



*East Mountain Seed &  
Garden Coop*  
**Recipes**


*2024 Harvest Potluck Recipes and more...  
November 10, 2024*

# Tawny Pumpkin Pie

Anita Cogburn

Servings: 1 pie

## INGREDIENTS

- 1 1/2 cup pumpkin puree 
- 1/2 cup honey (or 3/4 cup sugar)
- 1/2 tsp. salt
- 1/4 tsp. ginger
- 1 tsp. cinnamon
- 2 tsp. flour
- 2 eggs, slightly beaten
- 1 cup evaporated milk
- 1/2 tsp. vanilla




## DIRECTIONS

1. Combine all ingredients.
2. Mix well with a beater or whisk.
3. Pour into a 9" unbaked pie shell and bake at 400 degrees. 45-50 minutes, or until center is almost set and knife blades comes out clean.
4. To make your own pumpkin puree
5. Cut pumpkins in half, scoop out seeds\*.
6. Put pumpkins cut-side down on a large cookie sheet or shallow pan with a small amount of water.
7. Bake in 350 degree oven, 30-45 minutes. Pumpkin should be soft on the inside.
8. \*You can dry the seeds for planting, or

# Cranberry Chutney

Anita Cogburn

## INGREDIENTS

- 12 oz fresh or frozen cranberries
- 1 cup golden raisins
- 1 tart/sweet apple, peeled & finely diced 
- 2/3 cup finely chopped yellow onion
- 1 large clove garlic, minced
- 1 1/2 Tbs. freshly grated ginger
- 3/4 cup brown sugar
- 1/4 cup honey
- 1 1/2 tsp grated orange zest
- 2/3 cup orange juice
- 1/2 cup water
- 1/4 cup apple cider vinegar 
- 1/2 tsp cinnamon
- 1/4 tsp each cloves and ground coriander
- Generous pinch of red pepper flakes 
- Generous pinch of salt

## DIRECTIONS


1. Mix all ingredients in a large saucepan and bring to a rapid boil while stirring.
2. Reduce heat to low and cover. Simmer for 45 minutes.
3. Remove lid and simmer another 15 minutes for chutney to thicken.
4. Let cool completely and store in refrigerator until ready to serve.

# Peach Chutney

Nicole Johnson

Servings: 6 pints

## INGREDIENTS

- 4 quarts blanched peaches, chopped 
- 1 hot red pepper, chopped
- 2-3 cups brown sugar
- 1 cup raisins
- 1 cup onion, chopped
- 1/4 cup mustard seed
- 2 tablespoons ginger
- 2 teaspoons pickling salt
- 1 clove garlic
- 1 quart + 1 cup vinegar (5% acidity)

## DIRECTIONS

1. Wash peaches. Blanch peaches to remove skin. 60 seconds in boiling water, then straight to cold water (marking the bottom with an X helps!)
2. Remove peach pits and chop.
3. Combine all ingredients in a large pot/saucepan and bring to a simmer. Stir until thickened.
4. Pack into a hot jar (follow good canning practices), leave 1/2 inch headspace.
5. Process!

For Pork Loin & Peach Chutney




4-5 pound pork loin, cover with peach chutney. Cook on low in a crock pot for 8 hours.

# Salsa

Nicole Johnson

Servings: 3 pints

## INGREDIENTS

- 3 cups blanched tomatoes, chopped 
- 3 cups jalapenos, chopped 
- 1 cup chopped onion
- 6 cloves garlic, minced
- 1/3 cup cilantro, minced 
- 2 tsp oregano
- 1 1/2 tsp salt
- 1/2 tsp cumin
- 1/2 cup vinegar (5% acidity)

## DIRECTIONS

1. Blanch tomatoes. Mark with X's on bottom, blanch for 1 minute in boiling water, transfer to cold water. Remove skin.
2. Core tomatoes and remove seeds.
3. Combine tomatoes, chopped jalapenos, and chopped onions in a large saucepan.
4. Bring mixture to a boil, reduce heat and simmer for 15 minutes.
5. Ladle into hot jars (follow good canning practices), leave 1/2 inch headspace.
6. Process!

