

Laura's Cooking Classes

Have you ever had any of Laura's delicious meals or treats? Let's just say they're good, and leave it at that. If you want to learn tips and tricks from her yourself, this is your chance. She's now offering an exciting lineup of cooking classes throughout the summer and fall season, hosting them at her large home kitchen in Northport. Space is limited, so sign up today and visit online at <http://www.the-dinner-table.com/#!cooking-classes/c23oi> for more information!



June 20 - 1-5pm - Salads and Dressings



Everybody wants to eat more salad, but lettuce, lettuce, lettuce can be a drag. We'll delve into the multiple easy ways to mix up the salads, make them diverse and exciting and learn how to make multiple salad dressings, so that you no longer have to rely on preservative filled bottles from the grocery store. Plus, we'll cover the basics of summer picnic staples: potato, macaroni and coleslaw! - \$75 per person

July 25 - 1-6pm - Fermenting Magic

Fermentation and fermenting fresh foods is something that so often seems to be something people are afraid of now-a-days. But it's time to change that! So many of the greatest foods are fermented, and extremely good for you! Fermented pickles, sauerkraut, kimchi and more! We'll go through the steps and get a great number of jars fermenting away, then we'll pull out some of Laura's that are ready to serve and give them a taste, learn to jar and store them and make a couple dishes with the results! - \$90 per person

August 1 - 1-6pm - Canning Summer

Do you thoroughly enjoy a sweet, thick slather of classic peach preserves on toast every now and then (or, okay, often)? Perhaps you'd also like a tart-sweet black plum jam spiked with fragrant cardamom, or a small spoonful of sweet and spicy onion marmalade topping a decadent burger with bacon jam and blue cheese with a local brew? If this sounds tantalizing to you, sign up for this class. We'll go through the steps involved in canning fruits and explore some exciting recipes. Discuss what the differences between jams, jellies, chutneys and preserves really are. We'll then take those results and see how they pair and stand up in recipes that give us more purpose than just toast! - \$95 per person

August 9 - 1-6pm - Fermenting Magic - same as July 25th class - \$90 per person

August 29 - 1-6pm - Pickling and Brining - \$95 per person

September 6 - 2-6pm - Zucchini Overload - \$75 per person

October 4 - 10-4pm - Autumn Alchemy - \$120 per person

October 18 - 10-4pm - Homemade Pantry - \$120 per person

October 24 - 2-6pm - Halloween Spooktacular - \$75 per person

Space is Limited
**REGISTER
TODAY**

What's Your Pickup?

Produce & eggs will be picked on Fridays, Saturday or Monday, depending on your pickup/delivery choice. Please be sure that we know how you're receiving your produce before this week Friday (*our first box of the season!*).

These are your options for pickup/delivery:

1. Fridays - 5-7pm - Our Homestead in Northport
2. Saturdays - 10-1pm - Suttons Bay Market - Press-On Juice Booth
3. Saturdays - 10-3pm - Delivery at your home - additional \$5 charge per week
4. Mondays - 9-6pm - Imagine Health in Traverse City - produce won't be as fresh as we will still be picking on Fridays

Produce Boxes

As with many CSA's we have purchased wax produce boxes to deliver our weekly vegetable and fruit produce in. They are extremely durable and handle water well - which is perfect for produce transportation.

We have enough boxes for each family participating to have two boxes, allowing for us to deliver and leave a box for you your first week, and then the following week, bring you a new box with produce in it, and pickup your box from the previous week's delivery. Basically every week after the first week, we will trade a full box of produce for your empty box.

Each families two boxes will be their boxes for the whole season, labeled with their names on them. If for some reason, one of "your" boxes is damaged, lost, etc, we will need to be reimbursed \$7 to replace that box.

At the end of the season, we will want all produce boxes back, to save for use next year!



YOUR CSA BOX - Week 1

Each week you will find a list of what will be in your CSA box from Lord & Lady! Most produce has been rinsed once, but we suggest a second rinsing to rid all grit. Read our newsletter for suggestions for utilizing some of the more unusual ingredients!

