



02 - FALL - 2019

# “LETTUCE”

*(Let Us)*

# TALK

- ◆ Halloween & Thanksgiving are right around the corner!
- ◆ Pumpkins - Traditions, Recipes, & More
  - ◆ In Season Commodities
  - ◆ Recipes with seasonal ingredients



# It's not Fall until you have visited an Apple Orchard or Pumpkin Patch!

The Pumpkin Patch fall farm in Caledonia Illinois is home to the Midwest's largest pumpkin! The giant Jack-O-Lantern was 10-feet tall and made for perfect fall family photos.

Pumpkins are believed to have originated in North America. Seeds from related plants have been found in Mexico dating back to 7000 to 5500 B.C.

Pumpkins are used as an ingredient in many cuisines and tasty snacks; from delicious pumpkin breads, pumpkin pies, and seasoning and roasting pumpkin seeds just to name a few.



## Thanksgiving | Thursday, November 28, 2019

Though many competing claims exist, the most familiar story of the first Thanksgiving took place in Plymouth Colony, in present-day Massachusetts, in 1621. More than 200 years later, President Abraham Lincoln declared the final Thursday in November as a national day of thanksgiving. Congress finally made Thanksgiving Day an official national holiday in 1941. The holiday continues to be a day for Americans to gather for a day of feasting, football and family.

- **The National Turkey Federation estimated that 46 million turkeys—one fifth of the annual total of 235 million consumed in the United States—were eaten at Thanksgiving.**
- **According to the Guinness Book of World Records, the largest pumpkin pie ever baked weighed 2,020 pounds and measured just over 12 feet long. It was baked on October 8, 2005 by the New Bremen Giant Pumpkin Growers in Ohio, and included 900 pounds of pumpkin, 62 gallons of evaporated milk, 155 dozen eggs, 300 pounds of sugar, 3.5 pounds of salt, 7 pounds of cinnamon, 2 pounds of pumpkin spice and 250 pounds of crust.**
- **While turkey is today's bird of choice for Thanksgiving dinners across the United States, this was not always the case. According to History.com, for the first ever Thanksgiving in 1621, the Indians killed five deer as a gift for the colonists, meaning venison would most likely have been the dish of the day.**

## Spooky Creations To Try At Home



## FALL—In Season

September 23rd — December 21st

After a hot summer, fall will bring cooler temperatures and a new variety of fruits & veggies.



**APPLES** — If there is a fruit that has grown fast and furious is this one. Not only volume wise but variety wise. Remember old times with only 3 type of apples? Granny's, Golden and Reds. It looks like every 10 days a new variety comes up. This commodity is an easy going guy. You can take it wherever you go and cook the way you like. September is for apples like "*la vendimia*" is for the wine industry.



**SQUASH** — Fall and squash are synonymous. This time of the year we can have many different varieties: acorn, amber cup, autumn, banana, butter-nut, buttercup, carnival, gold nugget, kobocho, spaghetti, etc. My favorite recipe is an Autumn Cup Squash Creamy Soup. But, any of the above can be prepared in different styles; Baked, roasted, steamed, grilled and sautéed.



**BRUSSELS SPROUTS** — From the cabbage family, more likely got their name in Brussels, Belgium due to its popularity. Coastal fog and cool temperatures from California are the ideal weather to cultivate brussels sprouts. Harvest season lasts from June to January. In my opinion, this cabbage is tricky. If not cooked and seasoned properly, it will be difficult to captivate the dinner guest. Not sure if there is a way to enhance its qualities other than roasting.



**BEETS** — Also known as beetroot, table beet, garden beet, sugar beet, red beet or golden beet. Beets are famous as medicinal plants. Beets are high in immune-boosting vitamin C, fiber, and essential minerals like potassium (essential for healthy nerve and muscle function) and manganese (which is good for your bones, liver, kidneys, and pancreas). Beets also contain the B-vitamin folate, which helps reduce the risk of birth defects.

