

# *Flavors of Fall 2011*



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## Seasons are Changing...

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With Fall comes many things. Leaves to rake and jump in, fresh mud puddles to play in, shaggy winter coats on all the animals, new plans, yummy smells coming from the kitchen and much more. Each fall our family delights in trying new recipes and remembering old family favorites. It is my hope that as you flip through this book, you will be blessed by each tasty discovery you make!

*With Warm Autumn Greetings,*

*Bethany Joy Wood ( on behalf of the entire Wood Family )*





## Hearty Morning Breakfast

Grandma's Granola Bars has been a family favorite for many a year! We hope you enjoy these tasty and nutritious bars as much as we do.

### ~Grandma's Granola Bars~

1 cup Granola  
1 cup rolled Oats  
1 cup chopped Nuts  
1/2 cup Flour  
1/2 cup Raisins  
1 beaten Egg  
1/3 cup of Coconut oil  
1/3 cup Honey  
1/4 cup Brown Sugar  
1/2 tsp. Cinnamon

Line baking pan with foil. Grease foil; set pan aside. In a mixing bowl combine granola, oats, nuts, flour and raisins. Stir in egg, honey, oil, brown sugar and cinnamon. Press evenly into the prepared foil lined pan.

Bake in a 325 degree oven for 30–35 minutes or until lightly browned around edges. Cool. Use foil to remove from pan; cut into bars. Makes **24 Bars**

### ~Pumpkin Muffins~

1 cup Coconut Oil  
4 Eggs beaten  
2/3 cup Water  
2 cups canned Pumpkin  
3 1/3 cups Flour  
1 1/2 tsp. Salt

1 cup chopped Pecans  
1/2 cup Golden raisins  
3 cups Sugar  
3/4 tsp. Cinnamon  
2 tsp. Baking soda  
1 tsp. Nutmeg

Beat together oil, eggs, water and pumpkin; blend in dry ingredients; stir in raisins and chopped pecans. Pour into 3 one pound loaf pans or 5 to 6 baby loaf pans; Bake in oven at 350 degree oven for 35 to 40 minutes or until done. You can use this for muffins as well by using muffin tins. Watch for doneness after 25 minutes.

### ~Cranberry Holiday Bread~

2 cups Flour  
1 cup white cane Sugar  
1 1/2 tsp. Baking powder  
1 tsp. Salt  
1/2 tsp. Baking Soda  
1/4 cup raw Butter  
1 Egg, beaten  
1 tsp. Orange peel  
3/4 cup Orange Juice

Sift flour into bowl, add sugar, baking powder, salt, and baking soda. Cut in butter until mixture in crumbly. Add egg, orange peel and orange juice all at once, stir just till mixed. Fold in cranberries. Bake in greased pan at 350 degree oven for 70 minutes or until pick into center of bread comes out clean. Serve warm with butter or at room temp. **Note:** This freezes well. Eat within 3 months for freshest tasting bread.

Mmmm... all reading all these recipes are making me hungry! What about you? This next recipe is simply scrumptious. It's a Wood boy favorite.

### ~Buttermilk Pancakes~

2 cups Flour  
1 tsp. Baking soda  
1 tsp. Salt  
2 Tbs. Sugar  
2 cups of Buttermilk  
2 Tbs. melted butter  
2 Eggs, slightly beaten



Mix dry ingredients first, then add wet ingredients and stir until flour is barely moistened. Don't worry about a few lumps. Bake on hot greased griddle and serve with favorite toppings. Some of our family's favorites are, blue berries, strawberries and just about any other kind of berry! Topped off with a bit of homemade whipped cream and a side of sausage and eggs, makes this breakfast heavenly.



## Delightful Family Lunches

### ~Grilled Turkey Avocado Sandwich~

2 loaves Sourdough French bread  
1 yellow Onion, sliced and grilled  
Mayonnaise as desired  
3 large Avocado, sliced  
2 lb. Sliced Smoked turkey  
1 lb. Sliced Mozzarella cheese

Apply mayonnaise as desired then place on skillet to grill. Place a good portion of meat onto one slice of bread with onion, a few slices of avocado and one slice of mozzarella cheese then apply other slice of bread that has mayo on it and grill. Serve warm.

