

Bringing in the Harvest

By Bonnie Moore, 4-H Program Educator, Ellicottville Location

With County and State Fair ending and the smell of fall in the air, 4-Hers are ready to bake. Now is the time to dig out your baking utensils; and use the harvest from the land; apples, pumpkins, carrots, tomatoes, onions, and zucchini. Why not join us and bake, using the harvest of Western New York. You can find everything you need at your local roadside stands or if you're luck, in your own garden or from your trees. Here are a few recipes to get you in the mood. These recipes may get your kids to eat their fruits and vegetables.

Apple Brownies

1 stick of margarine	1 cup sugar
1 egg (beaten)	1 cup tart apples (chopped)
1 cup nuts (chopped)	1 cup flour
½ tsp. Baking soda	½ tsp. Baking powder
1 tsp. Cinnamon	

Preheat oven to 350°. Cream margarine and sugar together; add egg, apples, and nuts. Sift flour, soda, baking powder and cinnamon. Mix together. Spread in 10 x 10 pan. Bake for approximately 35 minutes. Cool and cut into square. Yield: 2 doz.



Apple Dapple Cake

3 eggs	1 tsp baking soda
1 ¼ cups vegetable oil	½ tsp. Salt
1 tsp. Vanilla	3 cups chopped apples
2 cups sugar	½ cup chopped walnuts
3 cups flour	

Preheat oven to 350°. Grease a 9 x 13 pan. Combine beaten eggs, sugar, oil and vanilla. In a separate bowl sift flour and combine the other dry ingredients. Core and chop apples. Combine all ingredients, including the walnuts and mix well. Spread in pan and bake for 1 hour. Sprinkle with sugar while still warm.



Double-Layer Pumpkin Pie

Filling

1 - 16 oz can of pumpkin (or 2 cups of your own prepared pumpkin)*	1 - 8 oz. Light whipped topping (thawed)
1tbsp. 2% milk	1 pkg. (serving size 4) vanilla flavor instant pudding and pie filling
1 cup of 2% milk	1 tsp. Ground ginger
½ package (4 oz.) Light cream cheese	¼ tsp. Ground cloves
1 tbsp. Sugar	

Crust

1 pkg. Graham crackers (crushed)
½ cup butter

2 tbsp. Sugar

Prepare cut by mixing graham cracker crumbs, butter, and 2 tbsp. sugar. Press into a 9-inch pie plate. Put aside. Beat cream cheese, 1 tbsp. of milk and 1 tbsp. sugar in a large bowl with a wire whisk until smooth. Gently stir in whipped topping. Spread onto bottom of crust. Pour 1 cup milk into bowl. Add pudding mix. Beat with wire whisk until smooth. Stir in pumpkin and spices with wire whisk until well blended. Spread over cream cheese layer. Refrigerate 4 hours or until set.

Never Fail Pie Crust (*Makes 6 single/3 double*)

4 cups flour
2 cups shortening
1 tsp. salt

1 egg
1 tsp. sugar
1 tsp. vinegar

Combine flour, shortening and salt. Cut. Beat egg and mix with sugar and vinegar. Lightly mix with flour mixture. Divide into 6 balls. Chill for 1 hour. Place 1 balls onto a lightly floured board or pastry cloth and roll out with a rolling pin. Roll the ball of dough lightly, from the center to the outside, to about ⅛-inch thick. Roll the dough into a about 1-2 inches larger than the top of the pie pan. (Lift the circle of the dough into the pan so that it does not stretch.) Roll the dough around the rolling pin, lift, and unroll gently over the pie pan.

