A Publication of the Addison County Organic Farmer’s Group

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Cover drawing by Morley McBride ‘02

First printing made possible through a Middlebury College Academic Outreach Endowment Grant supporting service-learning courses.

If you would like to acquire more copies of this publication, please contact Theresa or Ben Gleason of Gleason Grains, at 802-758-2476 or tgleason@leicester.k12.vt.us, for more information.

Acknowledgements
We would like to thank the following individuals for their help and encouragement: The Addison County Farmers’ Group, which includes Ben and Theresa Gleason, Will and Judy Stevens, Tom and Nancy Maxwell, Kirk Webster, Annie Claghorn and Catlin Fox, Joe and Kathleen Hescock, Marjorie Susman and Marian Pollack, Cindy and Cory Malzac, Bay Hammond, Steve and Karen Getz, Ken Van Haziega, Bill Suhr and Andrea Scott, Scott Greene and Suzanne Young, Dan Robashaw, and Diane St. Clair. We would also like to thank Amy Trubeck, of the Vermont Fresh Network, for her assistance and suggestions.

Lastly, we would like to thank Diane Munroe, Nan Jenks-Jay, and the rest of our classmates in our ES401 Senior Seminar at Middlebury College, for all their support, encouragement, and feedback over the past semester. Thanks!
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Introduction

In Vermont, over 6,000 farms and over 1.5 million acres of agriculture produce a wide variety of meats, cheeses, milk, produce of all kinds, and other products, all of which are essential elements of Vermont’s character. Vermont, a largely rural state, truly embraces its agricultural heritage and its farmers. Connection to the land, and the state’s agricultural past, are key values. It is not surprising then, that eating locally is important to Vermonters. Local foods not only taste better, and are better for the environment, but they help foster relationships and community connections.

The Addison County Organic Farmers’ Group meets informally to build a network of farmers, to build community, to compare growing and harvesting tips, to share problems and successes, and to just talk about what they do. Knowing the importance and value of eating locally, the Farmers’ Group was interested in sharing information with the wider community about who they are, what they grow and sell, and where to find their products. In the spring of 2005, they approached the Environmental Studies Senior Seminar at Middlebury College with their ideas.

This publication is a tribute to eating locally, and seeks to share with the surrounding community information about the locally grown products that are available at area farms, markets, restaurants and inns. Information is provided in two ways—profiles with accompanying recipes and then a directory listing. This first edition of Eating Local Foods in Addison County provides a sampling of the flavor of Addison County. In future editions, we hope to have profiles and recipes from all of the farms listed in the directory. Until then, a visit to any of the locations listed will be a rich experience!

The profiles help create an image of each establishment, and we hope they entice you to learn more about them, or to come for a visit. The recipes then provide you the opportunity to cook a meal using local foods, and to savor the wonderful flavors with your friends. They also encourage you to try new items you may not know how to prepare! Whether preparing new recipes with you favorite foods or trying something more experimental, we trust you’ll find satisfaction in knowing where your food comes from, meeting the farmers who grew it, and knowing that the food is fresh and did not travel far. Once you taste the freshness of The Last Resort’s Basil Pesto, or the sweet taste of Dancing Cow Dairy’s Chocolate Ricotta Mousse, you will understand why eating locally is so delicious.
Why Local Foods?

1. Environmental
   a. Growing and selling locally reduces carbon emissions from interstate, and overseas, transportation
   b. Smaller farms tend to nurture their connection with the earth, resulting in a smaller negative environmental impact
   c. Growing a wide variety of fruits, vegetables, and meats helps to preserve biodiversity

2. Taste and Flavor
   a. Locally grown food reaches your table in less time than that of conventional produce purchased in a grocery store, and thus is fresher
   b. The food you purchase is more ripe, since it can stay to ripen on the plant longer because transit time is less, and more flavorful, and thus it tastes better

3. Economy
   a. Growing and buying locally keeps cash flow within the local economy, helping your neighbors stay in business. According to the Vermont Agency of Agriculture, Food, and Markets, if Vermonters shifted just 10% of their food purchases to locally grown food products, it would add more than $100 million to Vermont's economy.

4. Community connections
   a. Buying from your neighbors fosters a connection from what you eat and who grew it
Farms and Markets
Blue Ledge Farm

Blue Ledge Farms is a goat dairy farm located on the banks of the Otter Creek, in Salisbury, VT. Blue Ledge is home to the 70 goats that make the farm’s fresh and aged goat’s milk cheese. It is a seasonal dairy, meaning the goats (and the people) get a 6-week vacation during the winter, and make cheese from February through December, every year.

They make fresh chèvre, semi-aged, and aged goat’s milk cheeses.

**Availability:**

- At the farm, by appointment
- Via mail order; contact the farm for more information
- Farmers’ Markets
  - Middlebury Farmers’ Market, Middlebury MarbleWorks, Saturdays 9am-12:30pm, May 28-October 29, and Wednesdays 9am-12:30pm, June 15-September 28
  - Rutland Farmers’ Market, Downtown Rutland, Depot Park, Tuesdays and Saturdays 9am-2pm, May 7-October 30
- Natural foods & specialty shops throughout New England, year round
- Restaurants and Inns
  - Café Provence, Brandon, VT
  - Shoreham Inn, Shoreham, VT
  - Mary’s Restaurant at Baldwin Creek, Bristol, VT
  - Waybury Inn, East Middlebury, VT

Contact: Hannah Sessions and Greg Bernhardt, and family
2001 Old Jerusalem Road, Salisbury, VT 05769
Phone: 802-247-0095
Email: blueledge@hotmail.com
Website: www.blueledgefarm.com
Blue Ledge Farm’s Scrambled Eggs

Serves 4

This is an especially yummy and hearty breakfast. Serve with toast, sausage, and bacon.

1 tbsp butter
8 eggs
4 oz Blue Ledge Farm herbal, pepper, or plain crumbled chevre
1 tsp basil
1/2 tsp salt
1/2 tsp pepper
1/4 cup grated cheddar cheese
2 tbsp milk

Optional:
1/2 cup chopped spinach
1/2 cup chopped tomatoes
1/2 cup diced ham (finely diced)

Combine all ingredients, whisk. Melt butter in large saucepan. Pour egg mixture into pan, medium heat. Cook while scraping bottom of pan, until no longer liquid.
Champlain Orchards

Champlain Orchards, located in beautiful Shoreham, VT, is a 100-year-old family owned and operated farm that seeks to preserve the best traditions of Vermont apple farming, while utilizing the best new technologies. Their proximity to Lake Champlain, hilltop location, and mixed sandy loam and clay soils produce a fine apple, without any pesticides. Bill Suhr and his neighbors have worked with the Vermont Land Trust to permanently conserve these orchards and the surrounding farmland. Bill purchased and began farming his land 27 years ago, and has grown to know the subtleties of the trade, and the secrets in growing an excellent apple crop. Pick your own raspberries and pumpkins. Or watch apples being pressed on a refurbished 90-year-old rack and cloth cider press, and then bottled, first sampling some of the sweet cider. Champlain Orchards reserves a special section of the orchard for visitors. Call ahead and they can reserve sections of the orchard, and offer hayrides, for private groups of all sizes.

Located 1.5 miles East of Fort Ticonderoga/ Larrabee’s Point Ferry on Route 74.

We Grow:
- Raspberries: July to October
- Pumpkins: October to November
- Cider: Pasteurized and unpasteurized varieties, no preservatives. Custom-pressed cider is also available with advance notice.
- Apples: Cortland, Empire, Gala, Ginger Gold, Golden Supreme, Honeycrisp, Jonagold, Liberty, Macoun, Macintosh, Mutsu (Crispin), Northern Spy, Paula Red, Red Cortland, Red Haralson, Red Delicious, Red Max. The orchard is transitional organic.

Availability:
- Farmstand open in the fall
- Grocery and Natural Foods stores in Vermont
- Mail order (call 24-hour order line for more information)
- Many restaurants, schools, and farmstands through Vermont

Contact: Bill Suhr
2955 Route 74 West, Shoreham, VT 05770
Phone: 802-897-2777
Email: suhr@shoreham.net
Website: http://www.champlainorchards.com
Champlain Orchard’s Apple, Bacon, & Swiss Cheese Pizza

1 individual pizza

Pizza Crust:
3/4 cup buttermilk bread baking mix
3 tbsp water
Flour

Stir together bread/roll mix and water; knead gently 15 times on lightly floured board. Roll out to an 8 1/2 inch round. Transfer to baking sheet; pinch up a small rim all around edges.

Topping:
1/4 cup prepared pizza sauce
1/8 tsp oregano, crushed
1 tsp fresh basil chopped, or 1/8 tsp dry, crushed
1/8 tsp bottled hot pepper sauce
Dash pepper
1 small crisp apple, cored and thinly sliced
4 thin slices bacon, halved if desired
4 tbsp grated Parmesan cheese
4 slices mozzarella or Swiss cheese

Combine pizza sauce and seasonings; spread over prepared pizza crust. Top with apple slices, bacon, Parmesan cheese and mozzarella cheese. Bake at 400 degrees for 15-20 minutes or until crust is browned, apples are tender, and cheese is melted.
Champlain Orchard’s Happily Apple-y Chicken Salad

This delicious salad is a top favorite of the National Aquarium’s volunteer staff. The recipe is from Marie Tillman’s family. The top award for volunteer excellence, the Marie Tillman Volunteer of the Year, was named to honor her extraordinary accomplishments and commitment.

1 1/2 lbs skinless, boneless chicken breasts
2 Granny Smith, or other tart apples
2 ribs celery, diced (optional)
1 medium carrot, finely chopped or grated
3/4 cup golden raisins
3/4 cup reduced fat mayonnaise
2 tbsp Dijon mustard
1/2 tsp freshly ground pepper
2 tsp curry powder (or to taste)
Sliced almonds, toasted

Bake the chicken at 350 degrees until cooked through, then cool. Peel, core, and dice apples; toss with celery and carrot, and raisins. Whisk together the mayo, mustard, pepper, until nicely blended. In small skillet, toast curry powder over high heat, stirring occasionally until fragrant, about 2 minutes. Add to mayo mixture. Cut cooled chicken into small chunks. Gently fold together chicken, mayo mixture, and apple mixture. Serve on bed of lettuce and sprinkle with almonds.
Champlain Orchards’ Grandma’s Dutch Apple Torte

Makes one 9-inch torte

Fast, never fail, family “standard!” The crust is like shortbread. It’s just delicious! This is the recipe of “Cape Cod-er,” Barbara Soller, grandma of Champlain Orchard’s owner, Bill Suhr.

1 cup flour
2 tsp baking powder
1/4 tsp salt
Nutmeg, several shakes
2 tbsp sugar, plus more for apples
1 1/2 tbsp butter, plus more for apples
1 egg, beaten
1 tsp vanilla
Milk, about 2 tbsp
Apples-8 to 10, enough to mound into 9-inch pie plate
Vanilla ice cream-to be served with torte


Variations:

• If making a 10-inch torte, increase the crust recipe by 50%
• Can also add ground nuts to dough for added crunch; nice with almonds
• If using peaches or plums or berries, add about a tbsp of flour or cornstarch to fruit, and also mix some flour and sugar and spread mixture on top of crust before filling the pie with fruit. If making blueberry torte, when it is removed from oven, immediately sprinkle small handful of large perfect berries on top of hot pie!
Champlain Valley Apiaries was established in 1931 by the world renowned beekeeper and apatherapist Charles Mraz (1905-1999). In 1992, The American Beekeeping Federation cited Charles among the five most distinguished beekeepers in the United States for his advances in commercial beekeeping. He worked extensively treating thousands of people using bee venom therapy for arthritis and MS. He founded the Apitherapy Society and was recently inducted into the Vermont Agricultural Hall of Fame. The apiary is presently owned and run by his son William and grandson Charles E. Mraz.

Gathered by bees from the blossoms of clover and alfalfa, their honey is light in color with a delicious and delicate flavor that has been the favorite of customers for over 70 years. Come visit their apiaries, and watch the extracting process in late September to early October, or any other time, and taste it for yourself.