### ~Southwestern Quesadillas~

Sprouted whole wheat tortillas  
4 cups shredded Chicken  
1 Onion, chopped  
2 cups Mozzarella cheese  
2 cups Corn  
1/4 chopped Cilantro  
1 cup dried Tomato flakes  
2 tbs. Taco seasoning



Chop onion, shred cheese and mix in a bowl with shredded chicken, corn and tomato flakes. Now add taco seasoning and mix well. Fill a tortilla with a few TBS of your mixture and then heat on grill until cheese is well melted. Add some cilantro and sour cream to top it off and there ya go! Yummy, delicious, and quite nutritious.



## ~Quinoa Burgers~

4 cups of water with 1 tsp. Salt, bring to a boil and add 2 cups of quinoa. Cook until tender for about 20 minutes. Then let cool.

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3/4 cup of raw Pepper jack cheese  
3/4 cup of raw Cheddar cheese grated  
1 cup of Cottage cheese  
1 cup of small Carrot shredded  
6 farm fresh Eggs  
6 Tbs. fresh ground Whole Wheat  
4 Onions, chopped  
1 tsp of evaporated Cane Sugar  
1/2 tsp of Black pepper  
1/2 tsp Cumin  
1/4 tsp Salt  
1 Tbs. minced Garlic  
Olive oil -to fry them  
Sour cream for garnish

In a large bowl combine the cooked quinoa and the first 12 ingredients. Mix well and then form into small patties (another way to do it is by putting the quinoa mixture into English muffin molds). Place in frying pan with a generous amount of olive oil in it to prevent the burgers from sticking and burning. Garnish with sour cream and enjoy!  
**Makes- 15 Burgers.**





## Warming Dinners

### ~Cabbage Soup~

9 quarts water  
2 lb ground Beef  
1 head Cabbage  
12 Carrots  
1 bulb Garlic  
1 yellow Onion  
1 Tbs. Mullein Leaves  
1 1/2 Tbs. Basil  
3 Bay leaves  
Pepper and Salt to taste

Cook beef until cooked completely. Chop all your veggies. Place meat and veggies into your stock pot of water and simmer. Add mullein, Basil and Bay leaves, salt and pepper and then simmer until veggies are tender. Our family especially enjoys this with a grilled cheese sandwich.

### ~Wood Family Stir-Fry~

4 cups Water  
2 cups Rice  
1 yellow Onion  
2 cloves Garlic  
1 lb. Lamb  
Optional:  
Green peppers, carrots,  
Zucchini, Cilantro or a little Lime  
Juice to add a little extra flavor.

Prepare rice as usual then set aside. Cut lamb into bite sized chunks and cook slowly over low heat (too fast will become tough or chewy). When your meat is done set aside and sauté your vegetables. When they become soft, add the lamb and warm. Pour over rice...salt and pepper, serve and devour!





~Food Spotlight~

Momma Wood's Tomato Basil Soup



Beth Joy's Creativity Salad



We were abundantly blessed this year!

What a delicious fruit bowl this was...



One of the Wood family favorites!

A delicious Artichoke dip.



You can find these recipes on our blog at: [www.azurestandardblog.com](http://www.azurestandardblog.com)



## Refreshing Beverages

### ~Orange Julius~

1- 12 ounce can of Frozen orange juice  
2 cups water  
2 cups milk  
3/4 cup cane sugar  
1 Tbs. Vanilla extract



Mix all ingredients together in a blender then add approximately 2 dozen ice cubes and blend until ice is broken into a slushy consistency. Pour into serving glasses. Serves 8 Optional: Top with some whip cream and a spring of mint.

### ~Pumpkin Latte~

#### Pumpkin Butter

2 cans of canned pumpkin  
3 Cinnamon sticks  
6 whole Cloves  
2 Tbs. Pumpkin spice  
3/4 cups Apple cider

#### Beverage

2 Tbs pumpkin butter  
1 1/2 cups cream  
3 cups raw milk  
3 tsp of Vanilla extract  
4 tsp . Cane Sugar

Bring first 6 ingredients to a boil and allow all flavors to blend together as you stir. Put in a jar and save for your next recipe. For this treat we will take 4 Tbs.