This week's box includes:

- Lilacs
- Lily of the Valley
- Wysteria
- Honeysuckle
- Ramps
- Spruce Tips
- Lambsquarter
- Nettles
- Plantain Greens
- Dandelions
- Rhubarb
- Turnip Greens
- Rivoli Radishes
- Garden Cress
- Oregano
- Thyme
- Holly's Bean Mix Sprouts
- Salad Mix Sprouts



TEXT & PHOTOS BY LAURA CAVENDISH

Overload of Herbs? Preserve them!

What's the best way to preserve fresh herbs? Learning this answer right away this season, will hopefully help you save any excessive herbs you find yourself with after each week's share is delivered.

Quick answer: The best way to preserve herbs, is in oil or butter.

I've been growing tender herbs like basil, parsley, dill, chervil, cilantro, and chives for many years now, and it's taken me nearly that amount of time to find the best way to preserve their flavor long after I have harvested the last sprigs. These are just some of the techniques I've tried with less than satisfactory results: drying (*the herbs lost all their flavor*); freezing (*they lost their texture and got freezer burn*); freezing in water in ice cube trays (*I was left with a soggy, limp, and unappetizing mess that was big and clunky and took too long to thaw out*).

Luckily, along the way I decided to implement my general food freezing knowledge towards herb preserving. Fats, were the answer. Fats protect frozen food from ice crystals, and that's what I needed. So oils and butters were the way to go. Additionally, each herb's distinctive taste and aroma come from aromatic oils in the leaves, so preserving them in fat protects their authentic flavors. Packed in flat, thin layers in heavy-duty zip-top bags or food saver packages, frozen herb butters and oils are easy to store. I put a half-cup or so in a bag, freeze it flat, and end up with a thin layer of frozen goodness, which can be broken off into pieces as needed.

I use herbs preserved in oil the same way I use fresh herbs. They are particularly good in soups, stews, and salad dressings, where their vivid flavors can transform an ordinary dish into a spectacular one.

Herb butters are even more versatile. I use them in sandwiches, pasta, seafood, meat, poultry, popcorn—anything that tastes good with butter and herbs will benefit. I even replace plain butter with herb butter when making cakes and cookies (*especially with lavender, lemon thyme, etc*).

Spend just an hour whizzing up a few batches of herb oils and butter, and you'll be rewarded all winter long with vibrant flavors and delicious meals. Not to mention fond memories of your summertime CSA herb garden.

Read on for the Step-by-Step of How to Preserve Fresh Herbs in Oil or Butter:

LOOKING FOR SLOP

Last year, we got food compost from Oryana, The Soup Cup, and local friends and family. Despite getting bags of it often, the pigs would chow through it faster than you could pour it in their trough. Therefore, we are looking for additional sources. If you know of someone or somewhere that would have food waste, dry corn, picked weeds, or some other consumable, please let us know (*pigs eat pretty much anything*). Especially if it is easily picked up. And if you have some yourself, but not enough all at once, you can always put it in a ziploc bag and freeze it until you see us next. Our pigs will thank you and if you get us a substantial hook-up we might share some bacon!

1. Wash herbs, discarding stems and damaged leaves. Spin leaves dry in a salad spinner or dry well with paper towels.
2. Place herbs in food processor with 1/3 cup olive oil for every 2 cups leaves, or 1/2 cup unsalted butter (*1 stick*) per 2-4 tablespoons leaves. For butters, add grated citrus rind, ginger, or garlic for extra flavor.
3. To make sure herb oils are adaptable to a wide variety of uses, don't add cheese or nuts unless you're always making blue cheese topped steaks, etc.
4. Pulse processor, scraping down sides of bowl from time to time, until you get a chunky paste and all leaves are chopped.
5. To package for freezing, put 1 cup herb oil or 1/2 cup herb butter in a 1-quart zip-top bag, then flatten and spread mixture to make a thin layer. Freeze flat on a tray.
6. Best used within 6 months.

Vegetable/Fruit/Flower/Herb Share -

Every Week - June 5- October 16 (20 weeks) - \$540

Every Other Week - June 5- October 16 (10 weeks) - \$290

Every Four Weeks - June 5- October 16 (5 weeks) - \$160

Boxes can be ordered on a per week basis and paid at that time, but we must know by Friday at 9am at the latest for that week's box. If you order on a per week basis we will be charging \$35-40 per box.

