

WANDA &
BRUNSTETTER'S

Amish Friends
HARVEST
COOKBOOK



*Over 240 Recipes for Using and Preserving
the Bounty of the Land*

SHILOH RUN  PRESS

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All scripture quotations are taken from the King James Version of the Bible.

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INTRODUCTION *and* ACKNOWLEDGMENTS

We reached out to the folks of various plain communities through *The Budget* newspaper as well as my numerous contacts within the communities of Amish and Mennonites. The Barbour staff and I thank all who generously supplied their recipes and gardening tips. Special thanks to Mary Alice Yoder for providing her own story of growing up with a garden.

The intention for this cookbook is to encourage the practice of home gardening, eating fresh produce, and preserving the harvest for those seasons when fresh and local foods are hard to come by.

May you be inspired,
Wanda E. Brummett







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*To every thing there is a season,
and a time to every purpose under the
heaven: A time to be born, and a time
to die; a time to plant, and a time to
pluck up that which is planted;*

ECCLESIASTES 3:1-2





REFLECTIONS *on the* AMISH FAMILY GARDEN

By Mary Alice Yoder of Topeka, Indiana


When I think about what my garden means to me, it is hard to put to words. Growing up, a garden was such a large part of my life that it goes hand in hand with having a bed to sleep in. A garden to an Amish child is like a bicycle was to an “English” child. It was there every summer, not ever a question of how or why. I recall helping my grandmother put seeds into the ground at age five.

A garden is a family project. Not only for the girls, but boys and men as well. Daddy plowed the garden in spring, and as soon as the weather permitted, we planted peas, lettuce, and radishes, maybe onions as well. On the 100th day of the year you were to plant potatoes. But often Grandma would come out of her little house and tell us that today was not a good sign for root crops. Sometimes we went on anyways; sometimes we waited.

Soon came the time to add beans, beets, kohlrabi, cabbage, cucumbers, tomatoes, and corn. Every year we dreaded the long harvest of strawberries, because when we picked them it was wet and we got a backache.

I have many memories stored from the garden. There is one vivid memory of laying in the pea row, snitching fresh peas so tender they melted right into my throat. Or picking up potatoes and throwing a little one at my pesky big brother. Or riding the big Belgian horse hitched to the cultivator. Not to mention the times we grumbled due to the big long rows of beans to pick.

Also the Amish garden is an important part of Amish life because we have to can as many vegetables as we’ll need and freeze lots of corn. Store-bought sweet corn isn’t near as good as the stuff from your own garden. When we host church at our house, we serve home-canned



pickles and red beets along with some canned jelly or frozen strawberry jam. Having to buy these things from a store would seem wasteful of our money.

Amish gardens almost always have some flowers as well. Color appeals to most women, and having it in flowers is fine and dandy. We plant lots of annuals that we gather seeds from for next year. Sometimes we have made nice paths through the garden and have a fancy circle of flowers. Digging canna bulbs and dahlias was a normal fall job for me.

Instilled into our roots is a very deep respect for a garden. Even a “pride” in being able to grow all kinds of crops. We do it *just like mom did*—for the most part.



ADVICE FROM AMISH GARDENERS

*He that gathereth in summer is a wise son:
but he that sleepeth in harvest is a
son that causeth shame.*

PROVERBS 10:5





What are your tips for strong and healthy plants that produce a good harvest?

PLANTING BY THE SIGNS

- ◆ When crocuses come up, start your eggplant and peppers inside. Don't plant outside until the tall iris bloom.
- ◆ Start tomatoes inside when daffodils start to come up. Plant outside when the lily of the valley or the lilacs start to bloom.
- ◆ Watch your lilac bushes. When the leaves start to burst out, plant your root crops, peas, lettuce, and cabbage outside. When the lilacs are in full bloom, it is often safe to plant corn and beans.
- ◆ Start the late cabbage crop when the blackberries bloom.

Ruth Hochstettler, Dundee, OH

ASPARAGUS

Apply plenty of salt and wood ashes during the winter for nice stalks of asparagus.

Mary E. Miller, Middlebury, VT

SPRING TONIC FOR GRAPES

1 gallon water
1 handful sulfur

1 handful salt
1 handful lime

Mix well. Make a small cavity around the grape vine and pour this over stalk and into hole. Makes enough for 1 plant.

Rachel Yoder, Burton, OH



PLANT FOOD FOR RASPBERRY OR GRAPE PLANTS

1 gallon white lime or wood ashes

1 handful Epsom salt

Mix the lime and salt well and spread a large handful around each plant in February, March, and April, and also in the fall.

Katie Look, Apple Creek, OH

FRUIT TREE FERTILIZER

100 pounds wood ashes

50 pounds lime

25 pounds sulfur

12 pounds salt

Mix well. Spade in ground around fruit trees. Also apply lime as far around the trees as the branches reach. Preferably just before it rains.