Champlain Valley Apiaries produces 100% natural raw honey, in both liquid and naturally crystallized varieties. They also produce 100% pure beeswax candles, both tapers and votives, in addition to selling health and beauty aids that contain bee products.

**Availability:**

- At their “Honey Shop,” located at 504 Washington Street Extension, in Middlebury, VT (open 8:00 a.m. - 4:00 p.m., Monday through Friday).
- Online at their website, [www.champlainvalleyhoney.com](http://www.champlainvalleyhoney.com)
- Markets:
  - Middlebury Natural Foods Co-op, Middlebury
  - Greg's Meat Market, Middlebury
  - The Blue Hen Market, Middlebury
- Many gourmet markets and co-ops throughout New England
- Restaurants:
  - The Middlebury Inn, Middlebury
  - Noonies Deli, Middlebury
  - Magic Hat Brewing Company, Burlington, VT
  - L. A. Burdick Chocolates, Walpole, NH

Contact: Charles E. Mraz  
P.O. Box 127 (mail)  
504 Washington Street Extension, Middlebury, VT 05753  
Phone: 802-388-7724, toll-free 800-841-7334  
Email: cva@together.net  
Website: [www.champlainvalleyhoney.com](http://www.champlainvalleyhoney.com)
Champlain Valley Apiaries’ Health Drink & Thirst Quencher

This is a very old and healthful beverage called Honeyger. It is also a natural and supportive sports drink.

1/2 cup honey
1/2 cup apple cider vinegar
Water

Mix the honey and vinegar over very low heat until fully blended. Dilute the solution with hot or cold water to taste (we like 1 part honeyger to 10-20 parts water), and drink.

Champlain Valley Apiaries’ Honey Mustard

Crystallized honey
Dijon mustard

Mix honey and mustard to taste, and spread on your bread in lieu of conventional mustard. Delicious with ham and swiss cheese.

Champlain Valley Apiaries’ Honey Mustard Salad Dressing

Crystallized honey
Dijon mustard
Olive oil
Apple cider vinegar
Salt and pepper

Mix together equal parts honey and mustard, and then add a little olive oil and vinegar until you have reached the desired consistency and taste. Then add salt and pepper to taste.

As An Accompaniment

Also remember a good quality mild honey, like that produced at Champlain Valley Apiaries, is wonderful in coffee in place of sugar. It often smooths and enhances the flavor of the coffee unlike sugar that often leaves an undesirable after taste.
Dancing Cow Dairy

Dancing Cow Dairy is a small, grass-based family dairy located in the Champlain Valley’s Bridport. Their cows graze on a diverse mixture of native grasses and legumes. During the grazing season, they will be producing a raw milk, cave ripened cheese that will reflect the diversity of the pastures and the changing of the seasons.

We currently ship fluid milk. The farm is in organic transition. We are also currently building a cheese making facility. The cheese will be made during spring, summer, and early fall, while the cows are on pasture.

Our cheeses will be available by late summer 2005.

Availability:

- Direct sales at farm
- Natural Foods Co-ops in Addison County
- Farmers’ Markets

Contact: Steve and Karin Getz
237 Holstein Drive, Bridport, VT 05734
Phone: 802-758-3267
Email: kgetz@gmavt.com
Dancing Cow Dairy’s Fresh Chocolate Ricotta Mousse

Ricotta:
1 gallon farm fresh milk
1/2 cup apple cider vinegar

In a large stainless steel pot, heat milk to 195 degrees stirring to avoid scalding (if you have a double boiler that would be better). Turn off heat and add cider vinegar and stir gently. Let rest for 10 minutes. The curds should separate from the whey. Drain curds into a colander saving the whey. Whey can be used in other recipes for added nutrition. Using a blender or food processor, whip curds until smooth. (you can add a little whey back into the curds if necessary.

Chocolate Mousse:
4 oz of unsweetened chocolate, melted
1 lb of ricotta
1 tsp vanilla
1/2 cup Vermont maple syrup (grade B)

Combine all ingredients together in blender or food processor and whip until very smooth. Pour into dessert parfait and chill. Before serving, shave chocolate on top and add a few fresh raspberries.
Doolittle Farm

Doolittle Farm is a small, family farm in Shoreham. Their home is a 200 year old brick house with two barns that house chickens, sheep, goats, and horses. The surrounding 175 acres of farmland provide their animals with hay and summer pasture. All of their animals are provided with plenty of roaming and grazing land, creating a healthy and natural environment for them all. Their poultry and eggs are NOFA-VT certified organic, and their lamb is raised on organic grain and hay.

Doolittle Farm grows organic eggs and whole broiler/roaster chickens. They also grow naturally raised lamb, by the whole, half, or cut into pieces.

Availability:
- At the farm
- Self-serve
- Middlebury Farmers’ Market, Middlebury MarbleWorks, Saturdays 9am-12:30pm, May 28-October 29, and Wednesdays 9am-12:30pm, June 15-September 28
- As an “add-on” to Golden Russet Farm’s CSA

Contact: Bay Hammond
1078 Doolittle Road, Shoreham, VT 05770
Phone: 802-897-2121
Email: hamfam@together.net
Doolittle Farm’s Garden Vegetable Soup

A Doolittle Farm favorite! Adapted from Julie Russo and Sheila Lukens’ *The New Basics Cookbook*.

3 Leeks
2 cups water
2 tbsp white wine vinegar
4 carrots
3 parsnips
6 large cloves garlic, minced
8 tbsp (1 stick) unsalted butter
4 cups chicken stock – made from Doolittle Farm chicken!
8 small red potatoes, quartered
12 ripe tomatoes cut into 1-inch chunks
1/4 cup chopped fresh Italian parsley
12 large fresh basil leaves, slivered
1 1/2 tbsp dried tarragon
1 1/2 tsp freshly ground black pepper
1 tsp ground nutmeg
Salt, to taste
12 ounces local chevre

Trim the leeks, leaving 1 inch of green. Cut the leeks in half lengthwise. In a small bowl combine the water and vinegar. Soak the leeks for 15 minutes to remove sand. Rinse well under running water, and cut into fine dice. Place in a bowl. Cut the carrots into fine dice. Add to the leeks. Cut the parsnips into fine dice. Add to the vegetable bowl. Add the garlic. Melt the butter in a heavy deep casserole over low heat. Add the diced vegetables and cook, covered for 10 minutes, stirring occasionally. Add the stock and potatoes and continue cooking, covered, for 10 minutes. Add the tomatoes, parsley, basil, tarragon, pepper, nutmeg, and salt. Cover, and cook over medium heat for 15 minutes longer. Remove the cover, reduce the heat to low, and cook another 30 minutes. Serve topped with chevre.
Douglas Orchard

Douglas Orchard, a family-owned and operated orchard for four generations, is located on a scenic hillside in Shoreham, VT. Come try Vermont’s best cider, made fresh in one of the county’s cleanest cider mill with a superior blend of Addison County apples!

Douglas Orchards grows strawberries, raspberries, and apples of many varieties. They also make superb apple cider that is UV treated for purity and preservation of flavor. They grow pumpkins, gourds, squash and Indian corn, as well. Vermont Maple Syrup and Honey is also available for sale.

**We Grow:**
- Strawberries: mid-June to mid-July
- Raspberries: mid-July
- Apples: include Macintosh, Cortland, Delicious, Empire, Macoun, Northern Spies, and others.

**Availability:**
- Pick-your-own at the farm
- Their Farmstand, “The Apple Stand,” is open seven days a week from September 1st through Thanksgiving.

Contact: Betty Douglas
Scott Douglas and Bob Douglas, Jr., owners
1050 Route 74 West, Shoreham, VT 05770
Phone: 802-897-5041
Douglas Orchard’s Three Apple Bread

1 package yeast
1/4 cup warm water
2/3 cup warm applesauce
1/2 cup warm cider
1/2 cup grated apple
1/2 tsp salt
1 tbsp butter
3/4 cup wheat flour
2 1/4 cups bread flour
4 Tbsp sugar
1/2 tsp cinnamon
Pinch of nutmeg

Dissolve yeast in water. Mix together applesauce, cider, butter, apple, salt, sugar, and spices in bowl, and heat to lukewarm before adding yeast. Stir in flour. Let rise until double. Shape into loaf on floured board, kneading slightly. Put in loaf pans. Let rise until double. Bake at 350 degrees for 30 minutes.

Douglas Orchard’s Harvest Muffins

2 cups apples, chopped
1 1/3 cups sugar
1 cup cranberries
1 cup carrots, shredded
1 cup nuts, chopped
2 1/2 cups flour
1 tbsp baking powder
2 tsp baking soda
1/2 tsp salt
2 tsp cinnamon
2 eggs
1/2 cup vegetable oil

Combine apples and sugar. Gently fold in cranberries, carrots, and nuts. Beat eggs, then add oil, and mix. Stir egg mixture into apple mixture. Sift together dry ingredients, then add dry ingredients to wet ingredients, and blend. Grease 18 muffin tins, and fill 2/3 the way with batter. Bake at 375 for 20-25 minutes.
**Douglas Orchard’s Apple Butter**

Make applesauce, using cider instead of water for liquid. Measure applesauce, and add 1/3 cup sugar for each cup of applesauce. Add cinnamon, nutmeg, and cloves to taste (we like 1 tsp each cinnamon and nutmeg, and 1/4 tsp cloves, for 4 cups applesauce). Simmer this mixture for several hours-until in mounds in spoon. Stir the mixture often while cooking, especially at the end. Pour into jelly jars and seal.

**Douglas Orchard’s Apple Date Bars**

Optional: you can also substitute some of the filling ingredients with raisins, apricots, and/or orange or lemon zest.

**Crust:**
2 1/2 cups oatmeal  
2 cups flour  
1 cup brown sugar  
1 cup shortening  
1/2 tsp salt  
1/2 tsp baking soda dissolved in 2 tbsp boiling water

**Filling:**
1 cup chopped apples  
1 small package chopped dates  
1 cup sugar  
1 cup water

Mix together the apples, dates, sugar, and water and cook until thick, stirring often. Mix the flour, oatmeal, sugar, and salt together. Cut in shortening. Add the soda water and blend. Press 1/2 of the mixture in to a 9” x 16” pan. Cover with filling. Crumble remaining dough over filling. Bake at 350 degrees from 10-15 minutes. Cool, and then cut into small squares.

**Douglas Orchard’s Apple Brownies**

1 stick butter  
1 cup sugar  
1 beaten egg  
1 cup apples, chopped  
1 cup flour  
1/2 tsp baking soda  
1/2 tsp baking powder  
1/2 tsp salt  
1 tsp cinnamon

Mix together butter and sugar. Scrape down sides, and add egg. Stir in apples. In a separate bowl, mix dry ingredients, and then add the dry ingredients to the apple mixture. Grease an 8-inch square pan, then pour in batter. Bake at 350 degrees for 20-25 minutes.

Optional: For chocolate apple brownies, omit cinnamon, adding 2 oz. chocolate, melted, and 1 tsp vanilla.
Douglas Orchard’s Apple Nugget Cookies

2 cups flour
1/2 tsp salt
1/2 tsp cinnamon
1/2 tsp nutmeg
1/2 tsp cloves
1/2 tsp allspice
1/2 cup shortening
1 cup brown sugar
1 tsp baking soda
1 cup applesauce
1 egg, beaten
6 ounces chocolate chips

Sift flour, spices, and salt together. Cream together shortening and sugar. Add baking soda to applesauce, stirring to dissolve baking soda. Add to creamed mixture, and blend. Then add dry ingredients to moist ingredients and mix well. Stir in chocolate chips. Drop by full tsp onto a greased baking sheet. Bake at 375 degrees for 12-15 minutes.