We still have shares available!! Join us on our journey with unusual vegetables and make eating your veggies an adventure! Each week we work to have a newsletter listing the produce you'll find in your box, as well as recipes or ideas for many of the unusual items. We have all your standard vegetables, flowers, herbs and fruits, just unusual varieties (like beans with winged fringe, white watermelon and carrots that look like a heart), plus lots of new vegetables you've probably never even heard of (like Asian Towers, Corn Salad Dutch, Thai Red Roselle and more)!

Our shares start the first week of June and run through mid-October, with multiple pickup locations available! Contact us today at Laura@LordandLadyConstruction.com, to get your family signed up!

Garden Progress

As summer slowly works its way to us, we are chugging along getting the garden ready for it! Here at Woods & Water we have multiple gardens throughout the property: our tiered garden on the hill, sitting beside the chicken run; the potato run, which was the original pig run last year; the lower garden, which is our largest, and was just finished last year; our squash bed, which was the final run of the pigs last year; and finally, our herb garden in the front yard. We are also utilizing some garden space in our neighbors yard, as well as our property in Traverse City on M37 (where its hotter and we're hoping melons will thrive)!

We are excited to already have the entire tiered garden planted, with cool weather crops: peas, radishes, turnips, beets, carrots, onions, etc. Last weekend Thomas tirelessly tilled the potato bed so we need to get the new potatoes in there, along with okra, onions and Jerusalem artichokes. While we work on that, we'll also start tilling the lower garden, so we can start getting more direct sow veggies in, as well as, be ready to put in our tomato, eggplant and pepper seedlings!

At the neighbors garden, we've already put in onions, broccolis, cauliflower, pepino melons, onions and corn! At the M37 gardens we've transplants raspberries and have added compost to the garden as we've transplanted loads of melons and squashes (with just a bit more to go!)

We welcome one and all to come and help us plant, and will be doing lots this Saturday and Sunday! Come and join us if you like, and get your hands dirty for food!

EGGS for SALE

Our chickens lay a lot of eggs! All our egg shares are full, but because we can not predict their laying reliability from day-to-day, we often have eggs available for purchase!

\$7 per dozen - organic, gmo-free, heritage, free range, pasture raised eggs!

If you or someone you know is interested, contact us, Email Laura@LordandLadyConstruction.com or call/text (231)218-3612.

Lots of pickup options available.

EWG's 2015 Shopper's Guide to Pesticides in Produce™

Nearly two-thirds of the 3,015 produce samples tested by the U.S. Department of Agriculture in 2013 contained pesticide residues - a surprising finding in the face of soaring consumer demand for food without agricultural chemicals.

EWG's Shopper's Guide to Pesticides in Produce calculates that USDA tests found a total 165 different pesticides on thousands of fruit and vegetables samples examined in 2013.

The USDA findings indicate that the conventional fruit and produce industries are ignoring a striking market trend: American consumers are voting with their pocketbooks for produce with less pesticide. USDA's Economic Research Service estimates that the organically produced food sector, though just 4 percent of all U.S. food sales, has enjoyed double-digit growth in recent years. The trend is particularly strong for sales of organic fruits and vegetables, which account for the lion's share of all organic food sales: USDA economists reported that organic produce sales spiked from \$5.4 billion in 2005 to an estimated \$15 billion last year and increased by 11 percent between 2013 and 2014.

Pesticides persisted on fruits and vegetables tested by USDA, even when they were washed and, in some cases, peeled.

USDA EWG's Shopper's Guide to Pesticides in Produce recognizes that many people who want reduce their exposure to pesticides in produce cannot find or afford an all-organic diet. It helps them seek out conventionally grown fruits and vegetables that tend to test low for pesticide residues. When they want foods whose conventional versions test high for pesticides, they can make an effort to locate organic versions.

