

FAIRLAND FARMS CAPE COD ORGANIC CRANBERRIES PRESENTS

Rubies in The Sand

RECIPES FROM THE CAPE COD CRANBERRY BOGS

original and collected recipes by
Bonnie S. Kavanagh
and Fred C. Bottomley

Acknowledgments

“Rubies” has taken almost two years of time in the research and writing of it. A lot of people have crossed the path of the authors in this creation. We are grateful to all who contributed their time, recipes and efforts into making this a success. • A special thank you to the crew at Fairland Farms/Cape Cod Organic Cranberry as it was the cranberries that came from your bogs that went into the creation and testing of the recipes in this book. THE best cranberries ever! • Thank you to Rosemary Gladstar for taking the time from her busy schedule as the “world’s greatest plant saver” and herbal educator to write the forward to this book. The kindness of your words will not be forgotten. • Thank you to Kate Gilday for coming up with the name, “Rubies in the Sand”, and for being such a good role model of living a healthy, sustainable life. • Thank you to Mary Louise Kavanagh for sharing her 70 years of experience in journalism in helping to edit this book.

FAIRLAND FARM LLC AND CAPE COD ORGANIC CRANBERRY LLC were formed to become stewards of a continuing agricultural history of Southeastern Massachusetts and Cape Cod. Numerous communities of this culturally important area are impacted by the use of Best Management Practices which Fairland Farms prides itself on. Some of the bogs that have been placed in our care existed prior to the Civil War. Not only are we mindful of the benefits to the food industry from the growing of cranberries but we are daily reminded that the surrounding support land, whether it be upland or lowland, is a significant resource for the various plants and animals that exist within our borders. Working in conjunction with a town’s Conservation Commission and having an approved USDA Farm Plan helps to establish the agricultural viability and vitality.

Fairland Farm LLC and Cape Cod Organic Cranberry LLC grow and harvest various types of berries and supply both the fresh fruit marketplace through a dry picking method but also serve all other cranberry interests with wet harvesting.

Our membership affiliations extend to: Northeast Organic Farming Association; Cape Cod Cranberry Grower’s Association; Organic Certifications through Stellar Certification: USA – National Organic Program, Europe – EU (EC # 834/2007), Asia – JAS (MAFF/USDA Export).

Forward

by Rosemary Gladstar

It's about time someone rescued the small but vibrant cranberry from the bogs and backwaters of American cuisine! Leave it to Bonnie, avid gardener, herbalist and nurse – and lover of all things cranberry – to write not only an entire book about our native berry, but a book so full of deliciousness that I could hardly wait to jump into the kitchen to try out some of these original recipes. Everything from sauces to main dishes, vinegars and relishes, to unique appetizers and deserts are included, each as colorful as the ruby red berry and as promisingly delicious. My favorites thus far? Lavender cranberry shortbread, cranberries and couscous, cranberry squash casserole, and Cape Cod Cranberry Macaroons (to die for!). And there are dozens more begging me to try them out!

Bonnie is not only a fabulous cook, but as a nurse and herbalist, an advocate for good health and natural healing as well. While *Rubies in the Sand* is more a classic cookbook than an herbal, it does include an abundance of healthy hints and herbal insights. Why use sugar when agave, honey and/or maple syrup might be a better healthier choice? Why chose expensive, 'exotic' berries such as goji and acai berries, when cranberries are as rich in antioxidants, minerals and vitamins – and are local and sustainable? What about organic versus commercial cultivation of Cranberries? These are some of the issues that Bonnie brings to light in her warm inclusive style. There's no judgment in these pages, only information and an invitation; eat naturally, locally, for a healthier more sustainable life style. I love this woman...

Bonnie's been a real force in the herbal community of New England. An active member in several of the herbal organizations of the region, she is one of those powerhouses that we all love to see join committees because things will get done. When Bonnie first told me she had discovered a cranberry bog near her home and was falling in love with these bright native berries's, and then later told me she was going to write a book about her new love, I never doubted for a minute that she would do it. But I must admit, I was surprised and impressed when I saw the scope and depth of the book.

Well researched, well written and all inclusive, *Rubies* is a little jewel that brings glory to our native berry. Included is the early history of cranberries and their edible and medicinal use by the native people; cranberry's important role in the nations first 'Thanksgivings'; how sailors relied upon them for health and healing; and how the American cranberry rose to popularity in other countries and has been exported throughout the world since the early 1880's. A very interesting history of a little native that so many know so little about....

