

Fall Recipes (from *Backyard Views*, Fall, 2011)

Homemade Wine

Feeling ambitious? Wine can be made from almost any fruit or juice. While you're waiting for your own grape harvest, try this basic recipe for making one gallon of homemade wine using a juice concentrate courtesy of www.allrecipes.com. (Making wine from fresh fruit requires additional equipment to test for sugar content & acidity.)

Ingredients:

- 1 (.25 ounce) package active dry yeast
- 4 cups sugar
- 1 (12 fluid ounce) can frozen juice concentrate - any flavor except citrus, thawed
- 3 1/2 quarts cold water, or as needed



Directions:

Dissolve sugar in some of the water. Combine the sugar water, juice concentrate and yeast in a gallon jug. Fill the jug the rest of the way with the remaining cold water. Rinse out a large balloon, and fit it over the opening of the jug. Secure the balloon with a rubber band and poke a small pinhole in it to allow the carbon dioxide to escape.

Place jug in a cool dark place. Within a day you will notice the balloon starting to expand. As the sugar turns to alcohol the gasses released will fill up the balloon. When the balloon is deflated back to size the wine is ready to drink. About 5 weeks.

There will be sediment at the bottom of the jug. Filter it through cheesecloth or coffee filters and decant into another jug. Allow the wine to rest for another 2-4 weeks (or longer) prior to bottling and drinking. Enjoy!

Pickled Vegetables ([recipe from Dr. Weil's Healthy Kitchen](#))



- 1/2 pound carrots, peeled and cut in round on the diagonal (about 2 cups)
- 1/2 pound string beans
- 1 small head of cauliflower, broken into florets (about 2 cups)
- 1/2 raw jicama, peeled and cut in half and cut into sticks

Dressing:

- 2 cups purified water
- 2 1/2 cups cider vinegar
- 1/4 cup olive oil
- 3 tablespoons brown sugar
- 1 teaspoon salt
- 1 tablespoon dill weed
- 6 cloves garlic
- 1/4 cup pickling spices (*or* 5 bay leaves, 1 T mustard seed, 1 T dill seed and 1 1/2 tsp red chili flakes)

Instructions:

Fill a large pot with 5 cups of water and bring to a boil. First drop in the carrots and parboil for 2 minutes, then quickly scoop them with a strainer or large slotted spoon and transfer to a pot filled with cold water and ice to shock them. Drop the string beans into the boiling water and cook just until they turn bright green (about 3 minutes), then quickly transfer them to the ice water. The cauliflower will only need to parboil for 1 minute. Let all the vegetables sit in the cold water for a few minutes to cool. Drain the cold water, remove the cooled vegetables to a big bowl, and add the raw jicama.

Put all the dressing ingredients including the pickling spices in a stainless-steel pan set over medium heat, bring it to a boil, and cook for 2 minutes. Pour the cooked dressing over the vegetables and allow them to cool at room temperature. Once cooled, put the vegetables into a 1-gallon glass jar or lidded plastic container and fill it with as much dressing as the jar will hold. Cover and refrigerate for 2 days before eating.

Note: This is a colorful, healthy snack that preserves your garden veggies and provides a number of vitamins. The dressing is wonderful on any salad or mixed in marinades.