Rose’s Swedish Apple Pie

5 apples
1 tsp cinnamon
1 cup plus 1 tbsp sugar
1 stick butter
1 cup flour
1 egg
1/2 cup walnuts

Peel and slice apples and put into pie plate. Sprinkle apples with cinnamon and 1 tbsp sugar. Mix together remaining ingredients and pour or spoon over apples. Bake at 350 degrees for 45 minutes.
Fairy Tale Farm

Fairy Tale Farm Bed and Breakfast is set on a hill with wonderful views of the Adirondack Mountains. Set among 115 acres of ponds, pastures, caves, and woods, the restored 1804 farmhouse is criss-crossed by trails that are great for hiking, snowshoeing, or just exploring. Pick blueberries, or visit their rainbow of chickens and gather eggs from the henhouse. Then visit Ellis and Jerry Lee, the farm’s friendly Mammoth Jackstock Donkeys, or their Guernsey and Randall Lineback cows. After spending the day outside, come relax with a cocktail by the fire, or on the porch. Spend the night in one of the two spacious guest rooms with private entries, private baths, and king-sized beds. Wake up after a restful night’s sleep to enjoy one of the farm’s healthy, hearty breakfasts. Visit them for country comfort and privacy, only 10 minutes from Middlebury.

In addition to running a wonderful bed and breakfast, the Maxwell’s have many chickens, fed with organic grain and pellets, which produce eggs.

Availability:
- Middlebury Natural Foods Co-op (Friday delivery)

Contact: Tom and Nancy Maxwell
1183 Route 125, Bridport, VT 05734
Phone: 802-758-3065
Email: nanmaxx@madriver.com
Website: http://www.fairytalefarmvt.com/

Fairy Tale Farm French Toast

Ben Gleason’s Whole Wheatberry Bread (Available at Otter Creek Bakery)
6-8 Fairy Tale Farm fresh eggs
1/2 cup local cream
1 tbsp sugar
Dash vanilla extract
Dash almond extract
Local butter
Vermont maple syrup

Whisk eggs, cream, sugar, and extracts in bowl. Slice bread thickly. Dip bread in egg mixture and let soak for 10-20 minutes. Heat stovetop grill or fry pans and melt butter. Fry bread slices in butter until golden brown. Serve with lots of Vermont maple syrup!
Ben and Theresa Gleason both spent part of their childhoods on family farms. Ben’s family grew potatoes and milked Guernsey cows in Connecticut. Theresa’s family raised grain, hogs, and cattle in Indiana. Ben has been growing organic grains and milling flour for the Middlebury Natural Foods Co-op and artisan bakeries since 1982.

Very few families make their living on small farms in the U.S. today. Much of our food is produced on corporate farms, where the farmer is primarily a manager. The Gleason’s believe that when a farm is small, the farmer has time to know every inch of the land, feel the soil in his/her hands, and smell the rain in the air. They believe the knowledge gained from this stewardship creates a better product and a healthier economy. They love their land and the living it provides their family.

They like the fact that they are small enough to know our customers. They enjoy delivering their flour and talking to bakers. Because their flour is not blended with flours from other farms, as is most commercial flour, it retains the special characteristics of place, or terroir. Bakers tell them they love the special flavor! They love knowing that their friends are nourishing themselves with wheat that they carefully tend. They wish you happy baking!

**We Grow:**
The Gleason’s are NOFA-VT certified organic to grow and sell wheat, flour, soybeans, eggs, and hay.

**Availability:**
Their organic, stone-milled whole wheat bread flour, pastry flour, wheat berries, and eggs may be purchased at:

- Middlebury Natural Foods Co-op
- Fat Hen Market (Vergennes)
- Mountain Greens Market (Bristol)

Breads made from our organic flour are available at many artisan bakeries throughout Vermont. Don’t forget to try Wolaver’s organic beer, brewed in Middlebury! Our wheat is used to make their Oatmeal Stout, Brown Ale, and Wit Bier. Middlebury Bagel and Deli use our flour in doughnuts, pancakes and bagels, while Otter Creek bakery uses our wheat berries in some of their breads. Several other local restaurants and delis use our products in pizza crust, breads, and pastries.

**Contact:**
Ben and Theresa Gleason
2076 East Street, Bridport, VT 05734
Phone: 802-758-2476
Email: tgleason@leicester.k12.vt.us
Gleason Grain’s Whole Wheat-Blueberry Pancakes

2 cups milk  
2 tsp honey  
2 cups whole wheat pastry flour  
2 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp salt  
2 eggs, beaten  
2 tbsp cooking oil  
1 cup blueberries (fresh or frozen)

Mix milk, egg, and honey until frothy. Add oil and mix. In a separate bowl, combine flour, baking powder, baking soda and salt. Gently stir dry ingredients into wet. Fold blueberries in gently. Do not over mix, even though the batter may be a bit lumpy and runny.

Preheat griddle or frying pan on medium heat. Melt a tsp of butter or oil and spread over pan. Ladle 1/4-1/2 cup of batter for each pancake. Cook pancakes until bubbles appear on top, flip over, and cook for another 1 or 2 minutes until done. Add more oil to pan as needed.

Gleason Grains’ Greek Bread

For 2 very large loaves

2 packages yeast (4 1/2 tsp)  
4 tbsp warm water  
1/4 tsp ginger  
1 1/3 cups milk  
2 tsp sugar  
6 cups flour (2 cups white, 4 cups whole wheat)

1 cup (a bit less) sugar  
4 eggs, well beaten  
1/2 tsp each cinnamon, nutmeg and cloves  
1/2 cup butter, melted  
Sesame seeds

Dissolve yeast in warm water, stir in ginger. Scald milk and cool to lukewarm. Combine yeast mixture, milk and 2 tsp sugar in a large bowl. Stir in 1 cup white flour. Stir until flour is damp. Cover bowl with a cloth and set in a warm place about 1 hour. Once the mixture is ready, add sugar, eggs, and spices to melted butter, and then butter mixture into yeast mixture, and stir. Stir in remaining flour. Knead until smooth and elastic. Place in bowl, cover and let rise 1 to 1 1/2 hours. Divide dough into six even pieces and round off, letting it rest for 10 minutes. Roll pieces into 18” long pieces and braid loosely on a grease cookie sheet. Cover and let rise until doubled, about 1/2 to 1 hour. Brush with beaten egg and sprinkle with sesame seeds. Bake at 375 degrees for 30-40 minutes.
**Gleason Grains’ Whole Wheat Bread**

3/4 cup honey  
1/4 cup molasses  
3 cups boiling water  
1 cup cold water  
3 packages yeast

Place honey and molasses in large bowl. Stir in hot water, and then add cold water. When liquid is lukewarm (105 to 115 degrees), sprinkle yeast evenly over mixture to activate. Use your hands to help mix it in and dissolve. Then add oil and gradually stir in flour and salt. Knead on a well-floured breadboard for 20-25 minutes. Place in ungreased bowl and cover with plastic wrap or damp towel. Set in warm place (@ 80 degrees) to rise until double, about 45 min. to 1 hour. Gently punch down, and let rise again (about 30 minutes). Round the dough and shape into three loaves (8” by 4” pan). Let rise at @ 90 degrees until it is arched over the top of the pans (about 15 minutes). Preheat oven to 350 degrees. Put bread in oven and DO NOT OPEN the oven door for 30 minutes. Check it at 30 minutes, but it will probably require 40 to 45 minutes.

**Gleason Grains’ Whole Wheat Pastry Flour Brownies**

4 eggs, beaten  
1/2 cup butter, melted  
1 tsp vanilla  
1 cup whole wheat pastry flour  
2 cups sugar  
1/2 cup cocoa  
1/2 tsp salt  
1/2 cup chocolate chips (optional)  
1/2 cup nuts (optional)

Mix eggs, butter, and vanilla together. In a separate bowl, mix together dry ingredients, and then add to egg mixture. Grease and flour a 9” x 13” pan and pour in batter. Bake at 325 degrees for 35-40 minutes. Cool and cut into small squares.

**Gleason Grain’s Chocolate Chip Scones**

These are simple and fast to make. They make a great addition to a special weekend breakfast!

2 cups whole wheat pastry flour  
1/4 cup sugar  
2 tsp baking powder  
1/2 tsp salt  
1/4 cup cold butter  
1 egg  
2/3 cup milk  
1/2 cup chocolate chips

Place flour, sugar, baking powder, and salt in food processor. Use pulse to cut in butter until crumbly (or you may do this by hand with a pastry cutter or knives). In a bowl, mix egg and milk until frothy. Combine wet and dry ingredients, adding chocolate chips at the end of mixing. Mix well and knead 8-10 times in the bowl. This will be a soft dough.

Divide the dough into two equal portions and pat into 6-inch rounds, about 3/4 inch thick. Place the two rounds on a greased cookie sheet. Cut each round into 4 wedges, but do not separate. During the baking the wedges will join together, but will break apart easily after baking. Bake in a preheated 425 degree oven for 15 minutes.
Golden Russet Farm

“We sell the best and compost the rest.”

A visit to Golden Russet Farm of Shoreham is worth the drive. Only 12 miles from Middlebury, customers enjoy driving through the lovely, picturesque farm country on their way to the farm.

The Stevens’ began growing vegetables in Monkton, Vermont, in 1981. Golden Russet Farm, in Shoreham, was established in 1984. All vegetables grown there are, and have been since 1987, NOFA-VT certified organic.

Starting May 1st, through June, an excellent assortment of organically grown vegetable, flower, and herb plants are for sale in the greenhouses. Organic potting mix, fertilizer, seeds, and potato and onion sets are also available. Parsnips and asparagus are for sale by the pound in early May. As the season progresses, the fields yield great harvests of spinach, lettuce, peas, beans, cucumbers, tomatoes, corn, and a wide variety of other summer and fall vegetables.

Availability:

- At the Farm
  - From their farmstand, open May-October (call for hours)
  - “Farm-to-Kitchen Connection,” their CSA (Thursday afternoon pickups, starting in mid-June)

- Middlebury Farmers’ Market, Middlebury MarbleWorks, Saturdays 9am-12:30pm, May 28-October 29, and Wednesdays 9am-12:30pm, June 15-September 28

- Markets, Co-ops, and Grocery Stores:
  - Middlebury Natural Foods Co-op, Middlebury
  - City Market, Burlington
  - Fat Hen Market, Bristol
  - Healthy Living Market, South Burlington
  - Mountain Greens Market, Bristol

- Restaurants
  - American Flatbread, Middlebury
  - Storm Café, Middlebury

Contact: Will and Judy Stevens
1329 Lapham Bay Road, Shoreham, VT 05770
Phone: 802-897-7031
Email: wstevens@shoreham.net
Website: http://www.goldenrussetfarm.com/
Golden Russet Farm’s Eggplant Tomato Casserole

Serves 6

1 large eggplant (about 1 1/2 lbs)
1 1/2 tsp salt
2 eggs, beaten
2 tbsp melted butter
Fresh ground black pepper
2-3 tbsp chopped onion
1/2 tsp crushed oregano
1/2 cup dry breadcrumbs
2 large tomatoes, sliced thin
2 oz cheddar cheese, grated
1/4 cup grated Parmesan cheese
Paprika to taste

Peel and slice the eggplant. Cook covered in a pan with about 1 inch of water and the salt. When tender, drain and mash the eggplant. Mix in the eggs, melted butter, pepper, onion, oregano, and breadcrumbs. Butter a shallow 1 1/2 qt baking dish. Cover the bottom with 1/2 of the tomato slices. Spoon in all of the eggplant mixture. Arrange the rest of the tomato slices on top. Spoon in all of the eggplant mixture. Mix together the cheeses and sprinkle over the top layer of tomatoes. Add a sprinkle of paprika and bake at 375 degrees for about 45 minutes.
Golden Russet Farm’s Zucchini in Dill Cream Sauce

Makes 6 generous servings.

2 1/4 lb zucchini, cut in thin strips (7 cups)
1/4 cup finely chopped onion
1/2 cup water (1 cup if using bouillon cube)
1 tsp salt
1 tsp instant chicken bouillon granules (1 cube)
1/2 tsp dried dill weed (2 tsp. if using fresh weed)
2 tsp butter or margarine melted
2 tsp sugar
1 tsp lemon juice
1/2 cup dairy sour cream
2 tbsp flour

In saucepan, combine zucchini, onion, water, salt, bouillon granules, and dill weed; bring to boil. Reduce heat, simmer, cover 5 minutes or until zucchini is just tender. Do not drain. Add butter or margarine, sugar, and lemon juice. Remove from heat. Blend flour into sour cream. Stir about half the hot cooking liquid into the sour cream; return to the saucepan. Cook and stir until thickened and bubbling.