EWG'S 2015 Dirty DOZEN™ Shopper's Guide to Pesticides in Produce™

APPLES	PEACHES	ASPARAGUS	MANGOES
CELERY	POTATOES	AVOCADOS	ONIONS
CHERRY TOMATOES	SNAP PEAS	CABBAGE	PAPAYAS
CUCUMBERS	SPINACH	CANTALOUPE	PINEAPPLES
GRAPES	STRAWBERRIES	CAULIFLOWER	SWEET CORN
NECTARINES	SWEET BELL PEPPERS	EGGPLANT	SWEET PEAS (FROZEN)
		GRAPEFRUIT	SWEET POTATOES
		KIWI	

EWG'S 2015 Clean FIFTEEN™ Shopper's Guide to Pesticides in Produce™

HOT PEPPERS & KALE/COLLARD GREENS

Spruce Tips

Spruce tips are the food of Narnia, or Lorien, of the garden before the fall. To pluck ripe pears and peaches from the orchards in the abundant fields is one thing; to pluck spruce tips from the woods and trails of our bountiful forests is to be in a childhood dream, where the earth and everything that grows on it is benign and if you feel like eating buds from conifer trees or blossoms from rose bushes that climb cliffs, well, you can, they won't harm you. For a former city girl, wild berries are a revelation, but spruce tips are magic food; they are kind of unbelievable.

There is something else to say about this item from the boreal forest. Their flavor is elusive. The idea of eating spruce tips is enchanting, and the food itself becomes delicious because of the idea. Your imagination and your senses, eager to discern the flavor of spruce tips in the dish you've prepared, work together to help you find it.

With that in mind, realize that spruce tip flavor is mild. When preparing dishes with tips, they should be careful not to have such strong flavors that they will overpower the delicate flavor and complexity. We only discovered the joys of spruce tips two years ago, and made a great number of dishes: spruce tip syrup (*which can then be used in a great number of ways*), spruce tip salt & sugar, broiled salmon, and one of my favorites, spruce tip baklava with pine nuts. This year we are making spruce tip maple beer, and are hoping for delicious flavors later in the year when we can enjoy it. If you want anymore of our recipes, email me!

Spruce Tip Gravlax

- 1/3 cup salt
- 1/2 cup sugar
- 3 to 4 teaspoons crushed white peppercorns
- 3 to 4 pounds salmon fillet, preferably the middle cut, skin on
- 1 cup chopped fresh dill
- 1 cup chopped spruce tips

1. Mix salt, sugar and pepper. Rub the fish with the mixture. Add dill & spruce tips. Wrap in foil and put in a dish. Refrigerate for 36 to 48 hours, with a light weight on top of the fish. Turn the salmon several times.
2. Before serving, scrape off the dill and seasoning (or leave for extra flavor) and cut into thin slices on the diagonal.

Spruce Tip Syrup

- 2 cups water
- 2 cups sugar
- 2 cups spruce tips
- 1-2 TBSP lemon juice

1. Bring the sugar and water to a boil in a lidded pot, stirring to make sure all the sugar is absorbed.
2. When it hits a boil, turn off the heat. Stir in the spruce tips and lemon juice, if using, cover the pot and leave to cool.
3. The longer you steep the syrup, the stronger spruce flavor you'll get. I let it steep overnight and into the next day, because again, the flavor of spruce tip is mild, so the stronger the better.
4. Strain the syrup through cheesecloth and bottle. Keep in the refrigerator.

Lambsquarter

Lambsquarters! Pigweed! Fat-hen, goosefoot, bacon weed, dirty Dick, Muck Hill weed. Despite numerous, often odoriferous monikers (*and this little list is only partial*), *Chenopodium album* is a delicious, nutritious delight and a summer treat no one should miss. Once upon a time, lambsquarters greens received more respect. Their ancient name was "all good," and all good they are. They contain more iron and protein than raw cabbage or spinach, more calcium and vitamin B1 than raw cabbage, and more vitamin B2 than cabbage or spinach.

Like many greens, lambsquarters shrinks with cooking, and works well in any recipe calling for spinach, from raw to cooked. It also freezes well, just blanch and package for later!

