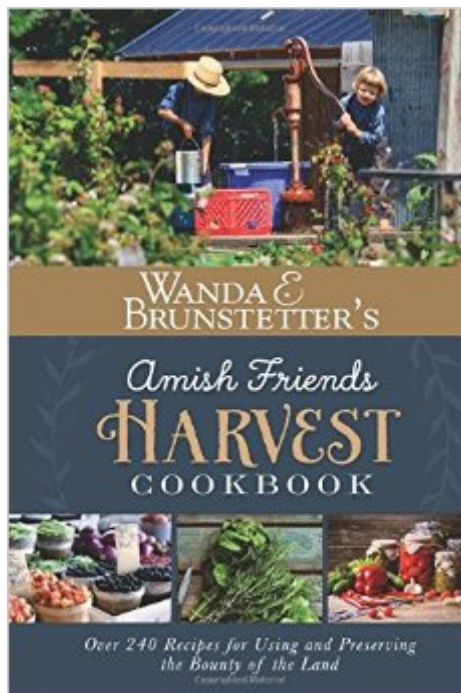


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# Wanda E. Brunstetter's Amish Friends Harvest Cookbook: Over 240 Recipes For Using And Preserving The Bounty Of The Land



## Synopsis

Overloaded with garden produce, CSA shares, or farmersâ™ market finds? Now youâ™ll know what the Amish do with these seasonal fruits and vegetables and how they preserve some of them for future use. Bring the wisdom of Amish gardeners and cooks into your own home with dozens of recipes and tips from the heart of Amish country in Wanda E. Brunstetterâ™s Amish Friends Harvest Cookbook. This well-organized book is sure to become a treasured resource.

## Book Information

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## Customer Reviews

Never again will you find more delicious ways to cook, prepare, and preserve the vegetables, meats, fruits, herbs, pasta, and even weeds than in this cookbook. Scripture verses are interspersed throughout the recipe book. There is a section on how to use weeds, yes, weeds...for cooking, medicinal purposes, and more! There is a section on planting according to the signs of nature. There is a large section on how to make your own natural fertilizers, insect repellants, and more. And of course, there are many delicious recipes included in this lovely cookbook. Richard Brunstetter's exceptional photography skills are showcased as he provided many of his photographs to illustrate his wife's collection. In addition to recipes, there is a section on home canning, freezing, and jams, jelly and pickle making. Readers are cautioned in this section to know what they are doing and encouraged to take a course if they are unfamiliar with home canning and/or home canning equipment. They are also cautioned that the Amish recipes are not always USDA approved and recommendations are given to avoid possible food poisoning. This is a

beautiful book with a sturdy cover and spiral binding. The photographs contained in the book depict some of the Amish gardeners and gardens readers are enthralled with as well as over 240 recipes. The recipes will have you drooling and heading to the kitchen to gather ingredients to get started. There are recipes for Jackson salad, Summer Garden Chili, Frogmore Stew, Pickled Eggs and Red Beets, Peach Bavarian Mold, Bundt Zucchini Cake, Fried Blossoms, Stuffed Jalapeno Peppers, Ginger Ale, Canned Cantaloupe, Hot Garlic Dill Pickles, Onion Relish, and Frozen Popcorn and Slush among many others.

What struck me first about Wanda E. Brunstetter's Amish Friends Harvest Cookbook was the practical wisdom and frugality of this cookbook. The book begins with helpful advice from Amish gardeners on how to protect your garden from pests and grow a larger yield. Later it concluded with around 50 pages of recipes for preserving the harvest. In between, you'll find scores of fruit and vegetable recipes that make good use of your bounty. Since the cookbook is a compilation of recipes from numerous Amish and Mennonite communities, the meals can easily be prepared by any home cook. Many items which are not found in your own garden are pantry staples. Although servings sizes are not annotated for most recipes, this can be easily approximated by the volume and number of ingredients. Additionally, we found the lay-flat spiral binding convenient as my children and I were testing recipes. In our house we tend to select new recipes from cookbooks based on photographs, of which there is a significant amount. However all the food photos are stock photos, which came to my attention as the Easy Veggie Quiche had a crust in the photograph, but no crust in the recipe. Secondly, we raise chickens and therefore have a lot of farm fresh eggs â " sadly the quiche recipe is the only breakfast recipe that contained our much loved ingredient. Finally, hamburger and Velveeta cheese make numerous appearances. If by chance you are a Velveeta cheese fan, there are 8 new recipes for you to try. The hamburger in the recipes could possibly be substituted for ground venison, turkey, or chicken. In the end, ground beef is the predominant protein (it's even in both the Easy Veggie Quiche and Green Bean Casserole) and frankly we don't eat a lot of it.

This cookbook is great! This is the second cookbook of Wanda Brunstetter's I've received and I must say I'm impressed with her ability to create a cookbook that is functional and fun to look at. I spent quite a bit of time looking at all the recipes in the book and wishing I had planted a garden so I could use my own harvest to create some of these great recipes. At the front of the book is a small section of tips and tricks for gardening. It was neat to read these as I felt like it was a glimpse into an

Amish garden. These tips and tricks can be used in any garden or home and I found a few I would like to try, with the ant blocker being one of them. After the tips and tricks section comes the recipe sections of the cookbook. I found the arrangement and organization of the recipes nicely done. The way the recipes were arranged by category made sense and there are recipes in each section I would like to try. Fresh salsa and a sweet potato pie will be the first on my list of things to make. Zucchini brownies even look tempting to make. There is also a section for canning and preserving where one can find more recipes for salsa and other goodies to make for future use. There are some great pictures of food throughout the book and some stunning photography of Amish life that were taken by Wanda's husband. These pictures really take the cookbook to the next level. The spiral binding makes the cookbook easy to use as you can lay the book flat or fold it over so it takes up less space while you're using it. Either way, the book lays flat so you don't have to worry about it closing while you are using it. This cookbook is great for anyone who gardens and even those who don't. With over 240 recipes there is something for everyone to try.

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