Golden Russet Farm’s Untossed Tossed Salad

Serves 12

Layer in this order: 1 small head of lettuce, 1/2-1 lb spinach, fresh peas (blanched), salt, pepper, sugar to taste, sliced sweet onion, 1/2 lb cooked bacon (crumbled), mayonnaise, julienned swiss cheese, 4-6 hard boiled eggs (chopped or slices). Cover and refrigerate for several hours.
Mountainyard Farm

Mountainyard Farm is located in the Green Mountains in Ripton, Vermont. This is their 16th growing season, and they have a lot going on! They have a small flock of sheep that are of paramount importance to their organic tomato operation in that they provide manure, which is then made into compost, and spread on the tomato beds. They also grow many vegetables, salad greens, and herb plants. They also have chickens and horses, and lots of wildlife.

We Grow:
NOFA-VT certified organic tomatoes in greenhouses. The tomatoes are grown in the ground. The tomatoes are ready in early spring, and greens are ready soon thereafter. The many kinds of vegetables and herb plants follow soon in early summer.

Availability:
- Farmstand: help yourself, is always “open”
- Delivery: twice a week, Tuesdays and Fridays, in a limited local area.
- Markets:
  - Middlebury Natural Foods Co-op
  - The Field Farm, Middlebury
- Restaurants and Inns
  - Storm Café, Middlebury
  - Blueberry Hill Inn, Goshen
  - Café Provence, Brandon

Contact: Mia and Freeman Allen
1676 Natural Turnpike
PO Box 35, Ripton, VT 05766
Phone: 802-388-7394

Mountainyard Farm Tomato, Basil and Cheese Salad

Tomatoes (enough for a large platter)
Few tbsp olive oil
5-6 cloves garlic
Basil (purple and green)
Feta to taste

Slice very ripe, room-temperature tomatoes. Heat up olive oil and cook a bunch of garlic. Pour garlic and oil over tomatoes. Break up fresh basil over tomatoes and garlic. Top with feta cheese or fresh mozzarella.
At Mount Independence Organic Farm, Leslie and Ken are dedicated to preserving the farming practices that have sustained us for centuries. Their beef, pork, poultry and plants thrive with whatever Mother Nature has to offer, and nothing more. They specialize in rare and difficult to grow medicinal and culinary herbs, gourds, edible flowers, game birds, fresh eggs and poultry. Take a day trip and explore some of the still untouched parts of town. You can catch them at the Orwell Farmers’ Market, stop at Buxton’s General store and plan a picnic, or visit them at the farm on your way for a hike or a summer music concert at the Mount Independence Historic Site and Museum.

We Grow:
Leslie and Ken grow many different kinds of fresh, NOFA-VT certified organic vegetables, even oriental ones like bok choy and napa cabbage (mid to later summer). They also grow many kinds of culinary and medicinal herbs and teas (fall), in addition to soybeans and grains (flour). They also raise organic meats, including free-range chicken (meat and eggs), beef, pork, and our specialty, gourmet pheasants (November through January). They sell bulk feed and hay to organic dairies; wheat and soybeans by the pound; and flour in 20 lb bags. Oats, barley and hops are sold for organic beer making. Rosemary, Thyme, Basil, Oregano, Sage, Lavender are sold to local restaurants. They do mail order for small quantities of dried plants, herbs, grains and ship frozen pheasants.

Availability:
- At the farm
- Mail order for some goods; call for more information
- Orwell Farmers Market, Fridays, from 3:30 to 6:30 p.m., in the center of town
- MANY different restaurants in the area
- Wolaver’s Organic beer

Leslie Dyer, and Ken Van Hazinga
Mount Independence Organic Farm
28 Shoales Drive
Orwell, VT 05760
Phone: 802-948-2200
Email: leslie@mtindependence.com
Website: http://mtindependence.com
Mount Independence Organic Farm’s Roasted Pheasant with Orange, Sage and Juniper Berries

1 pheasant (2 1/2 pounds)
Juice of 2 oranges
2 tbsp zest
1 large clove garlic, crushed and creamed with a pinch of salt
1 tsp juniper berries, crushed
1 tbsp olive oil
1 oz Grand Marnier or Cointreau (optional)
1/2 orange (for stuffing)
Fresh sage
1 French shallot, cut in half
Salt and pepper
Olive oil
Bacon strips
2 tart apples, sliced thick,
2 French shallots, coarsely chopped
Halved small new potatoes
Chicken broth, if needed

A few hours ahead of time, prepare the marinade by mixing together the juice, zest, garlic, juniper berries, olive oil, and liqueur. Set aside in refrigerator. Preheat oven to 350 degrees.
Slowly loosen breast skin of pheasant and insert a sprig of sage in each side. Insert 1/2 orange (lightly squeezed), shallot, and one more sprig of sage into cavity. Tie legs together.
In the roasting pan, combine apples, shallots, and potatoes and toss with marinade. Brush bird with olive oil, and add salt and pepper to taste. Place pheasant breast side down to start. Cook in the center of your oven for approximately 20 minutes. Turn pheasant over, and cover breasts with thin slices of bacon. Cook for 30 minutes, basting often. (Keep some chicken broth on hand to replenish liquid if necessary). Remove bacon from breasts and cook for 20 to 30 minutes more, or until done, when juices run clear. Let pheasant stand for 10 minutes before cutting.

Mount Independence Organic Farm’s Grilled Zucchini

1 8” zucchini, sliced in 1/8’ thickness, then cut in half
1 small (1 1/2”) yellow onion, sliced and quartered
1 red tomato, sliced in 1/4” thick slices, and halved
1 tbsp tarragon
1 tbsp butter

Sauté zucchini and onions in a frying pan until slightly brown, then add tomatoes and tarragon. Cover for a minute, or until tomatoes start to soften.
Mount Independence Organic Farm’s Panzanella

An Italian bread salad with fresh summer ingredients.

8 oz stale bread, cubed
Olive oil
Parmesan cheese, grated
3 large tomatoes, peeled and cubed.
2 small red onions, thinly sliced
3 garlic cloves, crushed and creamed with a pinch of salt
1/4 cup fresh basil leaves, chopped
2 tbsp balsamic vinegar
1/3 cup olive oil
Ground pepper

Toss bread cubes in oil and 3 tbsp Parmesan cheese. Place on cookie sheet and bake in 350 degree oven until browned. Remove and set aside to cool. In a large wooden bowl, combine garlic, vinegar and oil to make vinaigrette. Add vegetables, basil, and bread, tossing to combine. Add pepper to taste.

Mount Independence Organic Farm’s Pumpkin Tortelli

1 small cooking pumpkin
1 3/4 cups freshly ground Parmesan cheese
5 crushed ginger snaps or amaretti cookies
3 tbsp crushed walnuts
Salt and pepper
1 3/4 cups all-purpose flour
2 eggs
3 oz fresh butter
1/4 dried sage

Cut, seed, and bake pumpkin in 350 degree oven until tender. Remove flesh and puree in a food processor. Mix 12 oz of puree with half of the cheese, the crushed cookies and nuts, and salt and pepper to taste. On a board, heap flour into a mound, and make a well. Break eggs into the well. Work eggs into flour to make dough and knead until smooth and elastic. Divide in two and roll out thin to make to equal sheets. On first sheet, drop small amounts of pumpkin filling about 2 inches apart. Cover with second sheet of dough and press around each mound. Cut with 2 inch fluted cookie cutter. Cook tortelli for 2 to 3 minutes in a large pot of boiling salted water. Drain; serve topped with the butter, sage, and remaining Parmesan cheese.
Mount Independence Organic Farm’s Dry Meringue with Lemon Curd

3 egg whites
1/4 tsp cream of tartar
1 cup sugar
5 egg yolks
2/3 cups sugar
1 tbsp lemon zest
1/3 cup lemon juice
Whipping cream

Preheat oven to 250 degrees. In a large bowl, beat egg whites with cream of tartar until soft peaks form. Add sugar to egg whites very slowly, as you continue beating until stiff. Line a quiche pan with parchment paper and add meringue, pushing up at sides. Bake at 275 degrees for one hour, turn off oven and leave shell in the oven until cool. For the curd, in the top of double boiler, beat egg yolks until light and fluffy. Then add sugar, lemon juice, and zest, cooking until thick. Pour lemon curd into pie shell and let sit, loosely covered, overnight in refrigerator. This will allow flavors to develop. Serve topped with whipped cream, candied lemon peel, mint sprigs and Violas, if in season.
Marjorie and Marian have been practicing sustainable farming since they began making all-natural “farmhouse” cheese in 1981. “Farmhouse” cheese is cheese made exclusively with milk from a farm’s own cows. They milk six Jersey cows, fed with sweet tasting and sweet smelling grain and organic hay, from November through May. This makes a rich, raw milk, aged cheese with a slightly tangy, full-bodied flavor. More moist than cheddar, their cheese has a buttery color and a smooth, creamy texture, similar to havarti and colby. Delicious cut off the wheel with wine, melted in grilled cheese sandwiches, distinctively topping nachos or pizzas, or with any other recipe, Orb Weaver cheese makes a tasteful addition to your meal. In 2001, they also started aging some of our all-natural cheeses in a cave, built with local Panton, VT stones, to replicate as closely as possible the original cheese aging process used before the invention of refrigeration. This yields a cheese with a robust, complex array of nutty and earthy flavors, and a firmer, slightly drier texture than our other cheese. All of their cheeses are made in the European tradition, stirring, forming, and date-stamping each wheel by hand. Both natural rind and waxed wheel cheeses are available from November to May. In the summer, they grow and sell organic vegetables to local markets and restaurants.

**We Produce:**
- All natural waxed hard cheese and cave-aged cheese
- Vegetables include a variety of lettuce, tomatoes, peppers, eggplant, broccoli, zucchini, and others, all NOFA-VT certified organic.

**Availability:**
- Area markets
  - Middlebury Natural Foods Co-op, Middlebury
  - Fat Hen Market, Vergennes
  - Mountain Greens Market, Bristol
  - Shelburne Market (cheese only), Shelburne
  - City Market (cheese only), Burlington
- Restaurants
  - Fire and Ice, Middlebury
  - Otter Creek Bakery, Middlebury
  - Mary’s Restaurant at Baldwin Creek, Bristol
  - Waybury Inn, East Middlebury
- Mail order at the farm—please call in advance
- Delivery: Tuesdays and Fridays

Contact: Marjorie Susman and Marian Pollack
3406 Lime Kiln Road, New Haven, VT 05472
Phone: 802-877-3755
Email: orbweavr@together.net
Orb Weaver Farm’s Macaroni and Cheese

1 lb penne pasta, cooked
3 cups cheese sauce (see below)
3/4 cup Orb Weaver Cheese
1 cup breadcrumbs (see below)

Preheat oven to 375. Butter a 2 1/2-3 qt casserole. Put the cooked penne into the casserole, pour the cheese sauce over it, and mix gently. Sprinkle the grated cheese evenly over the top and spread the breadcrumbs over the cheese. Bake uncovered, until the top is golden, and the sauce is bubbling, about 30 minutes.

Cheese Sauce:
4 tbsp butter
4 tbsp flour
2 cups hot milk
Salt & pepper to taste
1 cup Orb Weaver Cheese
Pinch cayenne pepper

Melt butter in saucepan, stir in flour and cook stirring constantly for 2 minutes. Add hot milk, and stir until sauce thickens. Bring to a boil, add salt and pepper, lower heat. Stir in 1 cup Orb Weaver Cheese, and cayenne. Cook 2-3 minutes, until cheese melts

Breadcrumbs:
Mix 1 cup breadcrumbs with 2 tbsp olive oil and toast in a 300 degree oven for 30 minutes.
Pleasant Hill Farm Market

Pleasant Hill Farm Market specializes in carrying as much high quality local produce as possible when in season. We grow some of our own produce and cut flowers right on their property, as well as on their family farm in Cornwall. Customers can hand select a beautiful head of red lettuce, fresh basil or a bouquet of flowers right out of their gardens! They also purchase produce from many local producers including raspberries, wild blueberries, peas, pumpkins, corn, potatoes, apples, cider, honey, maple syrup, etc. They carry local dairy products and baked goods, as well as hand made gifts from local artisans. During the holidays, they hand make wreaths and sell VT grown Christmas trees. They do carry some organic products as well.