Garden Cress

Cultivation of this species, which is native to Southwest Asia (*perhaps Persia*) and which spread many centuries ago to western Europe, is very old, as is shown by the philological trace of its names in different Indo-European languages. Xenophon (400 BC) mentions that the Persians used to eat this plant even before bread was known. It was also familiar to the Egyptians and was very much appreciated by the Greeks and Romans, who were very fond of banquets rich in spices and spicy salads. Almost all of the Andalusian agronomists of the Middle Ages and many of the doctors, such as Maimonides, mention garden cress. Many of the authors of the old oriental and Mediterranean cultures emphasized the medicinal properties of cress, especially as an antiscorbutic, depurative and stimulant. Columela notes its vermifugal powers. Ibn al-Awwam refers to certain apparently antihistaminic properties, since it was used against insect bites and also as an insect repellent, in the form of a fumigant. Ibn al-Baytar also says that it is administered against leprosy, is useful for renal "cooling" and that, if hair is washed with garden cress water, it is "purified" and any loss is arrested.

Garden cress's main use was always as an aromatic and slightly pungent plant. Not only in antiquity but also in the Middle Ages it enjoyed considerable prestige on royal tables. The young leaves were used for salads. The ancient Spartans ate them with bread. This use still continues and they are also eaten with bread and butter or with bread to which lemon, vinegar or sugar is added. However, it is mainly used nowadays by adding to salads, serving on sandwiches, or sauteeing with some light oil and vinegar.

Nettles

Apart from the slight fact that even the very young plants sting, nettles are a wonderful ingredient to use in soups, pasta dishes, frittatas—basically in any cooked dish where you would use young spinach. In fact, they taste sweeter and in Laura's opinion, better, than spinach. They are rich in vitamin C, calcium, potassium, flavonoids, histamine, and serotonin—all the great chemicals one needs to reenergize after a cold winter and to combat Spring allergies.

Once nettles are picked, they immediately begin to lose their sting, however, the best way to eat them to avoid any issues, is to cook them. People's sensitivity to nettles varies, for example, Thomas can touch a live plant and one hour later he's fine, Laura on the other hand, can touch a live plant and it will be swollen and sting for over a week.

The first step in preparing them is to let the leaves soak in a bowl or sink of warm water for a few minutes. This will help remove the sting from them and you may even visibly see this, as the water can turn a rust color. Once the nettles have soaked, most people should have no issue with the sting. Laura does though - they don't feel like they're stinging, but they are, and so her hands throb for weeks. Therefore, we suggest strongly that you wear dish gloves while dealing with uncooked nettles.

Once rinsed, most recipes require you to blanch the greens, but search out what you'd like and double check the recipe. We've made soups and pestos with much success, but even just sauteeing them and eating them as a side would be delicious, because really, they are tastier than spinach.



Nettle Soup

- 1 tbsp olive oil, plus extra for drizzling
- 1 onion, chopped
- 1 carrot, diced
- 1 leek, washed and finely sliced
- 1 large starchy potato, thinly sliced
- 4¼ cups vegetable or chicken stock
- 400g stinging or dead nettles, washed, leaves picked
- 3½ tbsp butter, diced
- ¼ cup heavy cream

1. Heat the oil in a large saucepan over a medium heat. Add the onion, carrot, leek and potato, and cook for 10 mins until the vegetables start to soften. Add the stock and cook for a further 10-15 mins until the potato is soft.
2. Add the nettle leaves, simmer for 1 min to wilt, then blend the soup. Season to taste, then stir in the butter and cream. Serve the soup drizzled with extra oil.

Honeysuckle

Honeysuckle's smell amazing, but their use doesn't have to be limited to your sense of smell, you can also enjoy them in a variety of tasty dishes from sorbet, to throat remedies, wine, jellies and more.

Here's a recipe for **Honeysuckle Syrup**

First I pick honeysuckle blossoms when they're full and sweet smelling... if a few leaves get mixed up in them, no problem, they're good too, just not as sweet as the flowers.

2 cups of honeysuckle blossoms

4 cups water

1 cup honey

1. In a saucepan over high heat, bring the water to a boil, stir in the honeysuckle and reduce heat, simmering for 10 minutes. Turn off heat and let steep for 45 minutes, and then strain. Return to warm pot and stir in the honey until it is dissolved.
2. Store your syrup in a lidded jar in the fridge for up to a month.
3. Freeze it in ice cube trays, then store the cubes in a plastic bag in the freezer for up to 6 months.