Wollie Schlabach, Smicksburg, PA

LETTUCE

For healthier, tastier lettuce, sprinkle some blood meal in the rows where the seeds are planted.

Mary E. Miller, Middlebury, IN

MILK FORTIFIER

Whenever you have extra or sour milk, dilute it with water and put on your vegetable plants. It is also good for raspberry plants.

Martha Miller, Edgar, WI



PLANTING PICKLES

Plant your pickle/cucumber seeds on the first day of summer (June 21) for a fast and good growing crop. By then your early garden produce will be done and you'll have space for the pickles.

Emma Miller, Baltic, OH

PLANTING POTATOES

Before planting, coat the seed potatoes in sulfur and/or lime. Spray potato plants with Basic H (from Shaklee) diluted in water for better yields.

Mrs. Raymond Kauffman, Laplata, MD

PLANTING TOMATOES

Choose a healthy plant to start. Dig a deep hole and add 1 teaspoon dry cement and 1 teaspoon Epsom salt. Set plant so that only top branches are out of the hole. Water. Fill hole with dirt. You'll have lots of tomatoes.

Barbara Beechry, Manawa, WI

TOMATO SWEETENER

For sweeter-tasting tomatoes, dig a hole for your plant and add 2 tablespoons Epsom salt and $\frac{1}{3}$ cup lime. Mix into loose soil, then plant your tomato.

Sarah W. Hershberger, McKenzie, TN



TOMATO FERTILIZER

1 tablespoon Epsom salt
1 tablespoon baking powder
1 gallon water

1 teaspoon saltpeter
1 teaspoon ammonia

Mix and pour 1 quart of the mixture on each plant. Apply once per month. Can also be used on flowers.

Barbara Beechry, Manawa, WI

PLANT FOOD

1 teaspoon cream of tartar
1 teaspoon saltpeter
1 teaspoon ammonia

1 teaspoon Epsom salt
1 gallon warm water

Mix all ingredients together. Give to plants once a month.

Rose Marie Shetler, Berne, IN

BONE MEAL

Bone meal works well when spread by hand around berry patches. It keeps away bugs while feeding the plants.

Vera Mast, Kalona, IA

EGG SHELL BOOSTER

To encourage flowers to grow and bloom, soak egg shells in warm water. Use the water on the plants.

Ruth Hochstettler, Dundee, OH

BEAUTIFUL FLOWERS

3 cups triple 20
1 cup 9-15-30

$\frac{1}{8}$ cup clear liquid soap
2 gallons water

Mix. Can give this to petunias every day. For other flowers, use once or twice a week.

Leona Mullet, Burton, OH

WEED BLOCKER

After your plants are up, layer flattened cardboard boxes around your plants or in the rows and cover with mulch of straw, old hay, aged manure, compost, or the like. It really helps with controlling weeds and maintaining moisture.

Elizabeth Shetler, Brinkhaven, OH





If You Can't Beat the Weeds, Eat Them

Some of what we call weeds today are garden plants brought to America by our immigrating ancestors. Finding an inviting environment, these plants made themselves at home, taking over in many places. Caution: Always know what you have before eating.

PLANTAIN

A medicinal plant. If stung in the garden, chew a leaf of plantain and apply the paste to the bite.

DANDELION

Nutritious and medicinal—the root, stems, leaves, and flowers can all be eaten. Dry the roots for a coffee substitute. Fix young leaves as greens. Add flowers to a salad or deep fry. Jelly and wine are also made from the flowers.

PURSLANE

Very nutritious and a sign that your garden soil is rich. Add leaves to salads.

LAMB'S-QUARTERS

A wild spinachlike leaf that grows on tall stalks. Use anywhere you use spinach, though is preferable cooked.

OXALIS (WOOD SORREL)

Oxalis is an edible plant with leaves that look like clover. Has a lemony flavor; good in salads, soups, and stews.

VIOLETS

Leaves and flowers are great salad garnish with mild flavor. Violet flowers make lovely jelly.

GARLIC MUSTARD

Leaves are most commonly eaten near first frost when they are less bitter.

STINGING NETTLES

Extremely nutritious with medicinal uses. Cook the leaves to destroy the stingers and add to soups. Dry the leaves and make tea.



*How do you deal with bugs in the garden
that threaten the harvest?*

ORGANIC BUG SPRAY

1 pint household ammonia
1 pint black strap molasses
1 pint hydrogen peroxide

2 cups apple cider vinegar
5 gallons water

Mix and spray the bugs away.

Lydia C. Yoder, Chetopa, KS

INSECT REPELLENT

1 cup Shaklee's Basic H
16 milliliters Tempo
(available from vet clinic)

2 gallons water

Mix in a sprayer and use to spray lawns and outdoor areas before parties or other gatherings. Double the amount of Tempo to spray around doorways and windows that will be left open.

