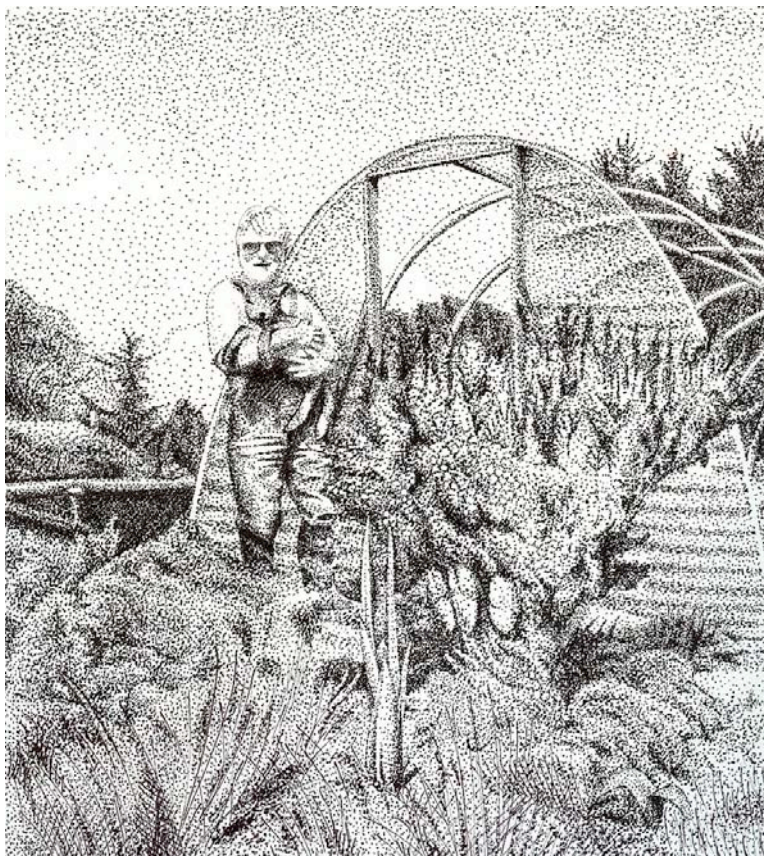


The S&S Homestead Foodbook



By Elizabeth Simpson and Henning Sehmsdorf

2009

Table of Contents

Introduction5

Chapter One: Essays

America The Bountiful8
By Elizabeth Simpson

Pastoral versus Industrial Food Production16
By Elizabeth Simpson

The Seasonal Kitchen22
By Elizabeth Simpson

Meat28
By Jenelle Kvistad

Some Thoughts on Eating31
By Jenelle Kvistad

Teach Your Children Well39
By Elizabeth Simpson

This Isn't a Show Garden43
By Lisa Murgatroyd

Chapter Two: Vegetables

Artichokes51

Arugula.....54

Beets56

Bok Choi.....61

Broccoli.....63

Brussels Sprouts66

Cabbage.....69

Carrots	72
Cauliflower	76
Chinese Cabbage	79
Corn	80
Cucumbers	83
Dried Beans	89
Fennel	93
Garlic	95
Green Beans	98
Herbs	101
Kale	110
Kohlrabi	114
Leeks	117
Lettuce	119
Mushrooms	121
Mustard	123
Onions	124
Parsley	125
Parsnips	127
Peas	129
Peppers	132
Potatoes	135
Pumpkins	138
Radishes	140
Rutabagas	141
Shallots	143
Sorrel	145
Spinach	147
Summer Squash	151

Swiss Chard	153
Tomatoes	156
Turnips	160
Winter Squash	163
Zucchini.....	165

Chapter Three: Fruit

Apples	172
Berries	175
Melons	178
Rhubarb	179

Chapter Four: Meat

Beef	183
Lamb.....	188
Pork	192

Chapter Five: Dairy

Dairy	200
--------------------	------------

Chapter Six: Chicken and Egg

Chicken.....	218
Egg	223

Chapter Seven: Bread

Bread	228
--------------------	------------

Chapter Eight: Keeping the Harvest

Keeping the Harvest.....	238
Fermented Foods	242

Bibliography forthcoming
Index forthcoming

Introduction

This book, like Topsy, just grew. It began as single recipes that I pass on to CSA customers who want to know how to make the best use of the vegetables they get from us each week. Over the years, various interns brought their skills in nutrition, soil science, and culinary arts to bear on these pages. Henning and I developed our “Eat FLOSS” philosophy (the acronym stands for Fresh, Local, Organic, Seasonal, Sustainable), and began writing and lecturing on the topic, and some of those essays appear here.

The S&S Homestead Foodbook contains a number of essays on various topics related to food. There are separate sections for each of the foods we raise on the farm, each entry including historical background, nutritional information, culinary tips, and recipes. This book is guided by the philosophy that communities can feed themselves, that foods grown organically and locally are better for health, for the environment, and for community economy than foods that are processed, covered with herbicides, pesticides, fungicides and other homicides, genetically engineered, and travel, on average, 1400 miles from field to plate. This book is shaped by the domestic culture that Henning and I treasure. We believe that meals that come from our own garden, are lovingly prepared and beautifully served, nourish the soul as well as the body.

The meals that we cook and eat together are simple. A breakfast of *crostini* – French bread lightly toasted and covered with fresh diced tomatoes, diced garlic, chopped fresh basil, and olive oil, takes little time to prepare, and is absolutely delicious. Eaten on the deck, accompanied by flowers for joy and a candle for the spirit, good coffee and excellent conversation – sets us up for the day. And the pleasure of picking a dawn-fresh tomato and basil so crisp it cracks under the scissors is as lovely as the meal itself.

— Elizabeth Simpson