Put your cream along with 4 tsp. of cane sugar into your mixer and mix up into whip cream (too long will make a sweet butter though so keep a eye on this little treat). Heat your milk on the stove and add 4 Tbs. of your pumpkin butter, vanilla, cane sugar. Before you poor this into your cup add 1/2 cup of very strong coffee., add a large serving fo whip cream, sprinkle with pumpkin spice and enjoy!



### ~Lavender Lemonade~

8 cups water  
1/4 cup Lavender flowers  
3/4 cup dried Lemon Balm leaves  
1/4 cup dried Peppermint leaves  
Zest of three lemons  
2 1/2 cup water  
1 tsp. Stevia powder  
1/4th Agave syrup (or honey)  
1 1/4 cup fresh lemon juice

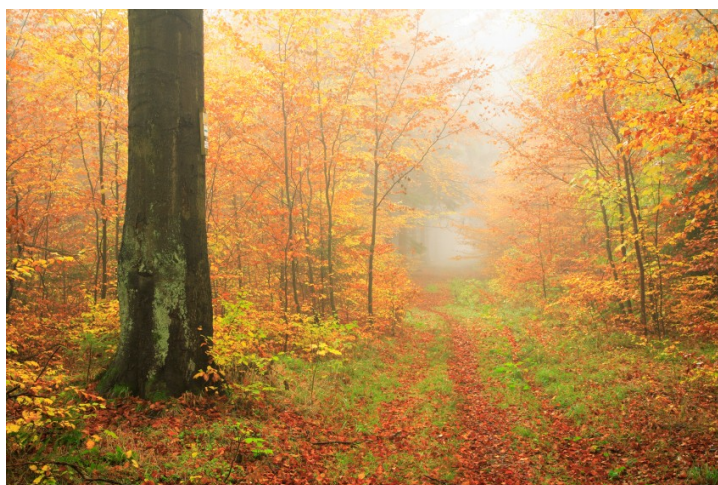
In a glass or stainless steel pot, bring 8 cups water to a boil: turn off heat. Add the dry herbs and cover tightly. Let stand 8 hours or overnight; Refrigerate when cool.

Remove zest of three lemons with a paring knife. Chop coarsely and combine with water in saucepan. Cover and simmer 2-3 minutes. Remove from heat and allow to cool until lukewarm. Then add the stevia, agave and lemon juice. This will be a base for your lemonade. Adjust sweetener to taste add more water and serve warm or chilled.

### ~Beth's Herbal Tea~

1 Tbs. Ground cinnamon  
1 Tbs. Echinacea Leaf  
1/2 tsp. Lavender flowers  
1 tsp. Peppermint leafs

Mix together the above herbs and put in tea ball. Let the tea ball rest in hot water for about 3 minutes. Then simply pour yourself a cup of tea and enjoy!







## Delicious Desserts

### ~Frozen Fruit Bowl~

6 cups whipped cream  
3 cups Blueberries  
3 cups Raspberries  
3 cups Strawberries  
3 Sprigs Mint

Lay strawberries at bottom of bowl. Put a layer of whipped cream on top of that, then a layer of blueberries, layer of whipped cream, then a layer of raspberries and a final layer of whipped cream. Top with a few berries and the sprigs of mint and you are good to go!

### ~Brownie on a stick~

Partially cooked brownies  
1 cup chopped nuts  
2 Chocolate bars  
1/2 cup milk

Take your partially cooked brownies and roll the squares into balls. Now melt your chocolate and add milk. Once your chocolate is completely melted put a stick into your brownie balls and dip into chocolate. Roll in nuts and let cool. These are a delicious and fun holiday treat. You could also try rolling your chocolate covered balls in chopped marshmallows or sprinkles.



## ~Apple Walnut Cobbler~

### Base:

5 cups tart Apples; peeled and sliced  
3/4 cups Walnuts, chopped  
1/4 cups Cane Sugar  
1/2 tsp. Cinnamon

### Top:

1 cup soft white pastry Flour  
1/2 cup Sugar  
1 tsp. Baking powder  
1 Egg, beaten  
1/2 cup Milk  
1/3 cup Butter, melted  
1/4 tsp Vanilla

Mix base ingredients and spread in a lightly greased 2 quart square baking dish.