Being a dedicated nurse/herbalist, Bonnie couldn't help but weave in cranberry's colorful history as a natural medicine and how it's still an important medicinal plant in our modern herbal tradition. In fact, woven throughout are medicinal hints and herbal insights not only of cranberries but of many of the herbs that Bonnie profiles in this book and includes in her recipes. We get not only a wonderful book of recipes, but a history lesson and a health compendium in one. Thank you, Bonnie.

Rubies in the Sand is a wonderful homage to our native cranberry. As Bonnie diligently points out, it is one of only three native North American berries and as such is deserving of a more important role in our meal planning than the occasional side dish at Thanksgiving and the Christmas holidays. Its true, it adds a sparkle, a palette of rich color and a welcome tartness on those holiday tables, but why not the rest of the year? "The health benefits they offer make them a virtual power food; not a seasonal treat" Bonnie states in her introduction and then goes on to advocate in her clear strong voice for restoring cranberry as an important food in our diets. American grown, sustainable, healthy, relatively inexpensive, delicious – bring out the cranberries! A versatile native fruit – one that adapts readily to a variety of recipes as Bonnie so aptly proves – cranberries have at long last found their rightful place as an excellent food choice for 'healthy eating' all through the year. Imagine...homemade fresh cranberry sauce on the 4th of July to celebrate independence. Cranberry juice in the winter to ward off a winter cold. Or Maple Cranberry Chicken for an autumn cookout. And yes, there is that lavender cranberry shortbread that I would eat anytime just to celebrate life....

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Spinach Goat Cheese Cranberry Salad

Combine spinach, cheese, cranberries and walnuts in salad bowl. Toss with poppy seed dressing just prior to serving or serve dressing on the side.

Serves 6-8

INGREDIENTS

10-ounce bag of baby spinach leaves

¼ pound of goat, gorgonzola or feta cheese

¼ cup of sweetened dried cranberries

½ cup of halved walnuts

Poppy Seed Dressing (recipe follows)

HERBAL LORE: Poppy Seeds (*Papaver somniferum*) The pods of this beautiful plant provide the alkaloids necessary to create opium and opium based pain medications such as morphine and codeine. Poppies have a long history of use as a culinary herb and folkloric use speaks to the poppy's ability to calm and relax. And yes, the Seinfeld episode is true; consuming poppy seed bagels, or any type of food containing poppy seeds, may give one a false-positive result in drug screening.



POPPY SEED DRESSING

Combine all ingredients in a blender or whisk thoroughly to combine. Chill.

INGREDIENTS

¼ cup sugar

1 tablespoon poppy seeds

¼ cup red wine vinegar

¼ cup extra virgin olive oil

Resource Guide

American Botanical Society

6200 Manor Road
Austin, TX 78723
512-926-4900
www.herbalgram.org

American Herbalists Guild

141 Nob Hill
Cheshire, CT 01005
www.Americanherbalistsguild.com

Cape Cod Cranberry Growers Association

3203 Cranberry Highway
East Wareham, MA 02538
508-759-1041
www.cranberries.org

Healing Spirits Herb Farm

Mathias and Andrea Reisen
61247 Rte 415
Avoca, NY 14809
607-566-2701
www.healingspiritsherbfarm.com

The Herb Wyfe

23 Brown Street
Wickford-on-the Cove
North Kingston, RI 02852
401-295-1140
www.herbwyfe.com

Jean's Greens

1545 Columbia Turnpike
Castletn On Hudson, NY 13324
315-845-1515
www.JeansGreens.com

Lily's Garden Herbals, LLC

50 Tuckertown Road
Wakefield, RI 02879
401-284-2798
www.lilysgardenherbals.com

Northeast Herbalists Association

P.O. Box 294
Ashfield, MA 01330
www.northeastherbal.org

Northeast Organic Farming Association

411 Sheldon Road
Barre, MA 01005
978-355-2853
www.nofa.org

United Plant Savers

P.O. Box 400
East Barre, Vermont 05649
802-476-6467
www.unitedplantsavers.org

Why wait for the holidays to enjoy the delight of the native cranberry? Cranberry Sauce with Barbeque Chicken on a hot summer day... Why not? The glory of our native cranberry is its adaptability into any regional cuisine.

Rubies in the Sand is a compilation of over 200 recipes dedicated to this beautiful jewel of the sandy bogs. From a wide variety of cranberry sauces to an out of the ordinary recipe like Cranberry Lavender Torte, *Rubies in the Sand* redefines the cranberry and showcases its versatility.

Cranberries have been here since the beginning and are here to stay.

“Well researched, well written and all inclusive, *Rubies* is a little jewel that brings glory to our native berry.” ~Rosemary Gladstar, author, herbal educator, and founder of United Plant Savers.

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