Susanna Mast, Kalona, IA

FOR BUGS ON ROSES

1 teaspoon Ivory dish soap
1 tablespoon baking soda

1 gallon water

Mix and spray on plants.

Katie Look, Apple Creek, OH



FLY SPRAY

3 cups water
2 cups white vinegar

1 cup Skin So Soft (Avon product)
1 tablespoon citronella or eucalyptus oil

Put in spray bottle and shake well. Spray table before setting. It is not poisonous, and it really works.

Leona Mullet, Burton, OH

HORSE FLY SPRAY

2 cups Dawn dish soap
4 cups white vinegar

2 cups kerosene
6 cups water

Mix all together and put in spray bottle. We pick this over store-bought spray.

Enos and Lydia Yoder, Fredericksburg, OH

FRUIT FLY TRAP

1 tablespoon cider vinegar
6 drops dish detergent

¼ cup water

Mix together in a small container. Let sit uncovered on the counter. The bugs will fly in, but they won't come out.

Thelma Look, Oakland, MD



CABBAGE WORMS

To keep worms away from cabbage plants, mix garlic powder, red pepper flakes, and flour. Sprinkle over plants when heads start to form.

Mrs. Freeman Yoder, Millersburg, OH

BUGGY BEANS

To keep bugs off beans, mix 2 cups sorghum molasses with 1 gallon water and spray until leaves are wet. Repeat after each rain.

Mrs. Raymond Kauffman, Laplata, MO

BASIL AND TOMATOES

Plant basil among tomatoes. Basil may ward off bugs and improve the flavor of the tomatoes.

RADISH WORMS

When planting radishes, put coffee grounds or black pepper in with the seeds to keep worms away.

Mrs. Freeman Yoder, Millersburg, OH

APHID REMEDY

For aphids on vegetable plants, spray with a strong solution of Ivory dish soap mixed in water.

Sarah W. Hershberger, McKenzie, TN



JUNE BUGS

Adding lime to your garden and yard will discourage June bugs from laying their eggs.

Christina Peight, Bellville, PA

POTATO BUGS

Put Epsom salt on the rows with the potatoes as you plant them to prevent bugs.

Lorene Helmuth, Junction City, WI

SQUASH BUGS

To combat squash bugs that seem to strike just as you think you might get a good crop, dip the seeds briefly into untreated kerosene before planting. It will also work for Chinese cabbage seeds.

Alvin and Katie Hertzler, Salisbury, PA

BUG BAND

Tie a piece of baler twine (not the plastic) around your neck and around your wrist or ankle. It will keep the bugs away.

Katie W. Yoder, Goshen, IN



MOTHBALL DEFENDERS

Scatter mothballs by hand on the ground around trees to prevent worms in fruit. May also help prevent blight on scrubs and vines.

Vera Mast, Kalona, IA

ANT BLOCK

To stop ants from invading your kitchen, simply wash and spray countertops, cabinets, and floors with equal parts of vinegar and water.

Mary E. Miller, Middlebury, IN

MILK BATH

Diluted milk will keep mites off houseplants and outdoor plants.

Vera Mast, Kalona, IA

FRUIT TREE BUG TRAPS

Combine water, apple cider vinegar, and sugar. Pour into a heavy plastic jug with a handle loop to tie twine around. Fill only about $\frac{1}{4}$ full, and add a banana peel to each jug. Hang in the middle of the tree as best you can reach. Refresh the contents when it fills with bugs. Large trees may require more than one jug.



MARIGOLD GUARDIANS

Plant marigolds around your cucumbers, squash, and melons. The marigolds help to keep the bugs away while brightening your garden.

Sarah W. Hershberger, McKenzie, TN

COMPANION HERBS

Plant dill among cabbage to attract beneficial bugs that will help control the pests. Plant or mulch with mint around members of the cabbage (*brassica*) family to deter bugs. Chamomile, chives, oregano, rosemary, sage, and thyme are all beneficial to cabbage.

PANTRY BUGS

To keep bugs out of flour and other grains, tape a bay leaf inside the bag or canister lid, but not touching the flour.

SUGAR TONIC

To kill bugs and worms in the garden, sprinkle plants with water, then sprinkle with white sugar.

Viola Beechry, Manawa, WI

POISON IVY

To remove poison ivy, mix together 1 gallon soapy water and 3 pounds salt. Spray area well.

Edith Mast, Bertha, MN





How do you deal with disease in the garden?

BANANA PEELS

Put a banana peel in the hole when you first plant a tomato. Helps prevent blight.