Visit their market! They’re open daily from 9 a.m. - 6 p.m., and are located just south of Foster Motors car dealership, 3 miles south of the Middlebury village. They offer shipping of our products, and will deliver in the area for a small fee.

Contact: Susan Payne-Bruce
2369 Route 7 South, Middlebury, VT 05753
Phone: 802-388-6443
Email: pleasanthillmkt@aol.com

Pleasant Hill Farm Market’s Maple Bread Pudding

Serves 8

| 5 slices Pleasant Hill Farm honey oat bread | 3 cups milk |
| 4 tbsp softened butter | 2/3 cup sugar |
| 1/2 cup raisins | 4 eggs |
| 1 tsp cinnamon | 1 tsp vanilla extract |

Vermont Maple Syrup to taste

Preheat oven to 350 degrees. Lightly butter a shallow 12x8x2-inch baking dish. Butter bread slices generously with the butter. Cut each slice into 4 squares. Sprinkle raisins over the bottom of the prepared baking dish then arrange bread squares, buttered side up, over raisins. Sprinkle bread with the cinnamon.

In a saucepan, heat milk just until bubbles form around edge; remove from heat. Add sugar, stirring until sugar is dissolved.

In a large bowl, beat eggs; stir in hot milk mixture then stir in vanilla. Pour over bread in baking dish. Set baking dish in a larger baking pan then add about 1/2 to 1 inch of very hot water to the larger pan. Bake at 350 degrees for 40 to 50 minutes, or until a knife inserted in center comes out clean. Remove baking dish from the larger pan of water and let cool for about 15 minutes before serving. Drizzle maple syrup to taste over bread pudding. Can be served warm or cold. Refrigerate unused portion.
Silly Goose Farm

Welcome to our diversified Vermont farm. We farm in "the old way," instead of concentrating our efforts on only one crop we do a little bit of everything...

Silly Goose Farm is a small family farm located on Dead Creek in Addison County, Vermont. They raise Icelandic sheep, feeder pigs, free-range chickens, Muscovy ducks, and guinea fowl. In the fall, they offer meat for sale “on the hoof,” meaning they sell half and whole animals that they can have butchered at a local slaughterhouse of your choice. They also offer fiber products for sale from their sheep (raw fleece, roving, and yarn).

Their meat and poultry are available in late summer and fall for pickup at the farm. They have Icelandic pelts, raw fleeces, rovings, and yarn available both on their website, and at the farm. All of their animals are raised on natural grasses and minerals, and receive lots of tender loving care.

Availability:
- Please call farm to make an order for pickup!
- Farm is open by appointment only

Contact: Jessica Danis
427 Stovepipe City Road, Panton, VT 05491
Phone: 802-475-3444
Email: jcdanis@gmavt.net
Website: http://www.greenmountainaccess.net/~sillygoose/index.htm/
Silly Goose Farm’s Lamb Shish Kabobs

1 lb lamb stew meat or kabob cubes
1 small chopped onion
1/4 cups fresh lemon juice
2 tsp each olive oil and water

1/4 tsp pepper
1/2 tsp sea salt
2 cloves chopped garlic
1/2 tsp dried thyme

Combine all ingredients and marinate for 4-24 hours. Drain meat and thread onto metal skewers. Cook until still pink in center. Marinade can be sautéed with fresh zucchini and tomatoes for a delicious side dish.

Silly Goose Farm’s Savory Lamb Chop Rub

3 tbsp coriander seeds
2 tbsp fennel seeds
2 tbsp sea salt
1 1/2 tbsp thyme

1/2 tbsp pepper
1/2-1 tsp chili powder
8-10 lamb chops
Olive oil

In coffee grinder (not used for coffee) or blender whirl coriander and fennel seeds until finely ground. Add salt, thyme, pepper, and chili powder and whirl to combine. Rub 1/2 tbsp of mixture into each chop and wrap airtight. Chill for 4-24 hours. Grill until surface is brown and center is pink. Or you may cook on stovetop in olive oil in a cast iron or nonstick pan.

Silly Goose Farm’s Pork Chili

1 1/4 lbs ground pork
1 1/2 cups chopped onion
1 cup chopped green pepper
1 1/2 tbsp chopped garlic
3 tbsp chili powder
1 tbsp red wine vinegar

1 tsp each ground cumin and oregano
1/2 tsp black pepper
1/4 tsp red pepper flakes
1 bay leaf
28 oz can diced tomatoes
2 (14.5 oz) cans cannelloni beans

Brown pork in Dutch oven; drain fat. Add onion, green pepper, and garlic; sauté until soft, 5-7 minutes. Stir in herbs and seasoning; mix well. Add tomatoes and drained beans; bring to a boil, reduce heat and simmer for 1 hour, stirring occasionally. Remove bay leaf and serve.
Silly Goose Farm’s Maple Pork Chops

6 1” pork chops
1 tbsp vinegar
1 1/2 tsp salt
1/8 tsp pepper
1/2 cups water
1/4 cup diced onion
1 tbsp Worcestershire sauce
1/2 tsp chili powder
1/2 cup maple syrup
Flour for gravy

Brown chops. Place in flat baking dish. Mix all ingredients and pour over chops. Cover and bake at 400 degrees, basting occasionally for 45 minutes. Uncover; bake 15 minutes more. Remove chops and thicken sauce with flour.

Silly Goose Farm’s Marinated Duck Breasts

4 Muscovy duck breasts, deboned and skinned
1/2 cup each olive oil and red wine vinegar
2 tsp Italian seasoning
1/2 cup each olive oil and red wine vinegar
2 tbsp Worcestershire sauce
Juice of 2 lemons
1/2 tsp garlic powder
Pepper to taste
4 slices bacon

Soak duck breasts in salt water for at least 3 hours. Blot with paper towels, place in shallow pan. Combine all ingredients except bacon and pour mixture over duck breasts. Marinate in refrigerator at least 3 hours or overnight. Remove breasts from marinade and wrap each in a slice of bacon; secure bacon with toothpicks. Grill over medium/low heat for 7-8 minutes each side or until bacon is done. Duck should still be pink in center.

Silly Goose Farm’s Fabulous Duck Sauté

4 slices chopped bacon
2 Muscovy duck breasts, deboned and skinned
1 medium onion, chopped
3 carrots, chopped
1 rib celery, chopped
1 large clove of pressed garlic
Pepper to taste
1/2 cup shredded cheddar cheese
3 tbsp soy sauce
3 tbsp flour
2 or 3 cups milk
3-4 cups cooked brown rice

Sauté bacon until medium crisp. Remove bacon from pan with slotted spoon. Reserve about 3 tbsp bacon fat in pan, discard the rest. Add sliced duck and pressed garlic. Sauté 3-5 minutes. You want them to be fairly rare so they don’t overcook at the end. Remove duck from pan and drain on paper towel. Sauté vegetables in remaining fat and juices until tender. Add flour and stir until evenly blended. Add soy sauce and wine. Blend to thicken. Slowly pour in milk to make a sauce. Add duck, bacon, and cooked rice and stir to combine. Season with pepper and blend in cheese to melt. Serve immediately.
Singing Cedars Farmstead

Located overlooking Lake Champlain, in what is known as the Blue Ledge Natural Area, the Singing Cedars farm is a wide collection of vegetables, animals, people, and wildlife. They grow our animals and produce in a conscientious manner, striving for a healthier environment. Their farm provides the majority of the food Scott and Suzanne eat, fuel for their home, as well as lots of food for others.

They have also helped conserve the undeveloped shoreline of Lake Champlain, near the farm, from developed or logging by donating a large plot of land to a new Lake Champlain Land Trust and entering into a conservation easement with Vermont chapter of The Nature Conservancy. Protecting these cliffs and view are just as important as protecting the rare natural communities that they share this land with.

**We Grow:**
A wide, diverse array of NOFA-VT certified organic vegetables, cut flowers, chicken, turkey, and some beef. Vegetables include lettuces, other greens, tomatoes, carrots, squash, melons, onions, garlic, and many, many more!

**Availability:**
- Farmers’ Markets
  - Middlebury Farmers’ Market, Middlebury MarbleWorks, Saturdays 9am-12:30pm, May 28-October 29, and Wednesdays 9am-12:30pm, June 15-September 28
  - Orwell Farmers’ Market from 3-6pm on Fridays
- Pre-order-for farm (by appointment) or Farmers’ Market pickup
- Limited delivery, by request.

Contact: Scott Greene and Suzanne Young
30 Black Snake Lane, Orwell, VT 05760
Phone: 802-948-2062
Email: scottnsuzanne@moosemail.com
Website: www.singingcedarsfarmstead.com
Singing Cedars’ Cabbage and Carrot Salad

This is a quick, tasty salad to make year-round!

- 4 cups organic red cabbage, grated
- 4 cups organic carrots, grated
- 1/2 cup organic sunflower seeds
- 1/2 cup organic raisins
- 1/4 cup organic olive oil
- 1/4 cup balsamic vinegar
- 1 tsp local honey (to taste)
- Pinch of black pepper and salt (to taste)

Combine cabbage, carrots, sunflower seeds and raisin in a large bowl. For the dressing, mix the oil, vinegar, honey, and salt and pepper together in a pint mason jar, cover and shake well. Toss veggie ingredients together with the dressing in a large bowl. Serve right away, or refrigerate for 1/2 hour.

Singing Cedars’ Veggie Crepes

Makes 11-12 crepes

A favorite at our farm on summer nights when the garden is overflowing with zucchinis and summer squashes!

Basic Crepes (from Horn of the Moon Cookbook, by Ginny Callan, Harper Perennial, 1987)
- 3 local organic eggs
- 1 tsp local honey
- 1 cup local organic unbleached white flour
- 1/2 cup local organic whole wheat pastry flour
- 1 3/4 cups organic milk
- 2 tbsp organic butter, melted

In a medium-sized bowl, whip eggs until light, then add honey, salt, and flours. Stir in well. Slowly add milk, 1/4 cup at a time. When well mixed, add melted butter. Allow batter to sit at room temperature 2 hours, if possible. To cook, pre-heat a 10 inch cast iron skillet over medium heat. Melt 1/2 tbsp butter in the pan, then add 1/4 cup of batter, quickly swirling pan so that the batter covers the bottom thinly. Cook 1-2 minutes, until lightly golden in color, then flip crepe over with a spatula, cook 1 minute more, and remove from the heat. Repeat process until all batter is used. Store cooked crepes on top of one another and allow to cool. Be sure to use a small amount of batter or crepes will be too thick.
**Singing Cedars’ Veggie Filling**

2 small organic zucchinis, sliced thin  
2 small organic summer squash, sliced thin  
1-2 small organic tomatoes  
Small organic onion, sliced  
2-3 cloves of organic garlic, chopped  
Fresh basil, thyme or other herb  
Oil or butter to sauté

Pre-heat a heavy pan at medium heat. Add oil or butter, onions and garlic, and stir fry. Follow with veggie slices. Cook briefly to slightly soften, then add tomato slices and fresh herbs, quick stir turn off heat. Fold crepes over veggies, Enjoy!
Stonewood Farm

Stonewood Farm is three generation, 600-acre family farm in Orwell, VT. Paul and Frances pride themselves in specializing in premium quality turkeys with superior flavor and juiciness that can only be grown in Vermont. The farm grows 23,000 turkeys and 550 dairy heifers annually, with plenty of fresh Vermont air, cool nights, green pastures, good feed, and lots of TLC. Their turkeys are grown naturally: no antibiotics, no hormones, no preservatives, no artificial ingredients, no fillers, and no nitrates/ nitrites. All processing is done in a spotless, Federally inspected processing building located on the farm. Come visit the farm, and play with baby turkeys (called “poults”), as they arrive at the end of May. School and groups are welcome, just please call well in advance.

