



*A Moment in M.O.M.'s
Kitchen*

My Favorite Fall Flavors 2009

Author-Mrs. Joseph Wood

Dedicated to:

My beautiful daughters: Bekah-Lynn, Beth-Joy and Sarah-Grace.

Pages may be copied for other members of your household only

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A Note from M.O.M.

I find fall such an enjoyable time of year. There are so many memories made in each season of life yet, the memories of fall are what I most often

daydream about. I smile as I hear the crackling of leaves under my feet. I remember as a child making homes out of leaves and playing 'house' with my friends. I stop and take in the lessons learned as I listen to the 'honking' of geese when they fly overhead. I am filled with thanksgiving as I look upon the pantry shelves and behold the colors of summer safely preserved for our 'tomorrows'. Perhaps I have learned most through this Season of life than any other. It is a season of transitions, something I have had to learn through the years, will come no matter how much I 'wish' it away. My heart desire is to be an example to my daughters of how a Handmaiden of the Lord gracefully moves from one Season of life to another. I desire to teach them the importance of creating a home atmosphere that celebrates what is really important; the love of our Savior, family, and friends! Each year we have taken recipes from friends and family who cannot be with us and used them to adorn our table for Thanksgiving Day. In our home, this day is most often the last day we celebrate as fall. We enjoy the fireside stories, the evening treats, the crisp air, finishing farm projects, the last of the harvest, and the joys of picking apples and pears from our trees. Yes! This is my most favorite time of year! I hope this book, filled with my Favorite Flavors of Fall, will not only provide some yummy treats but will also encourage you to create wonderful memories with those the Lord has entrusted to you.

On behalf of the entire Wood family we send each of you a warm fall greeting! We pray your homes are filled with the warmth of His grace, the aroma of His love and the satisfaction of living in His presence!

With our sincere love,

Mrs. Joseph Wood

Tips for making each Season Special: Seasonal memories are remembered most when they leave an impression on our senses. We remember the hot summer sun and days at the beach because we **felt** it, we have memories of fresh baked apple pie because we **smelled** and **tasted** it, we eagerly anticipate spring because we recall the glorious **sight** of tulips and daffodils, and we remember the joy of Christmas because we **heard** the carolers singing and the sleigh bells ringing. Keep this in mind as you create memories in your home.

Recipe: Hot Apple Cider- The Wood Family way

From: Mrs. Joseph Wood

Serves: A family of 12

Ingredients:

3 gallons of apple juice with no sugar added

5 Cinnamon Sticks

2-3 Tbs Cloves

2 Tbs. Dried Orange Peels

2 Tbs Allspice (found at your local grocery store)

Directions:

This is our economical version of Hot Apple Cider. We get all the spices from **The Bulk Herb Store** I appreciate their quality and prices! Heat over the stove on high till it begins to boil then turn the heat down and let it simmer. Serve warm to your family although I like mine best when it is hot and the steam is rising from my cup. Oh my... it is simply delicious!

Recipe: Cowboy Coffee Cake

From: Mrs. Joseph Wood

Serves: A family of 12

Ingredients:

2 1/2 c. Flour

2 c. Brown Sugar

2/3 c. Coconut Oil

1 tsp. Salt

2 tsp. Baking Powder

1/2 tsp. Baking Soda

1/2 tsp. Cinnamon

1/2 tsp Nutmeg

1 c. Raw Milk

2 Farm Fresh Eggs

Directions:

Mix the first four ingredients until crumbly. Add remaining and mix well. Pour into a greased pan and cook in the oven for 30 min at 375 degrees. This is also fun to make in a Dutch oven over a fire.

Tips for making each Season Special: A fun and easy way to teach children the Seasons of the year are by welcoming each Season in a creative way. In our home we welcome each Season with a homemade wreath that greets our guests at the front door. I also enjoy hanging seasonal flags from our front porch. I was able to find these treasures, in good condition, at local yard sales for 1.00-2.00 each; more affordable than purchasing them new. Keep your eye out for such treasures and talk to the Lord, He is faithful to provide!

Recipe: Momma Wood's Cinnamon Rolls

From: Mrs. Joseph Wood

Serves: 12

Ingredients:

4 Tbs. yeast

1 tsp. Salt

¼ c. Warm Water

1 c. Luke Warm Milk

1 c. Butter

2 Farm Fresh Eggs

¼ c. Sugar

4 ½ c. Sifted Flour

Directions:

Dissolve yeast in water; Mix remaining ingredients except for the Flour. Add the flour a little at a time mixing well. Cover with a damp cloth and let sit until it doubles. Punch down and let dough rest 10 min. Roll dough to ½ inch and sprinkle with sugar and cinnamon. Roll the dough into a log and make 1 inch slices. Place on a cookie tray, cut side down, and let them rise. Bake at 350 degrees for 20 min. Before serving I like to pour ½ cup of melted butter of over the top of them. Enjoy!