# Giardiniera\* Michele Powers Hardy

\* Probiotic Rich Fermented Vegetables

## INGREDIENTS

Vegetables -cut into bite sized pieces  
Cauliflower, carrots, bell peppers, celery, green beans,  
garlic cloves  
White or black tea bags  
6 Peppercorns  
Fresh dill  
1 tsp. fine pink himalayan salt  
Juniper berries, jalapeno slices, red pepper flakes  
(optional)  
Widemouth pint jars  
Glass weight

[Masontop Pickle Pipe Airlock lids](#)

## DIRECTIONS

1. Wash and sterilize jars.
2. Place a tea bag in the bottom of each jar. Add peppercorn, and a sprig of dill. Add a few juniper berries and/or red pepper flakes if desired.
3. Pack in bite-sized veggies as tightly as possible, adding another sprig of dill. Leave 1 inch for glass weight.
4. Sprinkle with salt, add water to just cover vegetables.
5. Add weight and fermentation lid.
6. Set jar on a plate in a dark corner of your kitchen. Burp the nipples if they start to bulge.
7. Leave for 7-10 days, checking after 3 days.
8. Remove weight and add lid. Lasts 4-18 months in the refrigerator.

# Peach Cobbler Tonya Cogburn

Servings: 1- 9x13 cobbler

## INGREDIENTS

### Batter

1/2 cup melted butter  
1 cup flour  
1 cup sugar  
2 tsp baking powder  
1/4 tsp salt  
2/3 cup room temperature milk  
1 room temperature egg

### Filling

1 - 28 oz can sliced peaches, drained  
1 cup sugar  
1 tsp cinnamon  
1/2 tsp nutmeg

## DIRECTIONS

1. Melt butter in 9x13 pan.
2. Mix together flour, sugar, baking powder, and salt.
3. Stir in milk and egg.
4. Pour evenly over melted butter.
5. Combine peaches, sugar and spices and spread over the batter. DO NOT STIR!
6. Bake 35-45 minutes at 350 degrees, until batter comes to the top and is golden brown.
7. Serve warm with ice cream.

# Garden Vegetable Hamburger Soup

Kelly Snelgrove

## INGREDIENTS

1 lb. ground round  
1 cup onion, diced  
1 cup potatoes, cubed  
1 cup carrots, sliced  
1/2 cup celery, diced  
1 cup cabbage, shredded  
2 cups tomatoes, cooked  
2 quarts beef broth  
1/4 cup rice  
1/2 tsp. thyme  
1/2 tsp. basil  
2 tsp. salt  
1/2 tsp pepper  
Green chilies (optional)

## DIRECTIONS

1. Brown hamburger and onion in a large Dutch oven or stock pot.
2. Add the rest of the ingredients.
3. Simmer for one hour.

ENJOY!!

# Creamy Chicken/Turkey Enchiladas

Tonya Cogburn

## INGREDIENTS

1 Tbs butter  
1 onion, chopped  
12 oz can green chile enchilada sauce  
8 oz cream cheese, chopped and softened  
3 1/2 cup cooked chicken or turkey, chopped  
12 - 6" corn tortillas  
16 oz Monterey Jack cheese, shredded  
2 cups heavy cream

## DIRECTIONS

1. Lightly grease a 9x13" baking dish.
2. Melt butter in a large skillet, add onion. Saute for 5 minutes.
3. Add the green chili sauce, saute for 1 minute.
4. Stir in the cream cheese until melted, then add the chicken and mix well.
5. Spoon 1-2 tablespoons of the chili/meat mixture down the center of each tortilla.
6. Roll up and place seam down in prepared dish.
7. Sprinkle with the cheese and drizzle with heavy cream.
8. Bake at 350 degrees for 45 minutes.