The farm produces fresh turkeys for Thanksgiving and Christmas, in addition to turkey products year round. All products are made from Stonewood Farm turkeys, with as much fat removed as possible. Products include: Ground Turkey, Turkey Sausage (four different kinds), Boneless Breast, Smoked Boneless Breast, Bone-in Breast, Dark Ground Turkey, and Whole Turkey.

Availability:
- Middlebury Natural Foods Co-op, Middlebury
- Other fine grocers, please call the farm for more information

Contact: Paul and Frances Stone
105 Griswold Lane, Orwell, VT 05760
Phone: 802-948-2277
Email: stone@stonewoodfarm.com
Website: www.stonewoodfarm.com

Sronewood Farm’s Cranberry Turkey Sausage Stuffing

Enough stuffing for an 18 to 20 lb Stonewood Farm Turkey

1 15 oz pkg. any brand all-purpose seasoned stuffing
2 eggs, slightly beaten
1 1/2 cups finely chopped onions (about 4 medium)
2 1/2 cups finely chopped celery (about 6 stalks)
1 lb Stonewood Farm Turkey Sausage, pan-fried until loses its raw color
1 can (8 oz) jellied cranberry sauce, beaten until thin
1 to 2 cups apple juice

Mix stuffing, cooked sausage, chopped onion and celery, eggs, and cranberry sauce. Add apple juice, a little at a time, until entire mixture is dampened but not mushy. (For less moist stuffing use less apple juice). Stuff turkey loosely and cook as directed for weight of turkey. Any remaining stuffing can be baked separately in covered casserole for 30 minutes at 350 degrees.
The Last Resort

The Last Resort is home to a beautiful, 200-acre family farm that has transitioned from dairy to organic produce.

We Grow:
NOFA-VT certified organic berries, including strawberries, raspberries, currants, and gooseberries, and vegetables of all kinds, though asparagus and garlic are our specialties.

Availability:
- Farmstand at the farm, self-service
  - 8 a.m. to 6 p.m. from June to October
- Pick-your-own at the farm
  - Tuesdays, Thursdays, Saturdays from 8 a.m. to 12 p.m.
  - Usually open from June 15 to July 4, though call for exact dates
- Farmers’ Markets:
  - Bristol-Wednesdays, 3-6 p.m., June 22-October 12
  - Richmond-Fridays, 3-6:30 p.m., June 10-October 14
- Markets:
  - Mountain Greens Market, Bristol
  - Fat Hen Market, Vergennes
  - Healthy Living Market, South Burlington
  - City Market, Burlington
- Restaurants:
  - Mary’s Restaurant at Baldwin Creek, Bristol

Contact: Eugenie Doyle and Sam Burr
2246 Tyler Bridge Road, Bristol VT 05443
(Driving address is 2246 Tyler Bridge Road, Monkton VT)
Phone: 802-453-2847
Email: edoyle@madriver.com
**The Last Resort’s Pesto**

3 cups fresh basil leaves  
2 or 3 cloves fresh garlic  
1/2 cup walnuts  
3/4 cup fresh parsley  
3/4 cup grated Parmesan cheese  
1/2 cup olive oil  
1/4 cup melted butter

Combine all ingredients in food processor or blender. Toss with hot pasta.

**The Last Resort’s Raspberry Pie**

Pastry for 8 inch double-crust pie  
3 1/2 pints fresh raspberries  
3 tbsp flour  
1/8 tsp salt  
1/2 tsp lemon juice  
3/4 cup sugar  
1 tbsp butter

Line 8-inch tin with 1/2 of the crust (bottom layer). Combine flour, salt, lemon juice, sugar with berries. Mix gently. Pour into bottom crust. Dot with butter. Cover with remaining crust; crimp edges. Make 4 slits in top of pie and bake at 375 degrees for 40 minutes.
Weed Farm

Weed Farm is a small family farm, located in the Green Mountains, in Lincoln, Vermont. They're off the beaten path, on the slope of Mt Abraham just above Beaver Meadow Brook. Here they grow culinary and medicinal herbs, and raise chickens for eggs and meat. Come visit their farm; it's worth the trip!

Weed Farm is NOFA-VT certified organic. At the farm, they teach classes in herb processing and cooking with herbs. They will also make herbal preparations for individuals, upon request. They also offer "Garden Magic" day camps for kids during the summer.

In addition to their eggs and chickens available at the farm or nearby markets, their herb plants and seeds, and dried herbs, are available through their catalog or on their website, in the spring, and at the farm from May 15 - June 15. They also carry herb preparation supplies, like tea bags, herb grinders, tincture bottles, and beeswax for making salve, at their farm stand.

Availability:
- Farmstand: open May 15 to September 15, 9 a.m. to 6 p.m. (self-serve)
- Chicken by pre-order subscription
- Eggs available year round at the farm
- Catalog and website sales
- Bristol Farmer's Market, Wednesdays 3-6 p.m., June 22-October 12
- Markets: (delivered fresh Tuesday mornings)
  - Mountain Greens Market, Bristol
  - Fat Hen Market, Vergennes

Contact: Susan Borg
613 Quaker Street, Lincoln, VT 05443
Phone: 802-453-7395
Email: weedfarm@gmavt.net
Website: www.weedfarmherbs.com
Weed Farm’s Kale, Yam and Walnut Salad

Serves 4
4 yams
1 cup walnuts, chopped
8 cups kale, chopped
3/4 cup olive oil
1/4 cup balsamic vinegar
Lemon thyme to taste
Goat cheese or blue cheese optional

Bake the yams until soft, and cut into bite-sized chunks. Steam the chopped kale until tender. Mix the olive oil and vinegar to make a dressing, adding as much lemon thyme as you like. To serve, place a “nest” of kale in the middle of each plate, and place some yam chunks on top. Sprinkle the walnuts on top, and add dressing to taste. You can also crumble some blue or goat cheese on top, as well. Enjoy!

Weed Farm’s Confetti Potato Salad

Serves 4
12 to 16 small beets (3-4 per person)
12 to 16 small new potatoes (3-4 per person)
4 large handfuls of fresh or snap peas, chopped
2 yellow peppers, chopped
2 orange peppers, chopped
3/4 cup olive oil
1/4 cup balsamic vinegar
Fresh dill
Salt

Boil the beets and potatoes, separately, until tender. Once cool, cut the beets into quarters. Mix the olive oil and vinegar until well blended, and then add lots of fresh dill and salt to taste to make vinaigrette. Add some dressing to the beets, and let marinate. Cut the potatoes into quarters, put in a large bowl, and set aside. Add the chopped peas, yellow pepper, orange pepper, and marinating beets together. Dress with some more dill vinaigrette, and toss.
**Weed Farm’s Root Soup**

Serves 4

8 garlic cloves, minced
4 garlic-clove-sized pieces of fresh ginger, grated
4 burdock roots, cut in 2” pieces and sliced into match sticks
4 carrots, cut in 2” pieces and sliced into match sticks
4 Parsnip, cut in 2” pieces and sliced into match sticks
Olive oil
Toasted sesame oil
Tamari to taste
Chicken or vegetable stock, optional

Sauté the minced garlic, grated ginger and burdock slices in a small amount of olive oil and toasted sesame oil. Cover and cook about 5 minutes. While the burdock is cooking, slice the other roots. Add them to the burdock with enough water or broth to cover, adding a little tamari to taste. Simmer until tender.

**Weed Farm’s Tarragon Fish Stew**

Serves 4

2 large onions
1 garlic bulb (yes, use all of the cloves!)
3 medium Yukon Gold potatoes
5 carrots
1 cup Madeira wine
2 cups milk (cow or soy)
2 cups water or broth (vegetable or chicken)
1 cup fresh tarragon
1 1/2 cups dried tarragon
1/4 cup tamari
1/4 cup balsamic vinegar
Olive oil
Toasted sesame oil
2 1/2 pounds of mild fish, cut in cubes

Chop the onions and garlic cloves. Sauté together with some olive and toasted sesame oils until they begin to soften. Cube the potatoes and carrots, and add to the onion garlic mixture. Once the carrots and potatoes begin to soften, add the Madeira, milk, water/ broth, and tarragon. Simmer until the potatoes and carrots are tender. Then add the fish, tamari, and vinegar, letting the stew simmer until the fish is cooked through. Serve.
Weed Farm’s Lean, Green Chickweed Salad

Chickweed is highly nutritious, full of vitamins A, B, C and minerals. Its flavor is very mild and "green" so it tastes good in salads or added at the last minute to soups.

1 cup chickweed, freshly picked
1 cup young lettuce leaves (or other greens)
1 cup green pepper, chopped
1 cup cucumber, sliced
Sesame seeds, chickweed flowers, or pine nuts as garnish
Your favorite dressing

Toss together greens, adding pepper and cucumber on top. Toss with your favorite dressing, and then add garnishes, as desired. Serve!

Other Uses for Fresh Herbs

Fresh herbs can be used in a salad. Use herbs like Arugula, Chervil, Chives, Dill, Purslane, Parsley and French Sorrel, adding some lettuce, if desired. Others to try include Shish, Lemon Balm, Nasturtium, Buckwheat, and/or Chickweed. You can also use fresh herbs as garnishes on cooked foods, or snipped into foods that are cooked briefly, like omelettes, stir fries, steamed fish or vegetables.

Fresh herbs can also flavor vinegar or honey. Immerse fresh herbs in a bottle or jar of warm vinegar or honey and let them rest in a cool, dark place for a few weeks. Basil, especially Red Opal Basil, Dill and Tarragon are popular vinegar herbs. Violets and Calendula are favorites in honey.

Fresh herbs can be kneaded into bread dough, pasta dough, or piecrust. Caraway, Dill and Blackseed Nigella seeds work well in baking, as do ground Coriander seed and dried Basil, Dill and Oregano. Fresh herbs can also be added to soups, stews, sauces, and stuffings. Lovage and Myrtle give warm, smoky flavors to soups and stews. Lemongrass offers an unusual tang to Asian sauces. Tarragon gives its distinctive flavor to Béarnaise sauce. Parsley, Sage, Rosemary and Thyme are old favorites, equally at home in soups, stews and sauces, but most affectionately remembered as the flavors of Thanksgiving turkey stuffing. Basil, Oregano and Marjoram are familiar friends in spaghetti sauce, on pizza and in moussaka. You can also flavor olive oil with fresh herbs. Immerse herbs in warm olive oil, in a glass jar, and let them rest for a few weeks in a cool, dry place. Then use the flavored oil in cooking. Rosemary, Tarragon, Thyme and Sage make lovely oils.
Windfall Orchards

Located on a 4-acre eastern slope, Windfall Orchards overlooks the Green Mountain range with a panoramic 180-degree view. The first trees planted in 1918 and 1948 serve as the foundation to an orchard that produces over 80 varieties of apples, as well as several varieties of pears, plums, and cherries.

We Grow:
- Apples
- Plums
- Cherries
- Pears

Availability:
- Pick-your-own farmstand from September to November
  - Open Saturdays and Sundays 12:00-5:00 p.m.
- Institutions:
  - Middlebury College Dining Services
- Restaurants:
  - Kitchen Table Restaurant, Richmond, Vermont

Contact: Brad Koehler
1491 Route 30
Cornwall, Vermont 05753
(802) 462-3158
Windfall Orchard’s Purple Plum Jam with Orange Liqueur

4 lbs firm ripe purple plums (blue or Italian), rinsed, drained, and pitted
2 cups water
1/4 cup strained fresh squeezed lemon juice
4 cups sugar
1/2 cup Cointreau or Grand Mariner

Combine plums with water in a saucepan, and bring to a boil. Simmer them, partly covered, until very soft and most of the liquid has evaporated (30 minutes). Press plums and their liquid through a food mill or a coarse sieve. Combine the pulp, lemon juice and sugar in a pan and stir the mixture over medium heat until the sugar has dissolved. Cook at a brisk boil stirring often until it passes the jelly test (dip cold spoon into the jelly, pull it out and let it drip back into the pot and cool. Turn the coated spoon upside down and run your finger across the top of the back of the spoon. If it holds for a few seconds before dripping back, it’s ready, about 10 minutes). Add liqueur and cook jam for another minute or so. Ladle the hot jam into hot, clean pint or 1/2 pint canning jars leaving a 1/4 inch head space. Seal jars with 2-part lids according to manufacturer’s directions and process in a boiling water bath for 15 minutes. Cool, label, and store.