Recipe: Elisha's Harvest Granola

From: Mrs. Joseph Wood

Serves: A family of 12

Ingredients:

9 c. Fresh Rolled Oat Groats

1 c. Raw Honey

1 c. Coconut Oil

1 tsp. Salt

½ c. Fresh hulled walnuts

½ c. Raisins

1 tsp. Cinnamon

1 Apple cored & chopped into bite size pieces

Directions:

In a large pan on the stove bring honey, oil and cinnamon to a boil, stirring constantly. Add oats until mixed well then turn the heat down to low and add the nuts, raisins and apples. This makes for a hearty breakfast. It even keeps my boys full of energy and satisfied until Lunch.

Tips for making each Season Special: Enjoying our local Farmers Market is quite a treat for the Wood family. We enjoy learning from others. Often times the farmers will allow us to glean from their crops, this is such a blessing to us. We have many memories of singing in the fields while we worked. No matter what the case, wonderful food, grown locally, and in season is brought home and friendships are made. Teach your children to enjoy, cherish and create these simple moments that add so much color to life!

Recipe: Simple Whole Wheat Bread

From: Mrs. Joseph Wood

Serves: 6 loaves

Ingredients:

6 c. Warm Water

2 Tbs. Salt

1 c. Coconut Oil

20 c. (approximately) Whole Wheat Flour

1 c. Raw Honey

3 Tbs. Yeast

Directions:

I use a DXL mixer and put in all ingredients except for my flour. I always measure out my oil first and then my honey so that my honey comes out of the measuring cup easier. Once it is mixed well I start adding flour a little at a time. We always grind our wheat and use it fresh. Add flour until the dough comes clean off the sides of the bowl. Leave the mixer on for 5-10 minutes more. Place in greased loaf pans and let rise (about 30 minutes). Bake at 350 degrees for 35 minutes or until golden brown.

Recipe: Momma's Biscuits

From: Mrs. Joseph Wood

Serves: A family of 12

Ingredients:

8 c. Flour

3/4 c. Coconut Oil

2 tsp. Salt

4 c. Milk

1/3 c. Baking Powder

Directions:

Mix together all dry ingredients. Cut in butter until crumbly. Add milk and mix well. Roll into a log about 3 inches thick and slice in 1/4-1/2 inch slices. Place on cookie sheet and bake at 450 degrees for 12 minutes.

Tips for making each Season Special: Scrapbooking is a wonderful method of preserving those special seasonal events. Digital scrapbooks, pre-made pages and small albums are wonderful resources for the busy mom. You might also want to consider adding “scrapbook time” to your Homeschool planner. It’s a wonderful way for children to document all they are learning, reinforces the seasons of the year, while also preserving family memories. Don’t become so busy living that you no longer have time to cherish the memories of living.

Recipe: Grandma Mae’s Never Fail Dumplings

From: Mrs. Joseph Wood

Serves: A family of 12

Ingredients:

1 Egg

1 tsp. Baking Powder

½ c. Raw Milk

½ tsp. Salt

1 c. Flour

Directions:

You should already have a chicken soup of your choice prepared to your taste. Your dumplings are added at the very end right before serving. To make your dumplings you will need to beat the egg and milk in a bowl. In a separate bowl sift together flour, baking powder and salt. Then add to the egg and milk mixture mixing until it is smooth. Drop by the spoonful into your slightly boiling chicken soup.

Recipe: M.O.M.’s Favorite Cornbread

From: Mrs. Joseph Wood

Serves: A family of 12

Ingredients:

2 c Bisquick

3 Eggs

1 c. Fresh ground cornmeal

1 c. Melted Butter

1 c. Sugar

1 c. Raw Milk

½ tsp. Baking Powder

Directions:

Mix wet ingredients in a bowl and dry ingredients in a separate bowl. Mix together until smooth. Pour into a greased 9X13 pan. Bake for 30min at 350 degrees or until golden brown.

Tips for making each Season Special: Warm soup, chili or stew invites our guests to savor this time of year. I love the warmth of a yummy meal after a busy day on the farm. Try to consider your evening meal early in the day; I often get started on it right after breakfast. It is easy for busy mommies to get caught off guard and let time slip away only to find ourselves scrambling at meal time. Preparing early in the day will reassure your family that you have something rewarding for them after a long day of tasks.