## Other Fun Items In Season

**Cranberries**



**Celery**



**Chili Peppers**



**Pears**



**Carrots**



**Pomegranates**



# FALL — Recipes

## Dutch Apple Tart

From sherbets to pies, tarts, cannoli, sauces, purees, cakes, muffins, bread, casserole, chips, fritters, baked—stuffed, caramel, beignets, mousse, rolls, strudel, salads, pancakes, dumplings, etc., apples recipes are endless. But some ingredients taste better when using them in a simple way. I like this one not overloaded with many different flavors. When thinking about apples somehow my taste buds bring me to the North West part of Europe. One of my favorite recipes is the Dutch Apple Pie / Tart.

INGREDIENTS: serves about 10 portions

### CRUST

- 1 1/2 c — All purpose flour
- 1/2 t — Salt
- 1/2 c + 1 T — Butter unsalted
- 2 to 3— T — Water
- 1 c — Brown sugar
- 12 oz — Walnuts
- 1/2 t — Cinnamon
- 1/4 t — Nutmeg

### FILLING

- 2 ea —Honeycrisp apples
- 4 ea —Granny smith apples
- 1 c — Butter un salted
- 1 c — Brown sugar
- 2 T — White sugar
- 1 t — Cinnamon
- 1 ea — Lime seedless
- 1 T — Cornstarch

### TOP

- 1/2 c — Butter un salted
- 1 c — All purpose flour
- 2/3 c — Brown sugar

### DIRECTIONS:

CRUST: Finely chop the nuts and combine with all dry ingredients. Cut in small pieces all the butter and mix. Add water as needed to have a smooth but firm pie dough. Do not over work to prevent gluten reaction. Reserve in the fridge for 1hr.

FILLING: Peel and deseed the apples. Coarsely chop the Honeycrisp and sauté with butter, brown sugar and cinnamon. Once cooked, puree and bring to a smooth boil to thicken with cornstarch. Reserve. Finely slice the Granny Smith apples and sauté with butter, brown sugar and cinnamon. Do not over cook, leave them slightly firm. Peel the lime and julienne the skin as fine as possible. Bring them to a boil 2 times. Finish by caramelizing with white sugar.

TOPP: Combine all dry ingredients, cut in butter and mix. Reserve in the fridge.

Roll out the crust and place into the pie / tart mold. Pre cook for 20min at 380F. Add the Honeycrisp apple pure, incorporate on top the sliced Granny Smiths, caramelized lime and finally top it with the crumbles. Bake for another 15 min. until crumbles are nicely brown.



## Autumn Cup Squash Creamy Soup

The first time I cooked this soup was participating, as an apprentice, in a Spanish Food Festival; helping a famous Spanish Chef in Camino Real Hotel, Mexico City. Cutting the top of a small cabbage, emptied and used as the soup bowl was a trendy thing back in 1992.

### **INGREDIENTS: serves about 18 portions**

- 1 ea — Medium size pumpkin
  - 1/2 ea —White onion
  - 6 ea —Garlic cloves
- 4 oz —Brut sparkling white wine
  - 1/2 t —Fine herbs
  - 1 c —Butter un salted
  - 12 oz —Cream cheese
- 10 oz — Mixed dry grains (Soy nuts, Pepitas, Chickpeas, Sunflower kernels and almonds)
  - Salt and pepper



### **DIRECTIONS:**

Coarsely cut the onion and garlic. Sauté with butter until onion shows transparent. Add herbs, wine and reduce a bit. Incorporate the squash cut in medium chunks. Barely cover with water and bring to a boil. Blend all together with the cream cheese. Season with salt and pepper to taste.

## Stay Tuned for our Winter Edition!

**WINTER:** Have your agenda well organized as it's always a busy season with Christmas, New Year's Eve, the Super Bowl, and Valentine's Day. Ingredients like citrus, fresh horseradish, sweet potato, fennel, leeks, and broccoli rabe will brighten up all kinds of cold-weather dishes.





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