



# JERICHO SETTLERS' FARM

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## November 15, 2008

### Holiday Roasts

Treat yourself and your holiday guests to a fine meal with our beef prime rib, pork loin roasts, beef tenderloin, or maple-cured ham. We have a wide variety of quality roasts to keep you warm and happy this winter. Price lists are available at the farmstand and on our website. Feel free to call or email us if you would like to reserve a specific roast for the holidays. And, as always, we're happy to offer recipe and cooking ideas.

### Holiday Gift Cards

Looking for a gift with meaning, essence, flavor, and one that's good for the earth too? We have it for you here at Jericho Settlers Farm. We offer two different types of gift certificates:

- 1) We offer gift certificates valid for one year from the time of purchase for any dollar amount for any of our farm products, including meats, eggs, vegetables, and CSA shares.
- 2) We offer gift cards specific to our beef shares (\$175) and pork shares (\$185). These 20-lb. variety boxes offer a sample of the many different, delicious cuts from our 100% grassfed beef and pasture-raised pigs. These shares are available for pickup by the gift recipient between now and March 31, 2009. If you give one of these gift cards to someone all they need to do is call or email us with the day/time they'd like to pick up their share and we'll have it ready for them.

To purchase a gift certificate all you have to do is send us a check made out to "Jericho Settlers Farm" for what you would like to purchase and then we will send you a card containing the gift certificate that you can give to the gift recipient. We're also glad to mail the card directly to the recipient if you prefer - just provide us with their name and address with your payment.

**Give local, give quality,  
give Jericho Settlers Farm.**

### Useful Winter CSA Info

The pickup days for the rest of the WINTER CSA are on Saturdays as follows:

- **December 20, 2008**
- **January 24, 2009**
- **February 21, 2009**

Pickup times are 10 a.m. to Noon or 2 to 4 p.m. All pickups are at our farm at 22 Barber Farm Road in Jericho.

**PICKUP POLICY:** If you cannot make a pickup, please arrange for a friend to pick up your share. If you cannot do this, we will box up your share and put it in the cooler in our farmstand for you to pickup by 6 p.m. Monday evening. We charge a \$10 fee for each time we box up your share for you. Please pay this fee in the money box next to the cooler when you pick up your share. Any shares not picked up by Monday evening 6:00 p.m. will be donated.

### More CSA Recipes

Check out our winter CSA recipe collection on our website at:

[http://www.jerichosettlersfarm.com/images/jerichosettlersfarm\\_winter\\_csa\\_recipe\\_book.pdf](http://www.jerichosettlersfarm.com/images/jerichosettlersfarm_winter_csa_recipe_book.pdf)

### Lambskins Available Soon

Soft, plush lambskins from our farm's lambs will be available for purchase by mid-December (possibly sooner). Every fall we ship our lambskins to Quakertown, PA where some skilled folks do a fine job tanning and finishing them for home use. Our lambskins make great chair covers, bedside rugs, and bed throws. For the ambitious there's even the possibility of making slippers, mittens, and vests.

## Homemade Pumpkin Pie

For the crust:

- 1 cup flour
- 1/4 teaspoon sea salt
- 1/3 cup plus 1 tablespoon unsalted, butter, well chilled
- 2 to 3 tablespoons cold water

For the filling:

- 1 pie pumpkin
- 2 eggs
- 1 1/2 cups cream
- 1/2 cup maple syrup
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon freshly grated nutmeg
- 1/8 teaspoon ground cloves

Preheat the oven to 350°F. Combine flour and salt in a large mixing bowl. Cut butter into 1/4-inch cubes and add to flour mixture. With your fingertips, quickly rub the butter into the flour to make a dry, crumbly mixture. Sprinkle 2 tablespoons of water over the mixture. Using a fork, rapidly stir the dough until it gathers into clumps. If the mixture seems dry, add more water to hold the dough together. Gently form the dough into a disk. Wrap in plastic and place in refrigerator to rest and chill for 1 hour.

