

WANDA &
BRUNSTETTER'S

Amish Friends
FARM-TO-TABLE
COOKBOOK



280 Amazing Recipes Help Encourage
Local Farming Networks


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Compiled by Rebecca Germany.

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INTRODUCTION

My husband and I are blessed to have many Amish friends in several communities. We have eaten meals in their homes on numerous occasions. A good deal of those meals included foods grown in their own gardens or from local farms and produce stands. It allows you to appreciate the amount of time and effort it takes to grow and harvest fresh produce and how it provides for so many people.

Cooking farm fresh ingredients is a healthy choice. Fresh produce is more nutrient dense than anything you find at a grocery store. Locally grown food is harvested at the peak of ripeness and arrives at your table immediately. A product's nutritional content decreases through air exposure, artificial lighting, and temperature changes. Local food avoids all of these because of its short or nonexistent travel. Eating food from farm to table can have many health benefits, especially if it's organically grown. When you prepare your own food, you also control how much sugar, salt, and fat goes into it. Meals prepared at home typically have fewer calories than meals from restaurants or ordering takeout. There's nothing like eating a tossed salad made with fresh produce from one's own garden.

I hope you will appreciate the variety of tasty meals in this cookbook that my Amish friends have shared, featuring food from farms to their tables. I'm sure it'll bring Amish cuisine authenticity to your taste buds.

I wish to thank my editor, Rebecca Germany, for taking the time to see that the recipes submitted by Amish friends were compiled in this special farm-to-table cookbook.

Wanda E. Brunstetter





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*Therefore be patient, brethren,
until the coming of the Lord. See how
the farmer waits for the precious fruit of
the earth, waiting patiently for it until
it receives the early and latter rain.*

— JAMES 5:7 NKJV



EDITOR'S NOTE

The farm-to-table idea harkens back to a simpler time when family farms were very common and neighbors helped neighbors within the natural cycle of seasons. When our ancestors migrated to cities over the years and urban living became the norm, farmland was lost to development and the farming way of life was downplayed in importance. Corporate farms took over the task of large-scale production of food, packing and shipping it all over the world.

Today's farm-to-table movement is based on the view that food is freshest and at its best for us when sourced as close to home as possible. By producing your own food or buying it direct from local farms, farmer's markets, CSAs, and the like, you are helping to build food security and strengthening community bonds. It reduces the time between harvest and when you can eat the food, increasing taste and quality while reducing the energy costs of transportation across the country—or world.

In this cookbook, we'll include recipes that feature dairy, fruits, meats, and vegetables that are commonly available from farms in the Mid-Atlantic and Midwest of the United States near the largest Amish communities.

To find local farm-to-table food sources, you can search the internet for farms near you where you can purchase direct, buy a herd share, or pick your own produce. Using social media to connect with farms and farmer's markets will often give you inside information on how the food is grown. Invite neighbors to swap garden produce with you and ask friends where to find the best farmstands.

Whenever you prepare a farm-to-table meal, you can be assured you are doing your part for your family's health, your community's strength, and, ultimately, the planet's well-being.





GROWING UP *on a* FARM

I have many good memories of living on a farm as a child. I had eleven siblings and bonus grandparents who lived in a *dawdy* house adjoining our big house.

Going to town with grandpa was so fun, and he always made sure we each got a turn to go. He always bought us a treat, like an ice cream bar. And canning strawberries, sweet corn, green beans, and more was always a lot more fun with Grandma there to help as she had such interesting stories to tell.

We milked a herd of cows by hand. As a child, I always loved to watch the milking. I'd run to the house to get a glass and have Dad or Mom fill it with foaming, warm milk straight from the cow. As I grew, I'd race my siblings to see who could milk the fastest and most cows.

Now I have a family of my own and long to give them the good memories I had as a child. We do have a cow and a goat. The cow gives milk and cream which we use to make butter, ice cream, yogurt, and more. We grow as much of our own food as we can, and sometimes I have plenty to share.