Windfall Orchard’s Homemade Cherry Pie

If you have only ever had cherry pie made with the bright red gooey cherry filling in a can, this will be a treat. Pitting the cherries takes time but is well worth the effort and you will be rewarded with the best cherry pie you have ever had.

Crust: Enough for 2 crusts
2 1/4 cups flour
3/4 cup vegetable shortening or lard
6 tbsp ice water
3/4 tsp salt

Put the flour and salt in a medium bowl and cut the shortening into it with a pastry blender or two knives until no piece is larger than a pea. Sprinkle the ice water over the mixture, stirring with a fork until the dough is evenly covered and starts to compose a mass. Dump it onto a sheet of wax paper and twist it into a ball with the corners of the paper. Refrigerate several hours or over night. Divide the ball into 2 and roll out on a lightly floured board. Place one round in a pie pan and trim. Cut the other into 1/2 wide strips for the lattice top.

Filling:
1 1/2 to 2 quarts washed, stemmed, and pitted fresh sour cherries, like Montmorrecy
2 cups sugar
Cornstarch, if desired

Put cherries and sugar into a pot, and cook over low heat. Bring the fruit to a boil slowly, to bring out the juice. You might need to add water to make enough filling. Thicken with some cornstarch. Taste and adjust sweetness to taste. Pour filling into piecrust. Create a lattice top with 1/2 in strips of pie dough and bake in a 350-375 degree oven for 30-45 minutes, until the filling is bubbly and the crust is brown. Remove, cool, and serve with fresh whipped cream.
Restaurants, Cafés, and Inns
Blueberry Hill Inn’s Blueberry Fool

Simple but delicious. Works well with rhubarb too! Try placing a little of the fruit in the bottom of the glass before folding it into the cream. This works well with rhubarb too! Try placing a little of the fruit in the bottom of the glass before folding it into the cream.

1 lb fresh, local blueberries
6 oz sugar
Juice of a lemon
1 quart local heavy cream

Place blueberries and sugar in a saucepan and heat until sugar dissolves. Add lemon juice to blueberry mix and allow to cool. Beat cream to soft peaks. Fold in chilled blueberry mixture, and beat till it thickens. Spoon into chilled glasses. Garnish with a blueberry and a sprig of mint.

Blueberry Hill Inn’s Fiddlehead & Wild Leek Salad with Bacon & Almonds

You know spring has sprung when you serve this dish! Try serving on a radicchio leaf or on endive spears.

8 oz fiddleheads
8 oz wild leeks
4 strips/slices of bacon
1 oz flaked almonds
1 tbsp Dijon mustard
2 fl oz white wine vinegar
5 fl oz olive oil
Salt & pepper to taste

Clean and wash fiddleheads and leeks. Blanch both in boiling water for 1 minute. Refresh in cold water and allow to drain. Grill the bacon until crispy, then cut into small strips. Combine the mustard, vinegar and oil, season with salt and pepper, and pour over leeks and fiddleheads. Chill for two hours then serve with chopped bacon and almonds sprinkled on top.
Blueberry Hill Inn’s Breast of Vermont Free-Range Chicken Stuffed with Fall Apples

Luscious juicy chicken with tangy apples! You can vary the filling to suit your taste-try adding walnuts.

4 local chicken breasts, boneless but with skin on
1 onion, diced
4 local apples, cored and sliced
Zest of a lemon
Chopped sage
4 oz breadcrumbs
Olive oil
Salt and pepper

Sweat onions in olive oil and add apples. Add sage and breadcrumbs and stir together with lemon zest, adding salt and pepper to taste. Individually lay the breasts skin side down on plastic wrap. One at a time, lay another piece of plastic wrap on top of chicken and, using a meat tenderizer, gently bash the breast flat. Season the breast and spread the apple mixture on each one. Roll the breast to enclose the mix and allow to rest in the refrigerator. Pour a little olive oil in a frying pan and sear the breasts, placing them join side down first. Remove to a baking sheet and bake at 350 degrees for 10 to 12 minutes. Serve sliced at an angle with a Calvados jus.

Blueberry Hill Inn’s Navarin of Vermont Lamb

A rich warming stew for those cold winter nights-a meal in itself! You can add baby potatoes or use a melon baller on large potatoes to make baby potatoes, if you like.

1 shoulder of lamb
2 onions diced
3 tbsp flour
Lamb stock
Red wine
Parsley, thyme & sage, chopped
1 lb diced bacon
Baby carrots, turnips & pearl onions

Remove the meat from the bone and dice. In a deep pot, fry the bacon. Then remove the bacon, and sear lamb in bacon fat. Remove lamb and reserve. Discard most of fat and then sweat onions in the same pot. When onions are opaque, add lamb and herbs, and sprinkle with flour. Over low heat, slowly add stock and wine to cover meat, stirring all the time. Simmer for about 30 minutes then add the vegetables and simmer for a further 30 minutes or until meat is tender. Serve sprinkled with bacon bits.
Eat Good Food’s Favorite Scones

2 cups flour
3 tbsp sugar
1 tbsp baking powder
1/3 tsp salt
6 tbsp butter
1 cup heavy cream
1 cup dried, chopped apples
1 beaten egg

In food processor, mix flour, sugar, baking powder, and salt. With motor running, add butter. When mixture is the consistency of coarse corn meal, turn into bowl. Now add cream gradually. Stir in lightly with a fork. Mixture should remain crumbly and lumpy. Don’t worry if all the flour is not incorporated. Add apples. Stir lightly with your fork. Now turn the entire mix onto the counter and scoop together with your hands, pressing down lightly to incorporate the flour and fruit into the dough. (This will take longer than you think it should!) When the consistency is fairly even, gently form into a 7” disk about an inch high. Cut across (as you would a pie) to make 8 wedges. Brush well with egg. Separate wedges from each other and space evenly on a baking sheet. Bake at 400 degrees for about 20-25 minutes. Scones should be lightly browned on top and give slightly to the touch when pressed.
Mary’s Restaurant at Baldwin Creek

At the Inn at Baldwin Creek
Contact: Chef Douglas Mack, owner
1868 North Route 116, Bristol, VT 05443
Phone: 888-424-2432
Email: info@innatbaldwin creek.com
Website: http://www.innatbaldwin creek.com/marys

Mary’s Restaurant’s Lamb and Maple Eggplant Curry

Serves 6

20 oz of lamb, cut into small cubes
2 cups of eggplant, peeled and cubed
1 red onion, minced
2 tbsp of oil

Sauce:
2 tbsp all-purpose flour
4 oz melted butter
1/2 cup soy sauce
1/4 cup maple syrup
1 cup ketchup
1 cup red wine
1/8 cup brandy
1 tsp Dijon mustard
1 tsp nutmeg
1/2 tbsp curry powder

To make the sauce, heat the butter and add the flour, stirring constantly for 5 minutes, transfer to a blender or food processor and mix until smooth, about 2 minutes. To assemble, in a medium saucepan, heat the oil. Add the onion and lamb. Cook about 5 minutes. Add the eggplant, cook for 3 minutes. Add prepared sauce. Simmer for 10 minutes, being careful not to over cook the lamb. This works really well in a crock-pot as well!
Roland’s Place Restaurant

At the 1796 House Bed and Breakfast
Contact: Roland Gaujac
3629 Ethan Allen Highway, New Haven, Vermont 05472
Phone: (802) 453-6309
Fax: (802) 453-6312
Email: rolands@gmavt.net
Website: http://www.virtualcities.com/dining/vt/m/vtm97r1.htm

Chef Roland Gaujac’s Vermont Raw Apple Muffins

4 cups diced and peeled local apples (1/4 inch in size); we use Granny Smiths
1 cup sugar
2 large eggs, beaten lightly
1/2 cup corn oil
2 tsp vanilla
2 cups flour
2 tsp baking soda
2 tsp cinnamon
1 tsp salt
1 cup raisins
1 cup coarsely chopped walnuts

Preheat oven to 325 degrees. Mix apples and sugar. Mix oil, vanilla, and egg. Mix all dry ingredients. Stir egg mixture into apple mixture. Add flour mixture until well combined. Add raisins and walnuts. Bake for 25-30 minutes.

Note: Use the same recipe for Strawberry Rhubarb and Raspberry Muffins. Replace apples with an equal amount of strawberries and rhubarb, or raspberries. Omit nuts and raisins and add more flour if necessary.
**Roland’s Place’s LedgEnd Farm’s Venison Entrée**

Venison Pie and Medallion, with a Red Currant Sauce and Spaghetti Squash

**Pie Dough:**
3-1/2 cups all-purpose flour  
1/2 cup water  
1 cup butter  
1 tsp salt  
Mix all ingredients. Let rest 20 minutes. Roll 2/3 dough in mini-pie molds.

**Venison Mix:**
1-1/2 lbs ground LedgEnd Farm’s Fallow venison, Middlebury, VT  
1/4 cup tomato paste  
1 carrot  
Cognac  
1 leek  
Juniper berry, thyme, salt, and pepper  
2 shallots  
1/4 cup red currant jelly  
1/2 stalk celery  
1 cup burgundy wine  
8 oz shiitake mushrooms  
Flour  
Dice finely all vegetables; brown in butter on stove. Add ground meat. Let cook 20 minutes. Add tomato paste and 2 tbsp flour. Brown some more, flamed with cognac. Add seasoning and wine. Cook slowly for 1 hour. Check seasoning and consistency. Let cool 1 hour. Put mixture in pie molds, and cover with dough. Bake for 30 minutes at 375 degrees.

**Red Currant Sauce:**
LedgEnd Farm’s Venison stock  
Shallots  
Red wine  
1/2 cup currants  
Cognac  
Reduce wine and shallots, flamed with cognac. Add currants and seasoning; adjust thickness.

**Spaghetti Squash:**
Spaghetti squash  
Butter  
Salt  
6 2-oz. LedgEnd Farm’s Fallow Venison Medallion saddle  
Cut squash in half, and bake in over for 1 hour. Take meat out of shell and reserve. Sear medallion in butter until medium rare. Sauté squash with butter. Place pie in center of plate, then put medallion, then sauce, over pie. Place squash around the plate. Serve!
Two Brother’s Maple Balsamic Vinaigrette

2 cups balsamic vinegar
1 cup Vermont maple syrup
1/2 cup olive oil
4 1/2 cups canola oil
1 tsp fine grain Dijon mustard

Put vinegar, syrup and mustard into a Cuisinart, blend. Add oil and blend until well mixed (emulsified). Serve over the salad of your liking; we serve it with mesclun greens, cherry tomatoes, caramelized pears, red onion, fresh orange segments, and bean sprouts.

Two Brother’s Apple Plum Chutney

Excellent to serve with pork loin!

10 Gala apples (we use those from Stevens’ Orchards in Orwell, VT)
10 Black Plums
1 tbsp minced fresh ginger
8 oz butter
4 dashes Tabasco
1 tsp cumin
1/3 c sugar
1 tsp salt

Peel and core apples, pit plums. Dice both, varying the size of the pieces (1/3 small dice, 1/3 medium dice, 1/3 large dice). Melt butter in saucepan; add ginger, and sauté briefly over medium heat. Add remaining ingredients and stew, stirring vigorously occasionally. When there is a 70/30 ratio of broken/mashed fruit and large chunks, it is ready.
Two Brother’s Chocolate Porter Cake

Cake:

2 cups Otter Creek Stovepipe Porter
2 cups butter
1 1/2 cups unsweetened cocoa powder
4 cups flour
4 cups sugar
1 tbsp baking soda
1 1/2 tsp salt
4 eggs
1 1/3 cups sour cream

Preheat over to 350 degrees and grease and flour 2 10” cake pans. Bring beer and butter just to a boil, sift in cocoa powder and whisk until smooth. Set aside to cool. Sift together flour, salt, and baking soda. Whisk sugar into mixture. In mixer, beat together sour cream and eggs. Scrape sides and beat until smooth. Add beer mixture and beat briefly. Add flour, and fold to incorporate. Divide into two pans and bake for 45 minutes, or until the edges have just pulled away from the sides at the top of the cake, and the top is firm in the middle when tapped. Cool 15 minutes, then turn out on sheet pan covered with greased parchment paper to cool completely. Then frost!