In a mixing bowl, stir together flour, sugar, baking powder; set aside. In a small bowl combine the egg, milk, melted butter, and vanilla; stir this mixture into the dry ingredients until smooth. Poor evenly over apples; sprinkle with remaining walnuts.

Bake at 325 degrees for 45-50 minutes until a toothpick inserted in the center comes out clean. Serve warm. Our family enjoys this best with a scoop of homemade raw milk ice cream.

## ~Old Fashioned Raisin Pie~

2 cups Raisins  
2 cups Water  
1/2 cups Brown sugar, packed  
2 Tbs. Arrow root  
1/2 tsp Cinnamon  
1/4 tsp Salt  
1 Tbs. Vinegar  
1 Tbs. Butter  
Pastry for double 9" pie pan

Combine raisins and water; boil 5 minutes. In a separate bowl blend sugar, arrow root, cinnamon and salt. Add mixture to raisins and cook, stirring until clear. Remove from heat. Stir in vinegar and butter. Cool slightly. Poor into pastry lined pan ; cover with top pastry or lattice strips of pastry. Bake at 425 degrees for about 30 minutes or until crust is golden brown. Serve warm or cold.



## Family Snack and Miscellaneous Things

### ~Heavenly Biscuits~

10 cups soft white wheat  
1/3 cup Baking powder  
1/4 cup Cane Sugar  
4 tsp Sea Salt  
2 1/4 cups Coconut Oil (do not melt)  
1 cup Milk for every 4 cups of mixture

Mix first four ingredients together then add the coconut oil. Use fork to mix oil with flour mixture. Once mixed completely you are ready to store for future use.

To make into biscuits simply add 1 cup milk for every 4 cups of mixture. Roll out your dough, don't over work it and then cut and put on a sheet to bake for 10 -12 minutes at 350 degrees

### ~Fabulous Cottage Cheese Dip~

16 ounces Cottage cheese  
1 cup Mayonnaise  
1 cup Milk

1/4 Buttermilk ranch dressing  
1 tsp ground black pepper  
1 Tbs. Garlic, powder

Mix all ingredients until well blended and chill until ready to serve.





### ~Mustard Dip~

1 cup Mayonnaise  
4 Tbs. Yellow Mustard

Mix until well blended and serve with breaded appetizers or appetizer meats. My kids love using this dip!

### ~Guacamole / Avocado Dip~

3 ripe avocados, peeled and diced  
2 tomatoes meats, diced  
1/2 cup Purple Onion, finely chopped  
1 Tbs. granulated Garlic  
1 tsp. Ground black pepper  
1/2 tsp Salt  
2 Tbs. Mayonnaise

Peel and dice ripe avocado; cut and remove removed seeds and juice from tomato, dice and add to avocados; add onion and other ingredients and mix well until blended.

Refrigerate until ready to serve.

Great served as topping to tacos or stuff ripe tomato with mixture. This dip has endless possibilities!

### ~Autumn/ Thanksgiving Poems~

Ah! On Thanksgiving day....

When the care-wearied man seeks his mother once more and the worn matron smiles where the girl smiled before. What moistens the lips and what brightens the eye? What calls back the past, like the rich pumpkin pie? ~John Greenleaf Whittier

Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds. ~Theodore Roosevelt

Autumn- when the trees their summer splendor change to raiment red and gold,

When summer moon turns mellow, And the nights are getting cold; When the squirrels hide their acorns, And the woodchucks disappear; Then we know that it is autumn, Loveliest season of the year. ~Charlotte L. Riser

## ~Highlights of 2011~



**Baby Daniel joins  
the family!**

**The marriage of Jed and Miranda**



**Engagement of Bekah and Jacob**



The Lord has been very faithful this year. He has blessed us abundantly with marriages , adoptions, engagements, and much, much more!

*Psalm 106:1 ~Praise ye the Lord. Give thanks unto the Lord; for he is good: his mercy endureth forever*