FANNIE GLICK, Mount Victory, OH





DAIRY

*Surely the churning of milk
bringeth forth butter.*

- PROVERBS 30:33



DAIRY RECIPES:

Dairy most often refers to products made from the milk of cows, but sometimes goats and sheep are included. States have different laws about handling dairy between the farmer and the consumer. Some states don't prohibit it, and other states allow it if the farmer and buyer enter into a herd share contract. Check your local laws.

A large family that consumes a lot of milk can benefit from having a family cow. There is a lot to be learned about husbandry in caring for an animal that daily returns to you a product you can enjoy. Many people find raw milk (not pasteurized or homogenized) to be a superior source of vitamins and minerals. And, it makes the best homemade ice cream.

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BEST YOGURT

1 gallon skimmed milk
1 cup plain Greek yogurt

Sweetener of choice
Pinch of salt

In large saucepan, heat milk to 190 degrees. Take off heat and let cool to 120 degrees. Whisk in yogurt. Divide into wide-mouthed jars and screw on lids. Place jars in cooler chest and fill with hot water around 120 degrees. Close lid and let set undisturbed for 10 hours. Refrigerate jars overnight. Strain yogurt through a colander lined with cheesecloth (or new paint strainer bag) for 3 hours or until it looks nice and thick. Beat in sweetener of choice and pinch of salt and add fruit if desired.

Note: To use this like cream cheese, let yogurt drain for 12 hours then mix in just a pinch of salt.

ESTHER TROYER, Walhonding, OH



COTTAGE CHEESE

3 quarts milk
½ cup vinegar

1 tablespoon salt
Cream or milk

In large saucepan, heat milk to boiling. Remove from heat and add vinegar. Pour into colander to drain off whey. Break curds into small curds and add salt and cream to taste.

ESTHER TROYER, Walhonding, OH

MARVEL CREAM CHEESE

Make batch of homemade **yogurt**, but instead of refrigerating it, pour it through colander lined with triple thickness of cheesecloth. Catch whey in bowl under colander. Allow whey to drip for one minute then lift up four corners of the cheesecloth and tie them together. Hang bag and let whey drip for 6 to 8 hours. Remove from bag and store in the refrigerator until ready to use as cream cheese. One quart yogurt will make 6 to 8 ounces cream cheese.

JOSEPHINE GIROD, Salem, IN

SPREADING CHEESE

1 gallon milk
1 cup vinegar
1 teaspoon baking soda

¼ cup butter
¼ cup heavy cream
1 teaspoon salt

In large saucepan, heat milk to 128 degrees. Remove from heat and add vinegar slowly while stirring. Let set for 1 hour then drain off whey through cheesecloth, letting it drip for 2 to 3 hours. Mix in baking soda. Let set for 1 hour, stirring occasionally. Return curds to saucepan or use double boiler over low heat and melt curds. Add butter, cream, and salt.

ESTHER TROYER, Walhonding, OH

SIMPLE DELICIOUS CHEESE

2 gallons milk
2 cups vinegar
2 teaspoons baking soda
½ cup milk

4 tablespoons butter
2 teaspoons salt
2 tablespoons cheddar cheese powder (optional)

In saucepan, heat milk to 110 degrees. Add vinegar and let stand 10 minutes. Drain curds from whey through pillowcase and squeeze gently. Put in bowl and mix baking soda into curds. Let stand 1 hour. In saucepan, combine milk, butter, salt, and cheese powder and melt butter. Add cheese curds and mix well. Remove from heat and pack into container(s) and chill.

LIZZIE N. CHRISTNER, Berne IN





SIMPLE BUTTERMILK CHEESE

Allow jar of **buttermilk** to set at room temperature until sour. The more sour the buttermilk, the sharper the taste will be. Gently heat buttermilk to about 180 degrees. When buttermilk separates, remove from heat and pour into cloth-lined strainer. Knot ends of cloth and hang to finish draining. When cheese has drained to spreading consistency, add salt to taste. Store in cold place.