Harvest Pumpkin Pie

1 ½ cups milk
½ cup brown sugar, firmly packed
⅓ cup granulated sugar
1 tsp. cinnamon
½ tsp. ginger

¼ tsp. ground cloves
½ tsp. salt
2 eggs
½ cups fresh cooked, drained and mashed or
canned pumpkin*

Preheat oven to 425°. Prepare pie crust or your may use pre-made crust. Scald the milk. Sift the granulated sugar, spices and salt together once. Add to the brown sugar. Beat the eggs slightly, add to the dry ingredients, and beat until smooth. Add to the pumpkin and mix thoroughly. Stir in the scalded milk. Pour into the unbaked pie shell and bake in a hot oven for 30-40 minutes. To test, shake pan slightly; if firm in the center, the filling is done. Cool on a rack at room temperature.



* fresh cooked, drained and mashed (prepared) or canned pumpkin 16 oz. can equals 2 cups, 29 oz. can equals 3 cups.

Zucchini Patties

2 cups Zucchini (shredded)
⅓ cup Bisquick
½ cup Cheddar cheese (shredded)
2 tbsp. Onions (chopped finely)

½ tsp. Salt
¼ tsp. Pepper
2 Eggs
2 tbsp. Butter

Mix all ingredients together. Form into small pancakes. Fry like pancakes, both sides. Makes approximately 6 patties about 1/2" each.



Stuffed Zucchini

1 lb. Ground Beef	4 tbsp. Minute rice
1 Small Onion (chopped fine)	1 - 8 oz. Tomato sauce
1/2 cup celery (chopped fine)	1 - 4 oz. Barbecue sauce
1 - 4 oz. can mushrooms (chopped fine)	Mozzarella and Parmesan Cheese (grated)
1/2 tsp. Salt	1 1/2 cups tomatoes (cooked and canned)
1/8 tsp. Garlic powder	
pepper (dash)	

Preheat oven to 350°. Brown meat. Drain off all fat. Sauté onions and celery. Add mushrooms, rice, seasonings and sauces. Set aside. Clean seeds from zucchini. Fill cavity with mixture and top with grated Mozzarella and Parmesan. Please in pan with an inch of water. Bake for 40 - 45 minutes. Chop tomatoes in blender and cook with leftover mixture to make a thin sauce that may be poured over zucchini when served.



Carrot Cake

1 cup flour	2 eggs
1 cup sugar	1/2 tsp. vanilla
1 tsp. baking soda	1 1/2 cups shredded carrots
1 tsp. cinnamon	1/2 cup walnuts
1/2 tsp. salt	
1/2 cup vegetable oil	

Preheat oven to 350 ° . Sift together flour, sugar, baking soda, salt and cinnamon. Combine and beat with electric mixer, oil, eggs, (1 at a time), fold in carrots, vanilla, and walnuts. Add to dry mixture. Bake in 9 x 9 greased pan for 30 - 35 minutes. Sprinkle with powder sugar or frost with cream cheese frosting.

Cream Cheese Frosting

1/2 cup butter or margarine	1 tsp. Almond or Vanilla flavoring
1 8 oz. Pkg. Cream Cheese (softened)	1 lb. Confectioner sugar

Cream together butter, cream cheese and flavoring in bowl at medium speed. Gradually add confectioners sugar, beating well until smooth and creamy. If mixture is too thick to spread, add a little milk.



For more information on 4-H cooking project materials, contact your local 4-H office or to join 4-H, please contact Bonnie Moore, 4-H office at (716) 699-2377 Ext. 120 at the Ellicottville location and Michelle Sloat at (585) 268-7644 at the Belmont location. The recipes used in this article were taken from the cookbook "Cooking with 4-H – Allegany & Cattaraugus Counties". You can find many, more recipes in your own copy of "Cooking with 4-H – Allegany & Cattaraugus County. You can order your copy by contacting Bonnie Moore at the 4-H office (716) 699-2377 Ext. 120.

If you are looking for fun projects to do with your family, the 4-H program has a wonderful website: <http://ccealleganycattaraugus.org/index.php/4h-weekenders> with a new project every month. Each month, we have a craft, a game and a cooking project for the family to do together. If your child is 5 - 19 years old, they can be in 4-H, so why not join the fun!!