## Green Chili Stew

## Don Baskins

### INGREDIENTS

1 onion, chopped  
5-6 medium potatoes, cubed  
3 Tbl. flour  
4 cups broth (1 carton)  
2 cups water  
1 can diced tomatoes  
1 carton green chili's (Bueno or your own to taste)  
2 tsp. garlic  
1 tsp. oregano (or to taste)  
Salt or tsp. of Better than Boullion  
2 cans of pinto beans or add your own cooked beans

### DIRECTIONS

1. Saute 1 onion in water.
2. Add potatoes and saute with onions.
3. Sprinkle 3 Tbl flour over everything - stir.
4. Add broth, green chili, garlic, oregano, salt or better than boullion.
5. Simmer until potatoes are tender, stirring frequently.
6. When potatoes are tender add pinto beans.

This recipe is adapted to be meat free. Add your meat of choice if desired.

## Fire Cider EMSGC Newsletter

Source: Mother Earth News

### INGREDIENTS

1/2 c. grated fresh horseradish  
1/2 c. chopped onion  
1/4 c. chopped garlic  
1/4 c. grated fresh ginger  
Cayenne pepper-dried/fresh  
Apple cider vinegar(ACV)  
Honey - to taste

### DIRECTIONS

1. In a half gallon jar, mix all but honey.
2. Cover with vinegar 3-4 inches.
3. Seal and set in warm place. Shake daily.
4. After 3-4 weeks, strain and keep liquid.
5. Add warmed honey to taste.
6. Bottle, label, enjoy! Keep in fridge.

Advice from Anita: Allow it to sit for several months. Keep adding ACV as you use it. Fresh, chopped turmeric is a good addition. 1 Tb per day for prevention, 2-3 Tb per day for treatment.

# Sweet Dill Pickles [EMSGC Website](#)

Servings: 4 1/2 qts or 9 pints

## INGREDIENTS

### Syrup

6 cups vinegar

6 cups of sugar

3/4 cup salt

1 1/2 tsp. celery AND mustard seed

### Pickles

Sliced onion

Heads of fresh dill

Cucumber slices

## DIRECTIONS

1. Sterilize jars in boiling water. In each jar add two slices of onion and a head of fresh dill in the bottom of the jar, pack the jar with cucumbers.
2. Heat syrup to boiling and pour over cucumber slices in jars.
3. Add another head of dill and onion slice to top of jar.
4. Seal and process in water bath 15 minutes.

# Zucchini or Summer Squash Pickles [EMSGC Website](#)

Servings: 3 pints

## INGREDIENTS

2 pounds zucchini or summer squash, sliced, about 7 cups

2 medium onions, halved and sliced, about 2 cups

1/4 cup pickling salt

2 cups white vinegar

1 to 2 cups sugar (Start with 1 cup of sugar; pour the vinegar mixture over the squash and onions and stir.

Taste and add more sugar, as desired.)

1 teaspoon celery seed

1 teaspoon turmeric

2 teaspoons mustard seed

## DIRECTIONS

1. Place zucchini or squash and onions in a large non-reactive pot; add the salt and enough water to cover. Let stand for 2 hours. Pour the mixture into a colander; rinse well and drain thoroughly.
2. In a 2-quart saucepan, bring the vinegar to a boil; pour over the squash and onions. Let stand for 2 hours. Bring to a boil.
3. Prepare jars and lids.
4. Boil the squash for 5 minutes; pack the squash pickles into the hot sterilized jars leaving 1/2-inch headspace.
5. Process pint or quart jars in the boiling water bath for 20 minutes above 6,000 feet in altitude.

