

"Autumn carries more gold in its pocket than all the other seasons."

-Jim Bishop

Kewaunee County Newsletter

SEPTEMBER — OCTOBER 2023

'Estuier' ... Stew?

The word "stew" is said to have come from the old French word 'estuier', meaning to enclose. The first time that the Old French word 'estuve' jumped to English shores as 'stew' it meant either a stove, a heated room, or a cooking cauldron. That probably comes from the Latin 'extufare,' meaning 'evaporate' whose roots go even further back to the Greek word typhos, 'smoke.'



The word started out in the Germanic family, from a root that has since grown into modern words like 'supper', 'sup', and 'sop'. It originally meant 'consume something liquid.' This hopped over to Latin at some point before the 6th century to mean, specifically, a piece of bread eaten in a broth, 'a suppa.'

One of the oldest written recipes ever discovered is on a cuneiform tablet from the Babylonian Empire instructing the reader to make lamb stew. Ingredients used at the time included barley cakes, garlic, and leeks. The tablet did not specify what proportions to use for any of the ingredients. Researchers went through trial and error to ensure that the stew did not become a soup.

The familiar dish of slow-simmered meat didn't get the name 'stew' until 1756. When we think of 'beef stew' it conjures up images of beef stew meat, potatoes, carrots, and onions in a rich, thick broth. What is traditional in America is just the tip of the iceberg when it comes to beef stew possibilities. In different cultures, beef stew is really any form of beef served in a thick, soup-like liquid.

A different twist to beef stew that you might like to try is the 'Sailor's Beef Stew'. In addition to the traditional ingredients, it calls for two, 12-ounce bottles of pilsner. The result is a lighter-colored broth, and a slightly bitter flavor that is balanced by the tang of pickled vegetables that are suggested for serving. It's a combination of flavors that may be semi-unexpected, but the recipe is Nordic, rather than American ... so, just go with the flow, try it, and see how you like it.

'The heat of autumn is different than the heat of summer. One ripens apples; the other turns them into cider.'

-Jane Hirshfield

Programs and Events

Saturday, September 23—Ag Heritage Days, Luxemburg Fairgrounds

Sunday, September 24—Ag Heritage Days, Luxemburg Fairgrounds

Tuesday, September 26—Dana Farm Weed & Feed at 3:30 p.m.

Tuesday, October 24—KCGC Meeting
'Edible Weeds' by Barb Piechocki



*"Autumn
shows us how
beautiful it is
to let things
go."*

Volunteers Needed

Cheryl still is in need of volunteers for Ag Heritage Days, September 23 and 24. If you can help out, please contact Cheryl at (920) 487-3848 or CME@oldorchardcattle.com

Pumpkins Needed

Once again, we are in need of small pumpkins for the kids to paint for Ag Heritage Days. It is an activity that goes over very well with the attendees. Even some of the parents get into it! If you don't grow your own, Hillside Orchards has small pumpkins for \$1.00 each.

Another activity for kids is the favorite 'fairy gardens'. If you have any small trinkets, appropriate for a fairy garden, lying around and want to dispose of, bring them to the event.



Botanical Garden Tour

July 25, 2023



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Kewaunee Community Garden Tour

Tuesday, August 22, 2023



'Life starts all over again when it gets crisp in Fall.'

-F. Scott Fitzgerald

'Autumn is the mellow season, and what we lose in flowers, we more than gain in fruits.'

-Samuel Butler

Scotland/England Flowers

August 2023



Stratford Upon Avon (birthplace of William Shakespeare)



Edinburgh



Glasgow

What You May Not Know About Pumpkins ...

1. Pumpkins originated in Central America.
2. A pumpkin is a fruit ... most people think of it as a vegetable.
3. Pumpkins are 90% water.
4. Pumpkins are grown all over the world on six of the seven continents, with Antarctica being the sole exception. They are even grown in Alaska!
5. Pumpkins were once recommended as a cure for freckles.
6. They were used as a remedy for snake bites.
7. Pumpkin seeds help avoid prostate cancer in men.
8. Halloween evolved, in part, from the Celtic tradition of All Hallow's Eve.
9. The largest pumpkin ever grown was over one ton.
10. The largest pumpkin pie weighed 3,699 pounds and was 20' in diameter.
11. Native Americans fed pumpkins to their horses.
12. Pumpkin flour can be used in place of wheat flour. It has many health and medicinal benefits.
13. Pumpkins are gluten-free.
14. At the first Thanksgiving feast in 1621, the pilgrims did not serve pumpkin pie. Rather, they made a stewed pumpkin.
15. Food manufacturers use tan-colored pumpkins to make pumpkin puree.

Officers:**President:** Tom Zenner**Vice President:** Cheryl Eberle**Secretary:** Sue Hepp**Treasurer:** Ann Brunner**Marketing Committee:**

Tom Zenner

Barb Smith

Cheryl Eberle

Nancy Lamack

Joel Weichelt



End of the Season Soup ... ALL Winter!

Now is the time to harvest that last crop of beans, tomatoes, peas, broccoli, cabbage, carrots, corn, and whatever other veggies you have left in your garden. The next step after harvesting and washing the veggies, is what do you do with all of them? You have already eaten all you can, have canned, pickled, or frozen tons, and given veggies to the food pantry. Then why not make a large batch of vegetable soup? You can prepare the soup in a crockpot, on top of the stove, or over an open flame. It takes a lot of work getting the veggies prepared for soup; however, it is well worth your while! Plus, when the soup is simmering, your home smells so wonderful! The beauty of preparing a large batch of soup ... you can freeze several bowls of it for your supper meals during the long winter months.

Once the soup is ready to go, you can scoop it into a 1-quart container (6"x 9" x3"), cover, and freeze. Each container holds approximately 4-cups of soup. It takes approximately 12 hours to freeze. The next day, easily pop the 'brick' from the container and wrap or bag the brick. Then you can stack the bricks making for more room in your freezer for other things.

When you are wondering, what should we have for lunch or supper, go to your freezer and bring out one of the bricks, defrost, heat, and serve. The flavor will be so divine, it will have you thinking about how blessed you were to have such an abundance of veggies to provide such a delicious meal!