Recipe: Chili

From: Mrs. Joseph Wood

Serves: A family of 12

Ingredients:

4 c. Uncooked Navy Beans

4 cans Tomato Sauce

1 c. Uncooked Kidney Beans

2 cans Stewed Tomatoes

1 c. Uncooked Black Beans

1 Diced Green Pepper

Salt, pepper, garlic and chili powder to taste

2 lbs of cooked hamburger

Directions:

In a large sauce pan combine beans and cook till tender. Then add remaining ingredients and cook till done. Here's a cooking tip from my friend and Sister: [Vickilynn Haycraft](#): "First sort (for little stones) and rinse well (to remove dirt and dust) then place in the Crockpot. Completely cover with water. Add a pinch of baking soda (to soften the beans) and a 1/2 teaspoon of dried ginger (to help remove the gas-forming properties) and cook on LOW overnight.

Recipe: "Stickless" Lamb Shish-Kabob's

From: Mrs. Joseph Wood

Serves: A family of 12

Ingredients:

5 lbs of lamb cut up into cubes or thick slices.

2 Red bell peppers

4 cups of Barbeque sauce

2 Green bell peppers

1 cup of Balsamic vinegar

1 large white onion

2 large pineapples

Directions:

Marinade: Marinate meat overnight in Hickory flavored barbeque sauce of your choice mixed with the balsamic vinegar. Do not use all the mixture, set a cup aside so you can use it at the end. **Smoking:** Smoke for approximately six hours (you could grill it slowly if you choose). **Grilling:** Once meat is done cut veggies and pineapple into large pieces so you can grill them. **Prepare:** When grilling is done, slice the veggies and pineapple into the appropriate size then mix with the meat and drizzle some leftover marinade sauce over the top. We like to serve this with home made rice pilaf. There is never enough to satisfy everyone no matter how much we make!

Tips for making each Season Special: Take a walk! Go for a walk and simply enjoy the colors of fall! Don't be in a hurry! Take time to collect rocks, leaves and admire the handiwork of God. Once home, place your leaves onto wax paper with shaved color crayons, then cover with another piece of wax paper. Turn your clothes iron on low and cover your 'art project' with a towel. Then iron until the crayon is melted and your wax paper has sealed the crayons and leaves inside a pretty display!

Recipe: Seasonal Peanut Butter and Jelly Sandwiches!

From: Mrs. Joseph Wood

Serves: A family of 12

Ingredients:

Peanut Butter

Bread

Jelly of your choice

Fall design cookie cutters

Directions:

This is a recipe that is fun for the children to make with you! Make your peanut butter sandwich just like you normally would. Try making some sandwiches with strawberry jelly, others with apricot, and others with grape. This will give you a variety of colors. Once your sandwiches are made, use the cookie cutters to cut shapes out of each sandwich being careful to get the most out of each sandwich. Decorate your serving plate with them and enjoy with a glass of apple juice and some celery and carrot sticks! A wonderful autumn lunch that children can help prepare!

Recipe: Oatmeal, Raisin Cookies

From: Mrs. Joseph Wood

Serves: A family of 12

Ingredients:

1 ¼ c. Flour

1 c. Butter

1 tsp. Baking Soda

¾ c. Sugar

½ tsp. Salt

¾ c. Brown Sugar

½ tsp. Cinnamon

2 Farm Fresh Eggs

1 tsp. Vanilla

3 c. Fresh Rolled Oat Groats

Directions:

Mix the first four ingredients in a bowl and your next five ingredients in a different bowl. Once mixed well combine bowls mix thoroughly and add Oat Groats until blended nicely. Drop by the spoonfuls onto an ungreased cookie sheet and bake 7-8 minutes at 375 degrees.

Tips for making each Season Special: This is a great time of year to look for activities in your community. Most communities Park and Recreation Departments offer a variety of seasonal projects, activities and special events; some are free and others have a minimal cost. Try to participate in at least one event each year. They are a great deal of fun and you just might discover a new family tradition!