MIRIAM HERSHBERGER, Apple Creek, OH

HOMEMADE BUTTER

Put fresh **cream** into heavy bottomed saucepan or double boiler and stir constantly while heating to 145 to 150 degrees for 30 minutes. Increase temperature to 160 to 170 degrees for 5 minutes. Cool cream as rapidly as possible to 50 degrees or lower if you can. Let cream set for about 5 hours then churn at 50 to 60 degrees. Remove butter from churner and wash thoroughly in cold water. Add salt and work out as much water as possible. This makes very smooth, sweet butter and keeps longer than if made with raw cream.

ESTHER TROYER, Walhonding, OH

WHEY

The whey you get from making cheese or Greek yogurt is very good to water your tomato plants or any other plants that need more calcium to prevent blossom-end rot.

ESTHER TROYER, Walhonding, OH

CHEESE SPREAD

1 stick butter
6 cups milk
3 pounds Colby or Marble cheese
2 pounds Velveeta processed cheese

In saucepan, heat butter in milk but do not boil. In large bowl over hot water, melt together both cheeses. Add hot milk to melted cheese, stirring until smooth. Very good served on bread.

MRS. ALBERT L. YODER, Stanwood, MI

CHEDDAR CHOWDER

2 cups water	¼ teaspoon pepper
2 cups diced potatoes	¼ cup butter
½ cup diced carrots	¼ cup flour
½ cup diced celery	2 to 3 cups milk
¼ cup chopped onion	2 cups shredded cheese
1 teaspoon salt	1 cup cubed ham

In large kettle, combine water, potatoes, carrots, celery, onion, salt, and pepper. Boil 10 to 12 minutes. Meanwhile, in small saucepan, melt butter. Add flour and stir until smooth, cooking for 1 minute. Slowly add milk and cook until thickened. Add shredded cheese and stir until melted. When vegetables are tender, add cheese sauce and ham. Do not drain vegetables. Heat through.

JERRY AND IDA PETERSHEIM, Kenton, OH

CUSTARD

This is so simple, and because the jars seal while cooking, it lasts a long time in the refrigerator. I often make a double batch since it doesn't last long in our home. I've used both jelly and pint jars, but jelly jars are perfect for lunch boxes.

1 quart cream
1 quart milk
8 eggs, beaten
1 cup maple syrup

1 teaspoon salt
Flavoring (cinnamon, coconut extract, shredded coconut, vanilla) (optional)

In bowl, mix all together and ladle into jars with lids. Set in kettle or canner with few inches of water. Bring to good boil and boil for 5 minutes. Turn off heat and let sit for 45 minutes with kettle lid on. Cool and enjoy.

BECKY FISHER, Lancaster, PA



BAKED CUSTARD

1 cup sugar

1 cup brown sugar

4 eggs, separated

1 tablespoon plain gelatin

½ cup cold water

4 cups milk, heated

1 can evaporated milk

In bowl, cream together sugar, brown sugar, and egg yolks. In small bowl, soak gelatin in cold water. In another bowl, beat egg whites until stiff. Fold egg whites into creamed mixture. In saucepan, gently heat milk and evaporated milk to almost boiling. Add gelatin to milk and stir well. Add milk to creamed mixture, mixing well. Pour into 9x13-inch pan. Set it in larger pan with warm water. Bake at 450 degrees for 30 minutes or longer, until brown on top.

MRS. DAVID A. YODER, Millersburg, OH

PUMPKIN CUSTARD

6 cups milk

6 eggs, separated

¾ cup maple syrup or honey

3 tablespoons tapioca starch

2 cups pumpkin puree

1 teaspoon salt

1 teaspoon cinnamon

1 teaspoon vanilla

In mixing bowl, mix together milk, egg yolks, maple syrup, tapioca starch, pumpkin puree, salt, cinnamon, and vanilla. In separate bowl, beat egg whites stiff. Fold into mixture. Pour into baking dish or ramekins or jars, set in pan with little water. Bake at 400 degrees for 10 minutes. Reduce heat to 350 degrees for 30 to 45 minutes.

KEVIN BONTRAGER, Nappanee, IN