



This is the cover of the Shartlesville Community Cookbook, which holds a wealth of information not only on cooking but also the history of the Berks County area. Modern recipes and "receptts" from the Pennsylvania Dutch are included in the easy-to-read style.

## Recipes, Thrifty Hints, Pa. Dutch Lore Make Up Unique 400-Page Shartlesville Cookbook

**LOU ANN GOOD**  
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SHARTLESVILLE (Berks Co.)  
— Not only is "The Shartlesville PA Community Cookbook" loaded with scrumptious recipes but also tales about the early settlers of northern Berks County and the foods they preserved.

Karen Kinnane, who edited the 400-page cookbook, described it as a collection of authentic, Pennsylvania Dutch "receptts," modern recipes, thrifty hints and Pennsylvania Dutch lore.

Read about the cloth feed sacks that were used as fabric for dresses, underwear, pillowcases, quilts and other household uses during the late 1800s and early 1900s. The book takes readers through the cycles of planting and harvesting. An excerpt from the book reads: *As the weather cooled the preserving, pickling, drying and canning continued. Field corn was gathered. Just before the first killing frost, the last of the tender garden vegetables were picked. Green tomatoes were sorted. Those slightly pink or yellow were wrapped individually in paper and placed in a cool, dark spot to ripen slowly. These might last until October. Hard green tomatoes were fried, made into mock apple pie, mincemeat and sour pickles. Corn relish, chow chow, picalilli, rummage relish, dill, bread and butter pickles, and other "sweets and sours" were made from the last fresh vegetables.*

*October meant the harvest of pumpkins, gourds, and winter*

*squash. Cold weather crops were stored in the root cellar (called the arch). Straw was layered over root crops like carrots and parsnips in the garden were dug when needed.*

Perhaps the most unusual feature of this cookbook is the 56-page chapter called "A Year of Pennsylvania Dutch Cooking," which includes recipes for the food that was available during the changing seasons. The original Pennsylvania Dutch name is given with the English name. These include Rivla Suppe (Rivel Soup), Pissabet Sidaschpeck (Dandelion With Bacon Dressing), Kase Boi (Cheese Pie), Grusselberg Jelly (Gooseberry Jam), and many more.

Many of these recipes in this chapter date back to 1765, when the village was settled by mostly Pennsylvania Dutch. During this era, the settlers ate what they hunted or fished and the produce they grew, dried, and canned.

Some cooks will want to try these authentic recipes, but others will prefer more up-to-date recipes, which are less time consuming in preparation.

The book has an abundant supply of recipes under the following chapters: appetizers, beverages, breads, soups, salads, casseroles, sauces, main dishes, fish, poultry, vegetables, "seven sweets and seven sours", cakes and frostings, cookies, pies, desserts, and more.

There is a whole chapter on preparing gifts from country kitchens, another on how-to's that includes

instructions for such items as soap, tallow candles, crochet stiff starch, and many more.

"This cookbook is for thrifty folks," Kinnane said. A chapter on "Waste Not, Want Not," features recipes using leftovers and ideas to conserve food dollars.

Profits from The Shartlesville Community Cookbook will benefit the Shartlesville Community Fire Company and the restoration of Shartlesville's Painted Ladies, Victorian buildings sporting bright, multi-colored paint to enhance unique architecture and elaborate "wooden lace" trim.

The cookbook costs \$16.95, available at several businesses in Shartlesville. Copies may be purchased by mail for \$20.95. Send name and full address with check made out to K. Kinnane, P.O. Box 212, Shartlesville, PA 19554.

Here is a smattering of recipes from the cookbook.

### TOMATO SPICE CAKE

1 package 2-layer spice cake mix

1 can condensed tomato soup

½ cup water

2 eggs

1 cup chopped nuts

Beat together cake mix, soup, water, and eggs. Fold in one cup nuts. Bake as directed. Frost with your favorite white frosting.

Fruit Cake: After mixing, fold in 1 cup chopped, candied fruit and 1 cup chopped walnuts. Bake as directed on package, adding about 5 minutes more.

### TURKEY MINESTRONE SOUP

1 meaty turkey carcass, cut apart  
1 tablespoon instant chicken bouillon granules

1 bay leaf

2 cups shredded cabbage

14½-ounces stewed tomatoes, cut up

15-ounces Great Northern beans, drained

15-ounces canned corn, drained

1 large onion, chopped

1 clove garlic, minced

¼ cup snipped parsley

1 teaspoon dried basil, crushed

Combine turkey, bouillon, bay leaf, and 7 cups water. Bring to boiling. Reduce heat; cover and simmer one hour. Remove turkey carcass. When cool, remove meat from bones and chop. Discard bones. Strain broth; return broth and chopped turkey to Dutch oven.

Stir in cabbage, undrained tomatoes, beans, onion, garlic, parsley and ¼ teaspoon pepper. Bring to boiling. Reduce heat; cover and simmer 25 to 30 minutes. Serves 6.

### FRESH CRANBERRY NUT BREAD

2 cups flour

1 cup sugar

1½ teaspoon baking powder

½ teaspoon baking soda

1 cup cranberries, coarsely chopped

¼ cup shortening

¼ cup orange juice

1 tablespoon grated orange rind

1 egg, well beaten

½ cup chopped nuts

Preheat oven to 350 degrees.

Sift together flour, sugar, baking powder, salt, and baking soda. Cut in shortening until mixture resembles coarse oatmeal. Combine orange juice and grated rind with egg. Pour all at once into dry ingredients, mixing just enough to dampen. Carefully fold in chopped nuts and cranberries. Spoon into greased loaf pan. Spread corners and sides slightly higher than center. Bake at 350 degrees for one hour until crust is golden brown. Cool.

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# Homestead Notes