Recipe: Harvest Scones

From: Mrs. Joseph Wood

Serves: A family of 12

Ingredients:

3 c Flour	1 tsp. Salt
1 1/2 c. Fresh Rolled Oat Groats	1 tsp. Cinnamon
1/2 c. Sugar	1 c Butter
4 tsp. Baking Powder	Milk, Raisins and Nuts as needed

Directions: Combine all dry ingredients and mix well. Cut in butter until mixture is crumbly. Add only enough milk to make it dough moist. If you desire nuts or dried fruit in your scones add 1/2 c of your choice now. Knead out onto a floured surface 5-6 times. Roll out into 1in thick circle then slice like a pizza. Fold the long end over to the other corner. Brush the top with melted butter and sprinkle with cinnamon. Place on a cookie sheet and bake for 20-30 minutes at 375

Recipe: Fresh Roasted Pumpkin Seeds

From: Mrs. Joseph Wood

Serves: A family of 12

Ingredients:

All the seeds you can collect from your fresh pumpkins
2 c. Salt
Water

Directions:

When preparing fresh pumpkin remove all the seeds and set aside for this yummy project. Get a bowl large enough to hold the seeds you have collected and cover with water and 2 cups of salt. Let seeds sit overnight. In the morning drain the water/salt mixture off of the seeds and place on a cookie tray baking at 200 for five hours.

Tips for making each Season Special: Take your camera on drives with you! You never know when you'll see the majestic colors of fall displayed. Take time to pull over, admire God's handiwork and take a photo for your scrapbook. Your children will appreciate you taking time to 'smell the roses.'

Recipe: Pumpkin Bread

From: Mrs. Joseph Wood

Serves: A family of 12

Ingredients:

4 1/2 c. Sugar

3 tsp. Baking Soda

6 Farm Fresh Eggs

1 1/2 c Water

3/4 tsp. Baking Powder

1 1/2 c. Coconut Oil

2 1/4 tsp Salt

2 c Fresh Cooked Pumpkin

5 1/2 c Flour

1 1/2 tsp. Ground Cloves, Cinnamon, and Nutmeg

Directions:

Combine sugar, oil, eggs, water and pumpkin. Sift flour with all other dry ingredients then gradually stir into the pumpkin mixture. Once it is blended well, pour into greased loaf pans and bake at 325 degrees for 1 hour. We like to decorate the top with chopped nuts!

Recipe: Apple Pie

From: Mrs. Joseph Wood

Serves: A family of 12

Ingredients:

Pie Crust (we make our own)

2 Tbs. Almond Extract

8 c. Apples Sliced

2 c. Brown Sugar

2 tsp. Cinnamon

1 Tbs. Flour

Directions:

Set your pie crusts aside and mix all remaining ingredients in a large bowl. When you have mixed them well pour them into your pie crust and cover with a pie crust on top. Seal your edges with a fork and make decorative slices on top of the pie. Place in the oven to bake at 350 degrees for 30 minutes. Make sure you place a cookie sheet under it to prevent the juices from spilling over and creating a mess in your oven. Enjoy!

Tips for making each Season Special: I have learned through the years that my attitude sets the 'aroma' of our home. It is vital that I spend time in the word and, by the Grace of God, display the meek and gentle spirit that the Lord finds pleasing. Take time to get alone quietly with the Lord so that you can be refreshed by His Word and prayer. This will equip you in your ministry at home.

Recipe: Happy Home

From: Mrs. Joseph Wood

Serves: Present and Future Generations

Ingredients:

2 cups – Galatians 5:22-23

1 Tbs – Psalms 4:4

1 cup – Ephesians 5:19-20

Use to taste (as much as needed) Proverbs 31:28

1 Tbs – Ephesians 4:29-32

Directions:

Thoroughly mix the first 2 ingredients then sift with the third ingredient without hesitation. Knead continually; then sprinkle generously with the 4th ingredient. Miraculously the 5th ingredient will rise while baking. **Bakers note:** This recipe has been referred to often and the paper is well worn and in all my experience no substitutions ever worked well, so stick to the recipe and you can expect beautiful results.

Recipe: Kitchen Harvest Potpourri

From: Mrs. Joseph Wood

Serves: All who enter

Ingredients:

1 Orange Sliced

1/4 c Whole Cloves

1 Apple Sliced

3 Cinnamon Sticks

1 Lemon Sliced

Directions:

Fill a sauce pan with water and add all ingredients. Bring to a boil and then turn down to simmer through the day. Be careful to refill the water as needed. In an attempt to be frugal, we have used apple cores and orange peels in our recipe without the lemon slices and found it just as enjoyable! One recipe can be used the next day as well.

Share your own Special Seasonal Tip:

Recipe: _____

From: _____ Serves: _____

Ingredients and Directions:

Recipe: _____

From: _____ Serves: _____

Ingredients and Directions:

Share your own Special Seasonal Tip:

Recipe: _____

From: _____ Serves: _____

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Ingredients and Directions:

Share your own Special Seasonal Tip:

Recipe: _____

From: _____ Serves: _____

Ingredients and Directions:

Recipe: _____

From: _____ Serves: _____

Ingredients and Directions:



***There is a time and a
season for every
purpose under
Heaven
Ecc.3:1***

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