

Preserving and Using the Harvest

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Cindy's Homemade Granola

Created by Cindy

Combine in a large bowl -

3 cups Oats or 9-grain cereal

1 cup Quinoa Crispies

1 cup puffed rice

2 cups nuts (1/2 cup pumpkin seeds, cashews, pecans, sunflower, etc)

1 cup shredded or flaked coconut

1 cup raisins

1 cup raisins, dried apricots, apples, any dehydrated fruit, etc.

2 tsp cinnamon (more to taste)

1/2 tsp ground nutmeg

1/2 tsp ground cloves

1/8 tsp salt

In saucepan heat to melt and combine -

1/2 cup coconut oil

1 cup unsweetened applesauce

1 tsp vanilla

1/3 cup maple syrup

1/3 cup honey

Pour liquid mixture over dry mixture and mix till everything is moistened.

Using your fruit leather sheets, divide granola evenly over 3-4 trays. Dry at 105-125 degrees until desired dryness. Keep in a cool dry place - bucket, Ziploc bag, in pantry for at least 2-3 weeks.....but it won't last that long! Enjoy!

For more dehydrating info

www.backpackingchef.com

Make-Ahead Instant Oatmeal Packets

Created by Cindy

½ cup uncooked quick oats
1 pinch of salt
¼ tsp cinnamon
1 heaping Tbsp raisins, or other dried fruit of choice
1 heaping Tbsp pecans, walnuts, or other nut of choice
1 Tbsp brown sugar
1 tsp. powdered maple syrup

1 cup of boiling water or apple juice or other favorite juice or milk.

1 Tbsp peanut butter can also be added to bump up calories & healthy fats!

Be creative with seasonings-nutmeg, cloves, cardamom, ground vanilla beans, etc
Cocoa Powder
Chia or flax seeds
Oat bran or wheat germ
Substitute Sugars – sucanat, coconut sugar, etc.
Instant coffee or espresso powder

Set up an assembly line and use snack-sized plastic bags. Fill your container (bucket) with oatmeal packets. Change up your fruit and nuts for more variety!

Flavor variations!

Apple Cinnamon Maple
Blueberry
Cherry Almond
Apricot ginger
Cranberry Orange Pecan
Pineapple Coconut
Raspberry vanilla bean
Peach or mango Macadamia Nut
Cocoa Banana
Peanut butter Banana
Mocha

For gluten-free packets, simply use gluten-free oats and oat bran

Garden Fresh Cucumber Salsa

2 c. finely diced peeled cucumber
1/2 c diced red onion
1/4 c chopped fresh cilantro
1/4 c. chopped fresh mint
1 finely chopped jalapeno (de-seeded if desired)
2 Tbsp fresh lime juice
1 Tbsp vegetable Oil
Kosher salt and black pepper to taste

Fresh Strawberry Salsa

2 cups finely chopped Strawberries
2 fresh jalapenos, finely chopped
1/2 c chopped white onion
1/4 c chopped cilantro
1 tsp fresh lime juice
1/2 tsp salt
1 tsp sugar
Best if made several hours before serving!

Roasted Green Tomatillo Salsa

10 med-sized Tomatillos (de-hulled,washed,halved)
4-5 large cloves garlic
1 large yellow onion
1-2 Jalepenos
2 Tbsp fresh lime juice
Kosher salt
Pepper to taste
1 bunch cilantro – chopped

Place cut tomatillos on baking sheet cut side down on a foil-lined baking sheet. Add onion, garlic, and jalepenos sliced smaller. Place under broiler till lightly blackened and soft.

Let cool slightly. Place in blender with lime juice, seasonings, and cilantro – Blend until just mixed well together. Makes approx 3 cups. Will store in frig for a week (if it lasts that long!)

Cindy's Homemade Salsa

1 qt. home canned tomatoes
½ yellow onion
3-4 cloves garlic
1 jalapeno (de-seeded if needed)
Cilantro to taste (1/2 bunch works well)
Dash of salt and fresh ground pepper
1 small can tomato sauce (optional-to thicken)

Place all ingredients in blender till just combined. – Stores in frig for up to a week in a clean mason jar.

Homemade Apple (Zucchini) Pie

(What to do with those over-grown zucchini!)

Shared by Cindy Fitzgerald

2-9 in pie crusts

7 cups Zucchini, peeled, seeded, and sliced to look like apple halves.
Cover with water and boil for 5 minutes.

Combine the following –

¾ c sugar
¼ c brown sugar
1 tsp cinnamon
¼ tsp nutmeg
1 ½ tsp cream of tartar
pinch of salt
3 Tbsp corn starch

Remove zucchini from boiling water and drain very well.

Pour into a large bowl

Add –

1 Tbsp lemon juice

2 Tbsp Oil

- Gently stir into zucchini until well coated

- Add Dry ingredients and stir to coat well.

- Having pie crusts ready – Mix 2 Tbsp flour and 2 Tbsp sugar together and sprinkle into the bottom of the crust (will help to keep from getting soggy)

- Add filling to bottom and place top crust over zucchini. Sprinkle with sugar!

- Ventilate with slits in top crust.

Bake at 400 degrees for 10 minutes then reduce heat to 350 degrees for 30 minutes until crust is golden brown. Cool and serve!