If you want to can it: I heat my pint (*or half pint*) canning jars to boiling to sterilize them and I keep them HOT... then I simmer my lids and rings and keep them hot. Once I dissolve the honey into the warm honeysuckle "tea" I then ladle the mixture into my hot canning jars, twist on the hot lids and set them on a folded dishtowel on the counter to cool and seal.

This is the only recipe I make that I **do not** process in a boiling water bath or pressure canner... and here's why I don't... There is a large amount of honey in this recipe... honey is a natural preservative and never goes bad. Boiling the mixture, in my opinion, would kill the benefits of the honey in the syrup, I just heat it up gently. If your jars and your lids are HOT and the liquid is hot, the jars will seal as they cool on the counter. If it would make you feel better, and "safer" to do so, you could process the jars in a boiling water bath for 10 minutes. I prefer not to so I keep all the benefits of the honey as well as the honeysuckle.

To use this mixture for a cold or cough, take 1 ounce every 4-6 hours. Do not give to infants or children under 2 years of age.

Plantain

Plantain, like a dandelion, is a healthy, hardy weed usually overlooked or frowned upon. You know what it looks like, but you might not have known the name.

Part of the confusion is that plantain shares its name with something utterly different, the banana-like plantain, whose etymology is a mix of Spanish and native Caribbean. The so-called weed plantain, or *Plantago major*, was cultivated in pre-Columbus Europe; and indeed Native Americans called it "the white man's footprint," because it seemed to follow European settlers.

Plantain has a nutritional profile similar to dandelion — that is, loaded with iron and other important vitamins and minerals. The leaves are tastiest when small and tender, usually in the spring but whenever new shoots appear after being cut back by a lawnmower. Bigger leaves are edible but bitter and fibrous, so cooking is required.

The shoots of the broadleaf plantain, when green and tender and no longer than about four inches, can be described as a poor-man's fiddlehead, with a nutty, asparagus-like taste. Pan-fry in olive oil for just a few seconds to bring out this taste.

Vegetable Fried Rice - Serves 2

- *1/2 small red onion, diced*
- *1/4 cup diced carrots*
- *1/4 cup sliced fresh mushrooms*
- *1/4 cup diced green bell pepper*
- *1/4 cup fresh green peas*
- *1 scallion, chopped*
- *1/2 cup mixed bean sprouts*
- *2 to 3 cups cooked white rice*
- *2 eggs*
- *2 tablespoons oil*
- *2 teaspoon dark soy or mushroom soy sauce*
- *1 teaspoon salt*
- *1 teaspoon light or seasoned soy sauce*
- *pinch of white pepper*

- 1) Dice all of your veggies so all of them have the same uniform shape and set them aside in neat piles. The exception is the bean sprouts, which just need to be cleaned and trimmed.
- 2) Take out your cooked rice and break up any clumps of rice onto a plate. Generally, the best time to make this dish



Dandelions

Dandelion flowers, greens and roots can be used in cooking! Don't rid your lawn of these bright yellow flowers. Harvest them for wine, jelly, burgers, breads and snacks!

Believe it or not, this plant was not always thought of as a weed. It used to be referred to as a "common herb" and was used for medicinal properties. The dandelion is rich in nutrients including protein, calcium, iron, Vitamins A & C. This year we're starting with common dandelions, but have planted some nice Italian varieties for later in the season!

Our dandelions are flowerless this time around, so those recipes are out, but use the greens in salads, soups, smoothies, dressings, dips and more. Basically treat dandelion greens like you would spinach, keeping in mind that they are more bitter than spinach, so any dishes made with them will often be better served if they are mixed with other greens.

Finally, the roots. Once we have burdock in our shares, you could try making a dandelion and burdock syrup, for your own English soda. For now, you can use dried roasted ground dandelion roots to make your own coffee!

is if you have leftover rice in the fridge but if you don't, just let your cooked rice cool uncovered on a plate. Wash and wet your hands with cold water and handling the rice while breaking up clumps will be much easier!

