

Thanksgiving Edition: Tis' the season to...eat! ... and practice gratitude!

It's that time of year. A time of transformation...

A change in seasons is an opportunity to practice welcoming and inviting change into our life; accepting the natural order. The temperature is dropping, the leaves changing colour, the focus pointing inward as the nights get shorter. Celebrate! Get bundled up and go out for a morning or evening walk and breathe in the crisp, fresh air. Go play outside in the afternoon sun, decorate for fall or prepare the garden for winter. Savour... apples, pears, squash, pumpkins, parsnip, leeks, kale and tasty warming beverages!

During the month of October, set a daily intention to invite a deep sense of gratitude into your life, not only on this coming Thanksgiving weekend. Thanksgiving is a time to come together with loved ones and celebrate each other's love and company with laughter, storytelling, games, (perhaps some family chaos) and of course..the food....THE FOOD!

With the fall harvest, there are so many delicious dishes to try. I have included some recipes that may not be a part of your annual repertoire, but I promise you, they are a fit for any table. All you need is a sense of curiosity, openness and courage to be that person who brings something new to the party...uh oh, new?!...change?!!! ☺

I trust that you and your loved ones will cherish many memories together in the kitchen preparing, eating and serving these delicious autumn inspired dishes.

In health and wellness,
Lacey Budge, R.H.N

Side Dish 1: Sauteed Kale with Leeks and Apples

- 3 tablespoons coconut oil
- Kosher salt and freshly ground black pepper
- 2 medium apples, peeled, cored and finely chopped
- 2 medium to large leeks, white and light green parts only,
Clean of grit, split in half lengthwise, and slice into 1/4-inch half moons
- 2 medium cloves garlic, minced (about 2 teaspoons)
- 1/2 cup raisins
- 1 teaspoon dried thyme
- 1 bunch kale, rinsed, thick stems removed, shredded (about 2 loosely packed quarts)

Heat coconut oil in a large, heavy-bottomed skillet over medium-high heat until shimmering. Add the apples and leeks and cook, stirring occasionally, until lightly browned, about 10 minutes. Stir in the garlic, raisins and thyme. Cook, stirring occasionally, until fragrant, 1 to 2 minutes. Reduce heat to medium, add kale, cover pan and cook, stirring occasionally, until kale is mostly wilted, 5 to 7 minutes. Season to taste with salt and pepper. Serve warm

Inspired by a recipe from <http://www.seriousseats.com/2012/10/vegetarian-baked-kale-stuffed-delicata-squash.html>



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FARM

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Side Dish 2: ORANGE GLAZED BRUSSELS SPROUTS AND BUTTERNUT SQUASH



Mix together glaze and set aside before making vegetables:

2 Tbsp organic butter, melted
2 Tbsp local honey
3 Tbsp fresh squeezed orange juice
1 Tbsp orange zest
1/2 tsp black pepper
2 tsp unfiltered apple cider vinegar

2 cups Brussels sprouts washed, trimmed and halved
3 cups butternut squash, peeled then diced into 1/2 inch cubes
2 Tbsp olive oil, divided
Sea salt
3/4 cup toasted pecans
1/2 cup dried cranberries

In a large saute pan, heat 1 Tbsp olive oil over medium heat. Add squash, stir and sprinkle with 1/4 tsp salt. Cook, without stirring, allowing pieces to brown. Stir, and allow other sides to brown. Cook until soft, but squash holds its shape. Remove from heat and pour into a bowl.

Heat the other tablespoon of oil over medium-high heat using the same pan. When hot, add Brussels sprouts, cut side down, sprinkle with 1/2 tsp salt. Turn the heat to medium, and sear on each side until nicely browned, about three minutes per side.

Lower heat, add squash, along with the pecans and cranberries. Stir in the glaze and cook for a few minutes, coating all ingredients and warming through.

Inspired by <http://heartbeetkitchen.com/2013/recipes/orange-glazed-brussels-sprouts-butternut-squash/>

Some people absolutely love this typical thanksgiving condiment; they couldn't enjoy a turkey dinner without it... and others may never even think about it...any guesses?

Cranberry sauce! With tomatoes still in season, I invite you to try something new this year!

Tomato Raisin Chutney

8 roma tomatoes, de-skinned and diced
1 tablespoon olive oil
1 garlic clove, minced
1/2 cup raisins
1/2 cup apple cider vinegar
1/2 cup coconut sugar
1 tablespoon garlic chili sauce
1/4 teaspoon cinnamon
1/8 teaspoon salt
1/8 teaspoon pepper

Heat a sauce pan over high heat, add olive oil and garlic and sauté for 30 seconds.

Add in all other ingredients.

Bring the pan to a boil, and then reduce to a simmer.

Allow to simmer for 45-60 minutes, stirring every 10 minutes.

Take off heat, and transfer to a jar or container.

Source:

<http://www.brewinghappiness.com/curried-chickpea-galette-with-tomato-raisin-chutney/>

