

# The Fall Booklet

by Sarah Kress

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Dear Reader,

I hope you will enjoy the traditions in *The Fall Booklet* and that they will inspire you to celebrate the beautiful autumn season.

Seasonal Traditions are very important because they help us to enjoy the subtle changes that take place in nature and in our lives during the year. When we are not aware of these changes, the seasons start to blend together into a string of days full of routine responsibilities, and life starts to feel like it's flying by.

Even small traditions help us live in awareness of the seasons. A simple fall tradition that I enjoy is lighting a diffuser with essential oils of clove buds, ginger, cinnamon or nutmeg. These scents put me in the mood for baking, which of course is another fun autumn activity.

Please share with me any fall traditions that you enjoy from year to year, as well as your feedback about the traditions in *The Fall Booklet*. Feel free to email me at thefallbooklet {at} gmail {dot} com, or to fill out a feedback form by clicking the link below.

[Click here to send me your feedback!](#)

Thank You!  
Sarah Kress  
Managing Member of Sarah's Writings, LLC

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# The Fall Booklet

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## Fall Food & Drinks

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### Warm Drinks

#### Spicy Apple Cider

½ gallon apple cider

2 cinnamon sticks

Peel from half an orange

Peel from half a lemon

3 whole allspice berries

4 whole cloves

1 tsp. green cardamom pods

Optional: brown sugar

Pour the cider into a crock pot. Contain the spices in a small bag of cheesecloth, tie the cloth with a string and drop it in the pot. Cook the cider on low about 3 hours. To make hard cider, add apple brandy or rum!

#### Traditional Hot Chocolate

One 14 oz. can sweetened condensed milk

1/2 cup unsweetened cocoa

1 and 1/2 tsp. vanilla extract

tiny dash of salt

6 and 1/2 cups hot water

## Marshmallows

In a large saucepan, heat the milk, cocoa, vanilla and salt over medium and stir. Slowly add the water and heat until the mixture is hot but not boiling. Pour the hot chocolate into mugs and top each mug with marshmallows.

## Indian Chai Tea

4 cups of water

1/2 tsp. grated fresh ginger

1/2 tsp. black peppercorns

1/2 tsp. ground cinnamon

1/2 tsp. whole cloves

1/2 tsp. green cardamom pods

4 tsp. black tea, such as Assam, Ceylon, Darjeeling, Nilgiri or Sikkim.

Milk and honey to taste

Boil water in a saucepan and add the black tea leaves of choice. Add the spices and let the tea steep for about 5 minutes and then strain it into a tea pot. Add milk and honey to taste.

## Warm Carob Drink

1 cup milk

2 Tbsp. carob powder (at most health food stores)

2 Tbsp. honey

1/2 tsp. pure vanilla extract

Sprig of mint leaves

Heat the milk slowly in a saucepan until hot but not boiling. Then, add the rest of the ingredients and stir until mixed.

# Herbal Teas

Before trying any herbal teas listed below, please research the health affects of the herbs and talk to your doctor about them, especially if you are on medications. A great place to find information is the U.S. Food and Drug Administration's website.

The following herbal teas can be made by steeping the dry or fresh herbs in a tea pot of hot water or in a French press. Leaves should be steeped for about 5 minutes. Roots and bark should be steeped for about 10 minutes. If prepared in a tea pot, remember to strain the tea while pouring it into mugs. Use 1 teaspoon of dried herbs for every mug that will be filled, or 2 teaspoons of fresh herbs per mug.

Following is a list of herbs for teas which I have selected because of their taste or beneficial qualities:

Peppermint Leaf, Lemon balm, Lavender, Chamomile, Jasmine, Licorice, Nettle, Clover Blossom, Alfalfa, Mint, Sarsaparilla, Raspberry leaf, Parsley, Sassafras, Rose hips, Thyme, Rosemary, Woodruff, Savory, Lemon verbena, Fennel, Catnip, Marjoram, Sage, Hyssop, Blackberry leaves, Dandelion, Roobois

Of course, these herbs can be mixed to achieve more complex teas. Below are a few herbal blends to try:

## Mint Tea

2 parts Spearmint

2 parts Peppermint

2 parts Lemon Balm

1 part Catnip

## Root Tea

2 parts Sassafras

2 parts Sarsaparilla

2 parts Licorice Root

## Flower Tea

3 parts Chamomile

2 parts Rose buds

2 parts Lavender flowers

Black, green, oolong and white teas are just as delicious to drink during this time of year, but if you're sensitive to caffeine it's best to drink these in the morning or during the day.

## **Warm Meals**

Another great way to welcome fall is to prepare warm meals which incorporate seasonal ingredients. Following is a list of many fruits and vegetables that are in season during fall. The recipes which follow include many of these foods.

## Fall Produce

Acorn squash

Apples

Belgian endive

Butternut squash

Cauliflower

Celeriac

Figs

Garlic

Ginger

Mushrooms

Parsnips

Pears

Pomegranates

Pumpkin

Quince  
Sweet potatoes  
Swiss chard

## **Breakfast Recipes**

### **Fall Spice Pancakes**

2 cups pancake mix  
1/2 Tbsp. ground ginger  
1/2 Tbsp. ground cinnamon  
1/2 Tbsp. ground cloves  
small dash of salt  
2 eggs  
1 and 1/2 cups milk

#### **Topping:**

2 ripe pears, peeled, cored and sliced  
100% grade A maple syrup

In one bowl, combine the pancake mix, spices and salt. In another bowl, whisk the eggs, and milk. Stir the wet ingredients into the dry and whisk just to combine. Next, warm the pear slices with the maple syrup in a small sauce pan over medium-low heat. Coat a skillet with butter over medium heat. Spoon batter onto the skillet. Flip the pancake when bubbles rise and the edges are dry. Serve pancakes with warm sliced pears and maple syrup.