# Crispy Baked Zucchini Chips EMSGC Website

## INGREDIENTS

Olive oil spray  
2 medium zucchini about 1 pound total weight  
1 ¼ teaspoon Diamond Crystal kosher salt divided; or ¾  
teaspoon of any other salt  
½ teaspoon garlic powder  
¼ teaspoon black pepper  
¼ cup parmesan grated (not shredded)

## DIRECTIONS

1. Preheat your oven to 425°F. Line a baking sheet with parchment paper and coat it with olive oil spray.
2. Slice the zucchini into ¼-inch-thick rounds. Sprinkle with 1 teaspoon of kosher salt. Place in a colander in the sink and let stand for 30 minutes. Rinse and blot dry using paper towels.
3. Arrange the slices in a single layer on the baking sheet. Spray them with olive oil. Bake for 15 minutes.
4. Remove from the oven. Sprinkle with the remaining salt, black pepper, garlic powder, and grated parmesan. There's no need to flip the zucchini.
5. Return the pan to the oven and continue baking until the zucchini slices are browned and crisp, 15-20 more minutes.

# Cold or Flu Remedy EMSGC Newsletter

## INGREDIENTS

Spray bottle  
91% alcohol  
Tea tree essential oil  
Lavender essential oil  
Peppermint essential oil

## DIRECTIONS

1. In a small spray bottle (2 or 3 oz) add 91% alcohol until the bottle is nearly full.
2. Add 6 drops of tea tree oil and 15 drops each of lavender oil and peppermint oil.
3. Shake to mix.
4. Spray and inhale the mixture. You can spray the mixture into the palm of your hand or on a clean cloth to inhale the vapors. Can be used several times per day as needed.

Spray bottles and alcohol can be purchased at Walmart. Essential oils can be purchased at Sprouts, Natural Grocers, or online.



## Simple, Homemade Bug Spray EMSGC Newsletter

Source: Mother Earth News

### INGREDIENTS

2 cups witch hazel  
1-1/2 tsp lemongrass or citronella essential oil  
1 Tbsp apple cider vinegar

### DIRECTIONS

Combine all ingredients and pour into a large spray bottle or several small. To use, shake slightly and spray.

## Fire Cider EMSGC Newsletter

Source: Mother Earth News

### INGREDIENTS

1/2 c. grated fresh horseradish  
1/2 c. chopped onion  
1/4 c. chopped garlic  
1/4 c. grated fresh ginger  
Cayenne pepper-dried/fresh  
Apple cider vinegar(ACV)  
Honey - to taste

### DIRECTIONS

1. In a half gallon jar, mix all but honey.
2. Cover with vinegar 3-4 inches.
3. Seal and set in warm place. Shake daily.
4. After 3-4 weeks, strain and keep liquid.
5. Add warmed honey to taste.
6. Bottle, label, enjoy! Keep in fridge.

Advice from Anita: Allow it to sit for several months. Keep adding ACV as you use it. Fresh, chopped turmeric is a good addition. 1 Tb per day for prevention, 2-3 Tb per day for treatment.

# Zucchini Relish EMSGC Website

Servings: 4 half pints

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## INGREDIENTS

- 2 cups chopped zucchini (about 3 medium)
- 1 cup chopped onion (about 1 medium)
- ½ cup chopped sweet green pepper
- ½ cup chopped sweet red pepper
- 2 Tablespoons salt
- 1 ¾ cups sugar
- 1 cup cider vinegar
- 2 teaspoons celery seed
- 1 teaspoon mustard seed

## DIRECTIONS

1. Combine zucchini, onion, green and red peppers.
2. Sprinkle with salt and cover with cold water. Let stand 2 hours.
3. Drain and press out liquid.
4. Combine remaining ingredients and bring to a boil.
5. Add vegetables and simmer 10 minutes.
6. Pour hot into hot jars, leaving ¼ inch head space.
7. Adjust caps. Process 20 minutes (for high altitude) in boiling water bath.



*Thank you to all the members  
as we are "reminded of the  
value of community, fellowship,  
and of course, God's abundance  
of blessings."*