

January 2019: Winter weather calls for comfort food. Nothing says comfort food more than warm soups and stews on the stove to satisfy that cold weather craving. Often it is difficult to think of recipes that are quick, easy, and nutritious and also taste great.  It’s also challenging to incorporate fresh vegetables into a winter diet!  One of my favorite dishes is homemade vegetable soup.  The wonderful thing about vegetable soup is its versatility! Try this White House favorite with some of our market vegetables:

      Begin with turnips, parsnips, green beans, cabbage, celery & carrots. Fingerling potatoes, peppers, corn, cauliflower, or any other veggies that hold up, are all good additions.

    Then add diced tomatoes, pureed tomatoes, tomato juice, beef stock or broth, beef bouillon cube, dry vegetable soup mix or French onion soup mix, and hot sauce or salt and peppers to taste.

    Cover with water and bring to a boil.  Simmer until veggies are soft.  You can’t mess it up!

     I absolutely love this recipe!  I can clean my refrigerator of any vegetables, add different texture vegetables, and eliminate the salt if I so choose.  I shouldn’t tell that I eat almost the entire pot in a day or two.  This soup is low in calories, but not in flavor. ENJOY!!

     *Other Market Favorites in January:*

     *Our Own Apples* - try making a side dish of baked sliced apples.  Simply slice up 6 apples, add some butter and sugar and bake in a glass dish until soft.  Perfectly delicious on its own or with raisins, nuts, or Craisins.  It’s apple pie without the crust. YUMMY!

     *Apple Cider* - cider is so good this time of year.  As the apples mature more of the apples are in the cider.  Warm up a cup in the microwave or on the stove instead of tea or hot chocolate. Stir with a cinnamon stick for an extra touch. So sweet!

     *Meats and Cheeses* - Our deli has so many unique cheeses to choose from. During this slower time of year for us, ask our deli counter staff for samples of different cheeses and discover a new favorite. Have you ever tried horseradish cheddar?

     *Our Market Ground Peanut Butter* - we grind our own peanut butter from fresh peanuts with nothing else added.  Our peanut butter is a medium grind and tastes so different from commercial peanut butter.  All the goodness of a nut butter without the added sugar or salt. Perfect spread on toast or snacked on with apples or celery.

     We see so many folks in the warm months on the farm.  Why not stop out and shop when there is much less of a crowd?  Many of our guests see items that they have never noticed before because it is less crowded.  Our staff likes to interact with you on a more personal level. Stop in for a visit. We would love to see you.

     Stay warm and cozy with a big pot of soup, some good cheese, hot apple cider and apple desserts from White House - *and don’t forget a donut or two!*

    *Our Winter Market Hours* are Monday - Saturday 9-5  & Sunday 12-5. Hope to see you soon.

*Debbie Pifer, The Hull Family & The White House Fruit Farm Family*