### **Baked Apples**

2 small apples per person, or 1 large apple  
Chopped walnuts or pecans  
Brown sugar  
Cinnamon  
Nutmeg  
Butter

Preheat the oven to 350 degrees fahrenheit. Butter the bottom of a shallow baking pan. Next, skin and core the apples and place in the pan. Drizzle some melted butter over the apples, and coat the chopped nuts with the rest. Add brown sugar, cinnamon and nutmeg to the nuts and spoon the mixture into the apples. Sprinkle

a little more brown sugar on the apples and then place the baking sheet on the center rack of the oven. Bake for about 10 minutes or until the apples are tender.

### Poached Quince with Cottage Cheese

4 small yellow quinces (they're yellow when ripe)

1 and 1/2 cups sugar

4 cups water

1/2 tsp. cinnamon

1/2 tsp. pure vanilla extract

Cottage cheese

Boil the water, sugar, cinnamon and vanilla in a medium saucepan. While waiting for the liquid to boil, peel the quinces with a vegetable peeler, cut them in quarters, carefully cut out the cores, and then slice them. Once the syrup is boiling, reduce the heat to a simmer and add the quince slices. Cover the saucepan and simmer for an hour, or until the quince slices are tender and turn a pink color. Remove the saucepan to cool and then top a bowl of cottage cheese with poached quince slices.

### Pomegranate Jelly for Toast

3 pomegranates

1 lemon

1 package powdered pectin

2 and 1/2 cups white sugar

3-4 canning jars with lids

Cut the pomegranates in half and then submerge them in a large bowl of water. The seeds will sink and the rind will float. Discard the rind, then collect the seeds and put them into a food processor. Pulse the processor a few times, then strain the juice into a bowl and discard the seed pieces. If there is not exactly 4 cups of juice, add freshly squeezed lemon juice to get 4 cups.

In a large kettle pot, boil the canning jars and lids for five minutes. Remove the jars and place them on a clean paper towel. Return the water in the pot to a boil. In a saucepan, boil the pomegranate juice, lemon juice, and powdered pectin. Once a hard boil has been achieved, add the sugar and continue to boil for 2 minutes exactly. Take the pan off the burner and skim off the foam.



Carefully funnel the jelly into the jars, up to about 1/4 of an inch from the rims. Wipe the rims and then screw on the lids. Place the jars carefully in the large kettle pot of boiling water. The water level must be more than an inch above the jars. Keep the water boiling over the jars for about 5 minutes, then remove them carefully to cool. If the jelly canned successfully, you will hear a popping noise as the jars cool.

## **Soup Recipes**

### Cauliflower Soup

2 Tbsp. butter  
1 head cauliflower, without leaves  
1 russet potato, peeled and chopped  
4 cups chicken stock  
1 tsp. nutmeg  
1/4 tsp. cayenne or more to taste  
2 cloves garlic, minced  
2 cups milk or cream  
Salt and pepper to taste

Chop the cauliflower into pieces, then add them to a large pot with everything but the milk or cream. Bring the soup to a boil, then reduce the heat to a simmer. Add the milk or cream, and cover the pot to cook for about 30-40 minutes, or until the cauliflower and potato pieces are tender. Puree the soup in a blender or food processor, and then return to the pot to reheat.

### Parsnip Soup

3 Tbsp. butter  
1 and 1/2 pounds parsnips, chopped  
1 tsp. ground coriander  
1 tsp. ground cumin  
1 tsp. ground turmeric  
1 tsp. ground mustard seeds  
1 garlic clove, minced  
1/4 tsp. chili powder  
5 cups chicken stock  
2/3 cup cream  
1 Tbsp. olive oil

salt and pepper to taste

Fry the parsnips in a little oil and melted butter in a large pot for about 3 minutes. Stir in the spices and garlic and cook for another minute. Add the stock and then bring the mixture to a boil. Next, turn down the heat, cover the pot and simmer the soup for about 40 minutes, or until the parsnips are tender. Puree the soup in a blender or food processor and then return it to the pot. Add the cream slowly and stir until the soup is hot and ready to be served.

### Pumpkin Soup

3 cups fresh, thinly sliced pumpkin meat

3 Tbsp. oil

3 Tbsp. non salted butter

4 cups vegetable stock

3/4 cup cream

1 tsp. nutmeg

1 tsp. ground pepper

1 tsp. salt

2 Tbsp. chopped fresh parsley

Salt and pepper to taste

In a large pot over medium, heat the oil and butter. Add the pumpkin and cook for about 5 minutes. Add the stock, cream, nutmeg, pepper, and salt, then bring the soup to a boil. Reduce the heat, cover and simmer for 40 minutes. Puree the soup in a blender or food processor and then return to the pot. Ladle the soup into bowls and then garnish with chopped parsley.

## Meats

### Venison Stew

Two pounds venison, cut into small pieces

3 carrots, sliced

3 ribs of celery, sliced

1 can of chopped tomatoes

1/4 cup all purpose flour

1 Tbsp. dried oregano

1 Tbsp. dried thyme

3 garlic cloves, minced

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