Flax Seed Crackers

From Cindy Fitzgerald

Combine the following in a large bowl –

1 cup golden flax
1 cup brown flax
1 cup sunflower seeds
3 cups water
soak for 3-4 hours

In blender or food processor –

2 stalks of celery
½ med/lg yellow onion
4 tomatoes
2 Tbsp soy sauce, Bragg's Aminos
1 Tsp Chile Powder
4 cloves fresh garlic

Puree and add to flax mixture.

Then -

Fold in 2 shredded carrots
1 diced red bell pepper (very small)

Keep your dehydrator at or below 105 degrees to keep things alive!

Spread out on dehydrator trays with saran or use fruit leather type trays.

Dry for approx.. 8 – 10 hours then turn them over for another 8-10.

Store in a Ziploc bag, enjoy!

PS – Once you've tried this you can add any seasoning, vegetable, or seed to add new and exciting flavors to your crackers – so FUN!

Salt-Free Seasoning Substitute

(Homemade Mrs. Dash!)

1/2 cup crushed dried minced onion flakes
2 tablespoons plus 2 teaspoons crushed dried vegetable flakes
2 tablespoons garlic powder
2 tablespoons dried orange peel
1 tablespoon plus 1 teaspoon freshly ground black pepper
2 teaspoons dried parsley
1 teaspoon dried basil
1 teaspoon coriander
1 teaspoon cumin
1 teaspoon dried marjoram
1 teaspoon dried mustard
1 teaspoon dried oregano
1 teaspoon dried savory
1 teaspoon dried thyme
1 teaspoon cayenne pepper
1/2 teaspoon celery seed
1/2 teaspoon lemon peel powder

1/4 teaspoon crushed dried rosemary

1. Combine all of the ingredients in a food processor or blender.
 2. Store the spice blend in a covered container or a sealed shaker bottle.
- Makes about 1 1/3 cups.

Original Blend :Onion, spices (black pepper, parsley, celery seed, basil, bay, marjoram, oregano, savory, thyme, cayenne pepper, coriander, cumin, mustard, rosemary), garlic, carrot, orange peel, tomato, lemon juice powder, citric acid, oil of lemon.

Extra Spicy : Spices (black pepper, sweet chili pepper, cayenne pepper, celery seed, oregano, cumin, basil, bay, marjoram, savory, thyme, coriander, mustard, rosemary), onion, garlic, tomato, paprika color, citric acid, orange peel, oil of lemon.

Italian Medley : Garlic, spices (basil, oregano, rosemary, parsley, marjoram, white pepper, sage, savory, cayenne pepper, thyme, bay, cumin, mustard, coriander), onion, red bell pepper, natural flavors, citric acid.

Garlic & Herb : Garlic, onion, spices (black pepper, parsley, fennel, basil, bay, marjoram, oregano, savory, thyme, cayenne pepper, coriander, cumin, mustard, rosemary, celery seed), carrot, orange peel, spice extractives.

Tomato Basil Garlic :Garlic, tomato, spices (basil, parsley, sweet chili pepper, paprika, bay marjoram, oregano, thyme, savory, cayenne pepper, coriander, cumin, mustard, rosemary), roasted garlic, fructose, natural tomato flavor with other natural flavors, beet juice powder (color), citric acid, extractives of basil.

Fiesta Lime :Spices (sweet chili pepper, cumin, paprika, cayenne pepper, black pepper, oregano, basil, bay, marjoram, thyme, savory, coriander, mustard, rosemary), garlic, onion, lime juice solids, citric acid, lime peel, rice concentrate.

Onion & Herb :Onion, garlic, spices (black pepper, sweet chili pepper, parsley, celery seed, basil, bay, marjoram, oregano, savory, thyme, cayenne pepper, coriander, cumin, mustard, rosemary), orange peel, natural flavor.

Table Blend :Onions, spices (black pepper, chili pepper, parsley, celery seed, basil, bay, marjoram, oregano, savory, thyme, cayenne pepper, coriander, cumin, mustard, rosemary), garlic, orange peel, carrot, lemon juice powder, tomato, red bell pepper, citric acid, oil of lemon.

Cindy's Fruit Smoothie

- 8 oz water
- 1 apple
- 1 banana
- 2 Tbsp Orange Juice concentrate
- 1 Large handful of Spinach
- 1-2 cups frozen berries – your choice

Homemade Beef Jerky

From Cindy Fitzgerald & Julie Somers

1 ½ - 2 pounds lean hamburger
¼ c soy sauce
1 Tbsp Worcestershire Sauce
¼ tsp pepper
¼ tsp garlic powder
½ tsp onion powder
1 tsp hickory smoke (optional)

In bowl combine all ingredients except hamburger. Mix well THEN add to hamburger and mix well. Let set in frig at least a couple hours or over night. Using jerky gun, press mixture onto dehydrator trays and dry.

Large Batch –

10# tube lean hamburger
2 cups soy sauce (or braggs liquid aminos)
½ c Worcestershire Sauce
2 tsp pepper
2 tsp garlic powder
4 tsp onion powder
8 tsp hickory smoke

10# raw hamburger will dry to 3 ¾ pounds jerky.