Barbara Beechy, Manawa, WI

BLIGHT FORMULA

1 tablespoon Epsom salt
1 tablespoon saltpeter
1 tablespoon baking powder

1 teaspoon ammonia or dish soap
1 gallon water (optional)

Combine and give 1 part mixture to each plant every 2 weeks or spray heavily.

For tomatoes, start using in spring until plants are big and full of green tomatoes. It may also be used on cucumbers, melons, peas, or any plant showing blight.

It can also be used to fertilize. For peas, add more Epsom salt.

Anna Loder, Fairchild, WI

TOMATO BLIGHT SPRAY

2 cups raw whole milk
1/3 cup sugar

1/3 cup Epsom salt
1 gallon water

Combine and spray plants once a week for prevention. If you have a problem with blight, spray twice a week. It won't completely cure the problem, but it will help.

Mrs. Raymond Kauffman, Laplata, MO



TOMATO BLIGHT SPRAY #2

1 gallon water
1 tablespoon saltpeter

1 tablespoon baking powder
1 teaspoon ammonia

Mix well and give 2 cups per plant every 2 weeks.

Martha Miller, Edgar, WI

ROTTING PEPPER REMEDY

1½ tablespoons 35% peroxide
(food grade)

1 tablespoon sugar
1 gallon water

Mix and spray the plant with it. It stopped the rotting right away for me.
Also good to use on your strawberry plants.

Wollie Schlabach, Smicksburg, PA

POWDERY MILDEW CONTROL

4 tablespoons baking soda
2 tablespoons Murphy's Oil
soap

1 gallon warm water

Mix ingredients and pour into a handheld mist sprayer. Apply liberally as soon as you see telltale white spots on your perennials.

Ruth Hochstettler, Dundee, OH



What are your tips for harvesttime?

CELERY

To keep celery crisp, stand it up in a pitcher of cold, salted water and refrigerate.

Barbara Troyer, Millersburg, OH

GARLIC

Garlic should be stored in a dry, airy place away from light. Garlic cloves can be kept in the freezer. When ready to use, chop before thawing. Garlic buds will never dry out if stored in a bottle of cooking oil, and when the garlic's gone, you can use oil for salads

Betty Miller, Goshen, IN

GREEN TOMATOES

Wrap green tomatoes in newspaper and store in a cool, dark place and they will ripen nicely.

Mrs. Levi O. Schwartz, Berne, IN

LEMONS

Store whole lemons in a closed jar of water in the fridge, and when you juice them they will yield more juice.

Betty Miller, Goshen, IN



LETTUCE SALADS

When preparing a salad with leafy greens and watery vegetables ahead of time, first place a small plate upside down in the bottom of the serving bowl. Any moisture that weeps from the vegetables will run under the plate, and the vegetables will stay fresh and crisp.

POTATOES

Potatoes will keep longer if kept in a cool, dry place, stored in a brown paper bag.

Betty Miller, Goshen, IN

STORING VEGETABLES

Most fruits and vegetables store best for a few days in the refrigerator wrapped in plastic. Asparagus and herbs should be placed upright in water in the refrigerator.

- ♦ To keep celery nice for weeks, wrap it in aluminum foil before putting it in the refrigerator.
- ♦ Always store your tomatoes and eggplant on the counter.
- ♦ Potatoes and onions should be stored in a cool and dark place but apart from each other.
- ♦ Place an apple in the bin with potatoes to keep them from going to seed.
- ♦ Winter squash, pumpkin, and whole melons go in a cool vented spot protected from freezing.



What are your tips for a healthy gardener?

ODORS

Remove onion and garlic odors from hands by rubbing fingers with salt moistened with vinegar.

GREASE BURN

When using bacon or hot grease, if it splatters, apply raw honey often on your red spots to prevent them from blistering.

Katie W. Yoder, Goshen, IN



POISON IVY

Drinking sassafras and burdock tea is good to get rid of poison ivy.

Martha Miller, Edgar, WI

SORE THROAT

Red beets can be used for sore throat. Slice the beets and put them on your neck. Wrap a cloth around it to hold the beets in place.

Dianna Yoder, Goshen, IN





SUNBURN

For sunburn relief, use aloe vera gel straight from the plant.

Susie Miller, Dundee, OH

CATNIP TEA

Catnip tea can be grown in your garden. You use this tea before it blooms. Cut off about 5 to 6 stems with leaves; either dry and use later or use it fresh. It may be used as a healthy tea to drink, or it can be used as a soak for any sore muscles or sprains. Soak any part of your body in heated water with the tea leaves. Heat the water again and soak for up to 4 times a day. It also helps with cellulitis; place the tea leaves on that part of your body while you are soaking.

Dianna Yoder, Goshen, IN

CORN SILK TEA

Corn silk from corn stalks is good to make tea with. Drinking it can help with kidney infection and bladder infection.

Dianna Yoder, Goshen, IN