- 3) Beat two eggs in a bowl in a bowl and scramble them in a pan using one tablespoon of oil. Cut the scrambled eggs with your spatula so you don't get large clumps of egg.
- 4) Heat the wok on the highest setting and add 1 tablespoon of oil, red onion and carrots and stir for about 30 seconds. Next, add the mushroom, peppers, and peas and stir-fry for another 30 seconds. Add in your rice. Stir the mixture together for a minute to heat up the rice. Be sure to firmly scrape the bottom of the wok with your spatula to prevent the rice from sticking. A hot wok is also a must to prevent sticking but ensuring that you scrape the bottom of the wok as you mix. Add the bean sprouts.
- 5) Then add the dark soy sauce, salt, light soy sauce, and white pepper and stir-fry for another minute. You can see from the picture that some of the rice has started to stick but don't panic! As the rice and the wok heat up, your wok bottom scraping pays off with a non-stick effect. Add your egg and give it a final mix. Plate, garnish with scallions, and dig in.

Wisteria

Wisteria has a multiple personality which includes edibility. The blossoms of the plant are edible raw or cooked, however the stems and seeds are not. Google recipes online or on pinterest and you'll be overwhelmed with choices!

Lilac Simple Syrup

- *1 cup water*
- *1 cup sugar*
- *1 cup lilac flower buds*

1. Heat 1 cup of water and 1 cup of sugar until sugar is dissolved.
2. Add 1 cup of lilac flowers and allow to simmer on low heat for 10 minutes. If desired, add a few blueberries for color or use food coloring.
3. Drain syrup into a sealable glass jar - through a filter in order to remove the flowers. Let it cool, and then put in the fridge.
4. Add syrup to tea, cocktails, or use as a syrup.

Stewed Turnip Greens Serves 8

- *10 cups turnip greens, roughly chopped*
- *1/4 cup olive oil*
- *2 cups chicken stock (or veggie stock)*
- *2 garlic cloves, thinly sliced*
- *1 tsp salt*
- *1 tsp red pepper flakes*
- *2 tbsp cider vinegar*
- *pepper to taste*

1. Wash and dry turnip greens and roughly chop. Put in a saucepan with olive oil, garlic, chicken stock, red pepper flakes and salt. Cover and cook over medium-low heat until tender, about 40 minutes (*check on it occasionally, to be sure you haven't lost too much moisture, add water if it seems like its getting too dry, you don't want it to burn*).
2. Stir in cider vinegar. Season with pepper to taste. (*this dish also freezes very well*)



Chicks Chicks Chicks -

Meat birds and rare heritage hens have arrived!

Our little chicks have arrived, and they're just as adorable as ever! We now have birds that are two-and-a-half weeks and one-and-a-half weeks old, and this means that they're already getting in their wing and tail feathers! The broiler chicks (meat birds) grow exceedingly fast, and are already more than twice as big as our heritage hen chicks, that are the same age!

If you'd like to come up and see this adorable little fuzzballs in all colors and shapes, just give us a call! We're happy to let you come up and hold them, cuddling their little fluff to your cheeks!



Buttermilk Ramp & Bacon Biscuits -

Makes 12 – 16 biscuits. *These definitely make breakfast sandwiches better. Give them a try for dinner and enjoy the leftovers!*

- 1/4 lb smoked hog jowl, cut into 1/4" dice (substitute thick sliced bacon if jowl is unavailable)
- 4 cups all-purpose flour
- 1 Tbsp cane sugar
- 2 Tbsp baking powder
- 1 Tbsp baking soda
- 1 tsp salt
- 1/2 cup pure lard or shortening
- 2 cups buttermilk
- 1 cup thinly sliced fresh ramps, including greens (reserve 1 Tbsp white portion for ramp butter, recipe follows)
- 1/4 lb softened butter
- Pinch paprika

1) Cook the hog jowl or bacon in a large skillet over medium high heat until crisp. Remove from pan and drain on paper towels until cool.

2) Place the flour, salt, baking powder, sugar and baking soda together into a food processor, whirl to mix. Drop in the lard (in multiple sections, not one glob) and pulse until it's in little flour-coated pieces the size of a grain of rice. Take care that you do not cut the lard or shortening too finely – it's easier than you might think. When the dough is rolled out, it's these tiny globules of fat that will make your biscuits light and flaky.

3) Dump the flour mix into a large bowl. Add the sliced ramps and crisped jowl and gently pulse in just enough buttermilk to make the dry ingredients adhere into a soft ball of dough. Do not mix any more than absolutely necessary, you do not want to kill the ramps or bacon. It's OK if the dough

is not completely homogeneous at this point – the kneading with take care of any lumps or unincorporated ingredients.