Frosting:

3 tbsp butter
12 oz chocolate, chopped finely
9 oz cream
4 1/4 c confectioner’s sugar, sifted
1 tbsp vanilla extract

Put chocolate and butter in a double boiler over medium heat, and whisk until melted. Add cream, blend well, and take off heat. Blend until fully incorporated, as you don’t want the chocolate to dry out or chunk up when cooled. Add sugar, one handful at a time, whisking until smooth, then add vanilla. Frost the cake! First, liberally frost on top of the bottom layer, then add second layer upside down (so its bottom faces up). Frost all around cake! Enjoy!
Directory Listings
Farms:

Animal Farm
Contact: Diane St. Clair and Kevin Kelley
194 Sawmill Road, Whiting, VT 05778
Phone: 802-623-6599
Email: diane@animalfarmvt.com
Website: http://www.animalfarmvt.com

Blue Ledge Farm
Contact: Hannah Sessions and Greg Bernhardt, and family
2001 Old Jerusalem Road, Salisbury, VT 05769
Phone: 802-247-0095
Email: blueledge@hotmail.com
Website: www.blueledgefarm.com

Champlain Orchards
Contact: Bill Suhr
2955 Route 74 West, Shoreham, VT 05770
Phone: 802-897-2777
Email: suhr@shoreham.net
Website: http://www.champlainorchards.com

Champlain Valley Apiaries
Contact: Charles E. Mraz
PO Box 127; 504 Washington St. Extension, Middlebury, VT 05753
Phone: 802-388-7724; 800-841-7334
Email: cva@together.net
Website: www.champlainvalleyhoney.com

Champlain Valley Bees and Queens
Contact: Kirk Webster
PO Box 381, Middlebury, VT 05753
Phone: 802-758-2501

Champlain Valley Creamery
Contact: Carleton Yoder
11 Main Street, Vergennes, VT 05491
Phone: 802-877-2950
Email: cheeseguy@cvcream.com
Website: http://www.cvcream.com
Dancing Cow Dairy
Contact: Steve and Karin Getz
237 Holstein Drive, Bridport, VT 05734
Phone: 802-758-3267
Email: kgetz@gmavt.com

Doolittle Farm
Contact: Bay Hammond
1078 Doolittle Road
Shoreham, VT 05770
Phone: 802-897-2121
Email: hamfam@together.net

Douglas Orchards
Contact: Betty Douglas
Scott Douglas and Bob Douglas, Jr., owners
1050 Route 74 West, Shoreham, VT 05770
Phone: 802-897-5041

Earthbound
Contact: Sheila Collette
275 Main Street, New Haven, VT 05472
Phone: 802-453-5727
Website: http://www.localharvest.org/farms/M9052

Eric and Julie's Plants and Produce
Contact: Julie Rubaud and Eric Rozendaal
205 Cemetery Road, Starksboro, VT 05487
Phone: 802-453-5628

Elysian Fields
Contact: Kathleen and Joe Hescock
Route 74, Shoreham, VT 05770
802-897-7484

Fairy Tale Farm
Contact: Tom and Nancy Maxwell
1183 Route 125
Bridport, VT 05734
Phone: 802-758-3065
Email: nanmaxx@madriver.com
Website: www.fairytalefarmvt.net
Farmingdale Gardens
Contact: Kathleen Walls
1188 Three Mile Bridge Road, Middlebury, VT 05753
Phone: 802-388-0177
Email: kwalls@gmavt.net

Golden Russet Farm
Contact: Will and Judy Stevens
1329 Lapham Bay Road
Shoreham, VT 05770
Phone: 802-897-7031
Email: wstevens@shoreham.net
Website: http://www.middlebury.net/stevens

Gleason’s Grains
Contact: Ben and Theresa Gleason
2076 East Street, Bridport, VT 05734
Phone: 802-758-2476
Email: tgleason@leicester.k12.vt.us

Heavenbound Farm
Contact: Ginny and Harold Welch
1946 Happy Valley Road, Bridport, VT 05734
Phone: 802-758-2498

Journey’s Hope Farm
Contact: Beverly and Jon Rutter
1450 Middle Road, Bridport, VT 05734
Phone: 802-758-2615
Email: brutter@gmavt.net

LedgEnd Farm
Contact: Hank DiMuzio
1288 Munger Street, Middlebury, VT 05753
Phone: 802-388-8979

Lewis Creek Farm
Contact: Cecilia and Hank Bissell
3071 VT Route 116
PO Box 123, Starksboro, VT 05487
Phone: 802-453-4591
Email: lcfarm@together.net
Website: http://www.together.net/~lcfarm/
Lincoln Peak Vineyard and Nursery
Contact: Michaela and Chris Granstrom
262 River Road, New Haven, VT, 05472
Phone: 802-388-7368
Email: Chris@LincolnPeakVineyard.com
Website: www.LincolnPeakVineyard.com

Cindy Growney and Cory Malzac
c/o Malzac
21 Lower Meadow Lane, Bristol, VT 05443
Phone: 802-758-2019

Marble Rose Farm
Contact: Tom Kruk and Sue Evans
1733 Case Street, Middlebury, VT 05753
Phone: 802-388-9411

Misty Knoll Farm
Contact: Rob Litch
1685 Main Street, New Haven, VT 05472
Phone: 802-453-4748
Email: mistyknollfarm@gmvtnet
Website: http://www.middlebury.net/mistyknoll/index.html

Monument Farms Dairy
Contact: Bob James
2107 James Road, Weybridge, VT 05753
Phone: 802-545-2119

Morningside Farm
Contact: Patti and Brian Wilson
101 Hemenway Hill Road, Shoreham, VT 05770
Phone: 802-948-2675

Mountainyard Farm
Contact: Mia and Freeman Allen
1676 Natural Turnpike
PO Box 35, Ripton, VT 05766
Phone: 802-388-7394
Mount Independence Organic Farm  
Leslie Dyer and Ken Van Hazinga  
28 Shoales Drive, Orwell, VT  
Phone: 802-948-2200  
Email: leslie@mtindependence.com  
Website: http://mtindependence.com

New Leaf Organics  
Contact: Jill Kopel  
4818 Bristol Road, Bristol, VT 05443  
Phone: 802-453-6160  
Email: newleaf@gmavt.net

Nola's Secret Garden  
Contact: Nola Kevra  
PO Box 153, Ripton, VT 05766  
Phone: 802-388-6107

Norris Berry Farm  
Contact: Norma and Richard Norris  
686 Davis Road, Hinesburg, VT 05461  
Phone: 802-453-3793

Old Wooster Farm  
Contact: Doris and Paul Seiler  
438 Wooster Road, Whiting, VT 05778  
Phone: 802-462-3140

Orb Weaver Farm  
Contact: Marjorie Susman and Marian Pollack  
3406 Lime Kiln Road, New Haven, VT 05472  
Phone: 802-877-3755  
Email: orbweavr@together.net

Pasture View Farm  
Contact: Tim Barrows  
4240 Basin Harbor Road, Vergennes, VT 05491  
Phone: 802-475-2273

Pleasant Hill Farm Market  
Contact: Susan Payne-Bruce  
2369 Route 7 South, Middlebury, VT 05753  
Phone: 802-388-6443  
Email: pleasanthillmkt@aol.com
Robashaw, Dan  
Frosty Lane, Bridport, VT 05734  
Phone: 802-989-9274  

Silly Goose Farm  
Contact: Jessica Danis  
427 Stovepipe City Road, Panton, VT 05491  
Phone: 802-475-3444  
Email: jcdanis@gmavt.net  
Website: http://www.greenmountainaccess.net/~sillygoose/index.htm/  

Singing Cedars Farmstead  
Contact: Scott Greene and Suzanne Young  
30 Black Snake Lane, Orwell, VT 05760  
Phone: 802-948-2062  
Email: scottnsuzanne@moosemail.com  
Website: www.singingcedarsfarmstead.com  

Stevens Orchard  
Contact: Karen Blair  
188 Stevens Orchard Road, Orwell, VT 05760  
Phone: 802-948-2292  
Email: stevensorchard@shoreham.net  

Stonewood Farm  
Contact: Paul and Frances Stone  
105 Griswold Lane, Orwell, VT 05760  
Phone: 802-948-2277  
Email: stone@stonewoodfarm.com  
Website: www.stonewoodfarm.com  

Taconic End Farm  
Contact: Annie Claghorn and Catlin Fox  
1395 Leicester Road, Leicester, VT, 05733  
Phone: 802-247-3979  
Email: foxclag@gmavt.net  

The Last Resort  
Contact: Eugenie Doyle and Sam Burr  
2246 Tyler Bridge Road, Bristol (Monkton), VT 05443  
Phone: 802-453-2847  
Email: edoyle@madriver.com
Weed Farm
Contact: Susan Borg
613 Quaker Street, Lincoln, VT 05443
Phone: 802-453-7395
Email: weedfarm@gmavt.net
Website: www.weedfarmherbs.com

Weybridge Organic Truck Farm
Contact: Glenn Stephenson
6462 Weybridge Rd, Weybridge, VT 05753
Phone: 802-545-2544

Whiting Orchard
Contact: Cynthia and Alan Pratt
329 North Main Street, Whiting, VT 05778
Phone: 802-623-6544

Windfall Orchards
Contact: Brad Koehler
1491 Route 30, Cornwall, VT 05753
Phone: 802-462-3158
Email: bkoehler@middlebury.edu

Wooly Hill Farm
Contact: Tom Duclos
2695 Rattlin Bridge Road, Bridport, VT 05734
Phone: 802-758-2284 (545-2230?)
Email: woolys@sover.net (nancy@woolyhill.com)

Yankee Kingdom Orchard
Contact: Rebecca Lindenmeyer
2769 Lake Street, West Addison, VT 05491
Phone: 802-759-2387
Restaurants, Inns, and Bed and Breakfasts:

Blueberry Hill Inn
Contact: Tim Cheevers, Head Chef
Goshen-Ripton Road, Goshen, VT 05733
Phone: 802-247-6735, toll free 800-448-0707
Email: tim@blueberryhill.com
Website: www.blueberryhill.com

Eat Good Food
Contact: Tara Vaughan-Hughes, owner
221 Main Street, Vergennes, VT 05491
Phone: 802-877-2772
Email: info@eatgoodfoodvt.com
Website: http://www.eatgoodfoodvt.com

Mary’s Restaurant
At the Inn at Baldwin Creek
Contact: Chef Douglas Mack, owner
1868 North Route 116, Bristol, VT 05443
Phone: 888-424-2432
Email: info@innatbaldwincreek.com
Website: http://www.innatbaldwincreek.com/marys

Roland’s Place Restaurant
At the 1796 House Bed and Breakfast
Contact: Roland Gaujac
3629 Ethan Allen Highway, New Haven, Vermont 05472
Phone: (802) 453-6309
Fax: (802) 453-6312
Email: rolands@gmavt.net
Website: http://www.virtualcities.com/dining/vt/m/ vtm97r1.htm

Two Brothers Tavern
86 Main Street, Middlebury, Vermont, 05753
Phone: 802-388-0002 (reservations)
Delivery Phone: 802-443-0388
Website: http://www.twobrotherstavern.com

*This list reflects only the inns and restaurants that we received recipes from for this edition of Eating Local Foods in Addison County. All are members of Vermont Fresh Network (VFN), and a full listing of other VFN establishments can be found at: http://www.vermontfresh.net/
Feedback Sheet

This form is for your, the user’s, comments on this cookbook and guide. Please send any and all comments to:

Gleason Grains
Ben and Theresa Gleason
2076 East Street
Bridport, VT 05734
tgleason@leicester.k12.vt.us

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4. Did you try any of the recipes? Were you pleased?

5. Is there anything you would suggest adding to help improve this publication? Is there anything that you think is unnecessary?

6. Where else would you like to see a guide like this available, or used?

7. Do you have any other comments, suggestions, or questions?

THANK YOU FOR CHOOSING VERMONT LOCAL FOODS!!!