Meanwhile, cut the pumpkin in half, remove seeds, place pumpkin halves in a pan shell side up, and bake for 1 hour or until pumpkin is tender and exudes liquid and the shell starts to sag. Scrape the pulp from the shell and purée it with a fork or potato masher or in a blender. Measure 2 cups of the purée and set it aside. Reserve any additional pumpkin for another use. (It can be frozen for later use.)

Lightly butter a 9-inch pie pan. Place the dough on a lightly floured surface and, starting from the center out, roll the dough to about 2 inches larger than the size of the pan. Loosen the pastry, fold it in half, lift it and unfold it into the pan. Press it into place, trim off the excess dough and crimp the edges.

Increase the temperature of the oven to 425°F. In a large mixing bowl lightly beat the eggs. Add the pumpkin purée and the remaining ingredients and stir to blend. Pour the mixture into the dough-lined pan. Bake for 15 minutes and then reduce the heat to 350°F and bake an additional 45 minutes or until a knife inserted comes out clean. Allow to cool slightly before serving.

## Beef and Root Vegetable Roast

This recipe is a mix of potatoes, carrots, onions, and any other roots or squash in your Winter CSA pickup and our 100% Grassfed stew beef (or Top Round, Chuck, or Sirloin cut into stew size pieces).

Dice up the veggies and add to an oven safe pot with a couple of tablespoons of vegetable oil, salt, and pepper and mix. Add about a pound and a half of stew beef on the top, drizzle on a bit more oil and a little more salt and pepper and put it in the oven at 350 (beef still on top). When the beef browns, flip it and allow to brown on the other side. Then give the whole pot a good stir every 15-20 minutes until it is done (vegetables are easy to pierce with a fork, roughly 1 1/2 hours total cooking time). Butternut squash, turnips, parsnips, garlic, and leeks are all good additions to this dish. This recipe is flexible and can make good use of whatever you have on hand.

## Carrot and Parsnip Quiche

This is an adaptation of a recipe from [From the Cook's Garden](#) by Ellen Ecker Ogden © 2003, which is an excellent cookbook for those who love to cook from the garden.

For the pastry crust:

- 1 cup unbleached flour
- 1/2 cup whole wheat flour
- 1 Tbsp. finely chopped herbs (thyme, parsley)
- 1/2 tsp salt
- 8 Tbsp. butter, chilled and cut into 1/2 inch cubes
- 1/2 cup plain yogurt
- 2 Tbsp. Dijon mustard

For the filling:

- 4 carrots shredded (1 1/2 cups)
- 1 parsnip shredded (1 cup)
- 2 Tbsp. dry sherry
- 1 Tbsp. butter
- 1 red onion, thinly sliced
- 1/2 cup shredded Vermont sharp cheddar cheese
- 1 cup half and half
- 2 large JSF eggs plus one large egg yolk
- dash of salt and freshly ground pepper

Preheat oven to 400 degrees F. To make the dough pulse the flours, salt, and herbs in a food processor to combine. Add the butter and pulse until mixture resembles coarse cornmeal. Add yogurt and pulse just until dough comes together in a ball. Roll out dough on a lightly floured surface into a 12-inch round about 1/8 inch thick. Transfer to a buttered 9-inch tart pan. Prick dough in several places with a fork. Line dough with aluminum foil and fill with dried beans or pie weights. Bake dough until set but not browned, about 12 minutes. Remove foil and beans. Transfer pan to a wire rack to cool.

Bring a saucepan of water to a boil over high heat. Add carrots and parsnips and cook until tender, about 1 minute. Drain well and transfer to a bowl. Toss with 1 tablespoon of the sherry.

Melt butter in a skillet over medium heat and add onion. Cook until tender, then stir in carrots and parsnips and cook from 1 minute longer. Set aside.

Paint the inside of the pastry with the mustard. Sprinkle with the cheese and top with the carrot/parsnip/onion mixture. Whisk the half and half, eggs, yolk and remaining 1 tablespoon of sherry, and the salt and pepper in a bowl until combined. Pour into the pastry shell.

Place the quiche on baking sheet and bake until the custard is set, about 30 minutes. Cool slightly then slice and serve warm.