



A Glimpse into the Flavors Of Fall

2011

~Pumpkin Latte~

Butter

2 cans of Canned Pumpkin

3 Cinnamon sticks

6 whole Cloves

2 Tbs. Pumpkin spice

3/4 cups Apple cider

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 pour this into your cup add 1/2 cup of very strong coffee., add a large serving of whip cream, sprinkle with pumpkin spice and enjoy!

~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.



~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 tsp. Nutmeg
2 tsp. Baking Soda
3/4 tsp. Cinnamon
3 cups Sugar
1/2 cup Golden Raisins
1 cup Chopped Pecans



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.

