, sliced
- 1 tomato, finely chopped
- 1/2 capsicum (optional)
- 1/2 cup peas
- 1/2 carrot, finely chopped
- One medium potato, cubed or sliced
- 1 tsp. salt
- 1/2 tsp. black pepper
- 2 cups water

Directions

1. In a large pot, heat ghee or oil, add cumin, bay leaf, cinnamon, cloves
2. Saute on low flame until the spices turn aromatic
3. Now add onion and saute until color changes slightly
4. Now add tomato and saute until the tomatoes turn soft and mushy
5. Now add your vegetables (peas, carrots, potatoes, you can use any vegetables you like)
6. Saute for a minute until vegetables turn aromatic
7. Now add 2 cups of water and stir well, bring to a boil. Once boiling, add basmati rice
8. Add salt and black pepper
9. Mix well, cover and simmer for 10 to 15 minutes on a low heat until the rice is ready
10. You can enjoy your vegetarian pulao with a tomato sauce or yogurt




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Double Crust Pastry - For Apple Dumplings

From the Kitchen of Stephanie Castle, Women for the Land NY Program Manager

This double-crust pastry is used in Stephanie's Apple Dumpling recipe above, but you can also use it to make your favorite holiday double crusted pie!

Ingredients

- 1/2 cup all purpose flour, more as needed
- 1 tsp apple cider vinegar
- 1 tsp. salt
- 1 cup butter, chilled and cubed
- 1/2 cup ice water, more as needed

Directions

1. Start with flour in a large mixing bowl, mix in salt
2. Add butter cubes and mix by hand
3. Rub the butter and flour between your fingers to break it up until well-incorporated into pea-sized pieces
4. Add vinegar, then ice water, a little at a time, incorporating by hand
5. Lightly flour a workspace and empty your dough onto the workspace
6. Knead dough a few times to fully incorporate all the ingredients


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Kale Salad with Roasted Butternut, Pistachios, and Goat Cheese With Roasted Garlic Vinaigrette

From the Kitchen of Stephanie Riley, Philanthropy Officer

This is a beautiful fall salad for entertaining and also makes a great one-dish meal when you add grilled chicken to it. It was a favorite of my clients in my previous career as a personal chef.

Ingredients

- 12 oz butternut squash, peeled and cut into 1/2 inch cubes
- 1 tbsp. olive oil
- Kosher salt and black pepper
- 2 bunches curly kale, remove ribs and cut into long, thin slices about 1/4 inch wide
- 1 cup dried cranberries
- 1/2 cup pistachios, toasted
- 8 oz. goat cheese, crumbled
- Salt and freshly-cracked black pepper

Directions

1. Preheat the oven to 425°
2. In a medium bowl, toss the butternut squash cubes with olive oil, salt, and pepper, and spread onto baking sheet. Bake for 30 minutes or until tender and golden, turning once halfway through
3. In a large bowl, toss the kale well with some of the dressing (recipe below) and let it sit for 10-15 minutes to wilt and soften the kale. Add the roasted butternut squash, cranberries, pistachios, goat cheese, and a little more dressing.
4. Season with salt and freshly-cracked black pepper and toss gently, then portion into plates to serve. Makes 6 servings.


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