4) Turn the dough out onto a well-floured surface. Dust your hands with flour and gently fold the dough on itself just until all the ingredients are evenly incorporated. Add a little flour to the kneading surface as you go if the dough is too sticky. Be careful not to overwork the dough.

5) Using a rolling pin well-dusted with flour, roll out the dough until about 3/4-inch thick. Cut the biscuits with a sharp biscuit cutter or 3-inch diameter tin can with both ends cut out. Do not use a glass or jar to cut the biscuits. It's important to make sharp, clean cut if you want your biscuits to raise high and flaky and a glass will pinch the edges of the biscuits together.

6) When you have cut all the biscuits you can from the sheet of dough, gently knead the leftover portion back together into a mass. Again, roll the dough 3/4 inch thick and cut the remaining biscuits.

7) Place biscuits on a parchment lined baking sheet, spaced evenly on it, about 2 inches apart.

8) Lightly cook the reserved 1 Tbsp of ramps in a little of the fat from the hog jowls until slightly softened and translucent. Set aside to cool slightly. Put the softened butter into a small bowl and mix in the ramps and paprika, stirring vigorously until the butter is smooth and all ingredients are incorporated.

9) Preheat oven to 425 degrees. Brush the tops of the raw biscuits with a little of the ramp infused butter. Place the biscuits into the pre-heated oven for 15-20 minutes or until golden brown.

10) Serve immediately with more of the ramp butter.



UPCOMING EVENTS

June 2 - Thomas & Laura's Anniversary! ♥♥♥♥♥♥♥♥

June 6-7 - Planting, Tilling and Laying Straw at Woods & Water

June 13-14 - Planting, Tilling and Laying Straw at Woods & Water

June 20 - 10-2pm - Dinner Table Cooking Class - Salads and Dressings with Laura Cavendish at Woods & Water

June 21 - Father's Day

June 27 - Chicken Slaughtering at Woods & Water

June 28 - 3pm - Star Wars Water Fight Potluck at Woods & Water

July 4 - 4th of July! Fireworks in Northport

July 11 - Thomas' Birthday!

July 19 - 2pm - Vikings Potluck at Woods & Water

July 25 - 1-6pm - Fermenting Magic Cooking Class with Laura Cavendish at Woods & Water

August 1 - 1-6pm - Canning Summer Cooking Class with Laura Cavendish at Woods & Water

August 2-8 - Northwestern Michigan Fair

August 7-8 - Port Oneida Festival (this is the best!)

August 9 - 1-6pm - Fermenting Magic Cooking Class with Laura Cavendish at Woods & Water

August 15-16 - Peshawbetown Pow Wow

August 23 - 12pm - Chopped Leftovers Pot-

luck at Woods & Water

August 29 - 1-6pm - Pickling and Brining Cooking Class with Laura Cavendish at Woods & Water

September 6 - 2-6pm - Zucchini Overload Cooking Class with Laura Cavendish at Woods & Water

September 12 - 3pm - Arya's 4th Birthday Bash - Peter Rabbit Extravaganza at Woods & Water

October 3 - Hops Festival in Empire

October 4 - 10-4pm - Autumn Alchemy Cooking Class with Laura Cavendish at Woods & Water

October 18 - 10-4pm - Homemade Pantry Cooking Class with Laura Cavendish at Woods & Water

October 24 - 2-6pm - Halloween Spooktacular Cooking Class with Laura Cavendish at Woods & Water

October 25 - 2pm - Pumpkin Chunkin Potluck Party (with costumes and carving) at Woods & Water

October 31 - Halloween

Cooking Classes
REGISTER TODAY

New Web Site for Lord & Lady

Have you visited our web site lately? Well, if you haven't, you definitely should! We have updated and added loads of information and photos. From more of our background, to sample estimates, contracts and certainty pledges, to a comprehensive photo gallery and new home plans, we've got all the information we could think of, available at your fingertips, 24-7. Be sure to check it out and spread the word to any friends or family looking for a quality, reliable contractor to complete a project in their home!

www.LordandLadyConstruction.com