



Cookbook - First Take, 2025

Thank you so much for supporting *The Giving Trees* mission to plant the Hudson Valley's future food forests.

We launched in July 2025 and quickly gathered orders for over 100 nut and fruit trees to plant in our neighborhoods and parks in spring 2026. With each order we share Gifts from the Trees - delicious foraged and hand-processed ingredients and foods. We are harvesting and processing with the seasons and introducing hundreds of folks to the delicious foods the forest offers us.

It is a great honor to harvest from the bounty of the Earth, spending our time within the branches of great trees and among the company of thousands of connected organisms.

We feel a sense of purpose with every tree our community roots. Together we can ensure our habitat and our food grows with our connections to each other.

We are always accepting more orders for trees. If you would like to join us in planting trees, please check out our work at <https://www.givingtrees.org/>

Enjoy our cookbook - First Take.

We hope to add to it over the years of harvesting, sharing, and planting together. Please share your experiences and any new recipes you discover.

Sincerely, *Sage & Mark*



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Acorn Flour Pancakes

100% Acorn Flour

Gluten-free

Optionally Vegan

Adapted from the book The Elements of Baking by Katarina Cermelj

Acorn Flour pancakes are pretty easy to make.

The cooking technique differs a bit from regular pancakes though.

We recommend reading the steps to get the best results, even if you are a pancake wiz.

We also included a vegan pancake recipe. Sage and I think its even better!

Standard Pancakes

Ingredients:

2 cups acorn flour
2 ½ TBSP sugar
4 tsp baking powder
½ tsp salt
1 tsp xanthan gum
1 ¼ cups milk
2 eggs
¼ stick melted butter

Vegan Pancakes

Ingredients:

2 ¼ cups acorn flour
¼ cup sugar
4 ½ tsp baking powder
½ tsp salt
1 tsp xanthan gum
1 ½ cups water
3 TBSP Hickory nut oil or other cooking oil
1 tsp apple cider vinegar

Steps:

1. In a large bowl mix together the dry ingredients.
2. In a separate bowl whisk together the wet ingredients.
3. Mix the wet and dry ingredients together well.
4. Heat a frying pan over medium heat and then turn it down to medium low/low. Melt butter or oil the pan lightly.
5. Ladle in batter and cook the pancakes on low/medium low heat. You cannot use the bubble test with acorn flour. But, it is really nice that on low heat the pancakes will not burn while cooking. In fact you should leave them on long enough til they are easy to flip.
6. Flip them when it's easy and finish cooking. Bump up the heat if you like them crispier and darker. Sage and I like the crispy edges best and wait until the pancakes are totally cooked on low heat and then crisp them up a bit.
7. Serve and enjoy with maple syrup and other toppings.





SPOONING

Celeste Pfor 2011

Necci (Tuscan Crepes)

100% Chestnut Flour

Gluten-free

Vegan

From our friends at Bread Tree Farms

Bread Tree Farms has many more excellent Chestnut Flour and Fresh Chestnut recipes on their website. (<https://breadtreefarms.com/>)

Ingredients:

Crepe:

2 cups chestnut flour

slightly less than 2 cups of water

1 pinch of salt

Olive oil

Filling:

1 ¼ cup fresh ricotta

Honey

berries or chopped nuts (optional)

Steps:

1. Mix flour and salt in a bowl
2. Add water & whisk thoroughly until there are no clumps of flour, and batter is smooth.
3. Grease a pan with a drop of olive oil and heat it over medium heat, then pour a ladle of batter into the centre of the pan.
4. Tilt the pan to spread the batter evenly, then cook until the pancake is golden and dry on one side. Flip the pancake with a spatula and cook on the other side.
5. Remove to a plate and make the rest of the Necci.
6. Spread ricotta on top, drizzle honey & enjoy!





Acorn Apple Crisp

Super tasty and easy to prepare.

We also love to bake this in a dutch oven over the coals of a campfire!

Ingredients:

Apple Layer:

6 apples, peeled and sliced
1/4 cup maple syrup
1 TBSP acorn flour or acorn starch
1 TBSP lemon juice
1 1/2 tsp cinnamon
Dash of salt

Crumb Topping:

1 cup old fashioned rolled oats
(or substitute 1/2 cup oats with 1/2 cup crumbled leached acorn bits if you have them)
1/3 cup brown sugar
1/3 cup acorn flour
1/2 stick of butter, melted
1/3 cup chopped black walnuts or other nuts
1 tsp cinnamon
Dash of sea salt

Steps:

1. Preheat the oven to 350° F.
2. In a large mixing bowl, combine all of the apple layer ingredients and toss to coat. Transfer to a greased 8"x8" baking dish.
3. In a large bowl, combine all of the crumb topping ingredients. Evenly pour topping over the top of the apples.
4. Cover with tin foil and bake for 40 minutes. Take off tin foil and bake another 10 minutes or until the topping is browned and you can easily poke through the apple filling with a knife.
5. Allow to cool 10 minutes before serving.





Acorn Flour Banana Bread

100% Acorn Flour

Gluten-free

This recipe is perfect. Its so easy and delicious. It doesn't even need xanthan gum, a staple in gluten free baking, so its top of the line for beginners! The finished color is stunningly dark brown, like the color of dark chocolate. This is the color of that acorn flour turns baked goods.

We have found Acorn Flour makes baked breads naturally moist, almost like a delicious bread pudding. The trick to getting your banana bread to solidify and keep that delicious moisture inside is to let it bake a little while longer and to let it cool completely in the baking dish before cutting it or flipping it.

Ingredients:

3 ripe bananas, peeled
1/3 cup unsalted butter, melted
2/3 cup granulated sugar
2 eggs, beaten
1/2 tsp vanilla extract
1 tsp baking powder
1 tsp baking soda
1/2 tsp cinnamon
1/4 tsp salt
1 1/2 cups of Acorn Flour

Steps:

1. Preheat oven to 350° F. Lightly grease a 9x5 loaf pan.
2. In a large mixing bowl, mash the bananas and sugar.
3. Add the melted butter, beaten eggs, and vanilla extract, and mix together thoroughly.
4. In a separate bowl add the dry ingredients and stir til they are well combined.
5. Mix the dry ingredients into the wet ones and stir until everything is smooth and combined.
6. Pour batter into the greased loaf pan and bake for 50-55 minutes, or until a toothpick comes out clean. If it does not come out clean, put it back for a few more minutes and keep checking it. A clean toothpick in the center helps guarantee it will solidify enough to remove from the pan.
7. Once its done, let the banana bread cool in the pan completely. This is important for it to solidify too. Cut around the edges with a knife and flip it onto a plate, or cut it up in the pan and serve!





Acorn and Chestnut Flour Rosemary Shortbread

50% Acorn Flour & 50% Chestnut flour

Gluten-free

Makes 16 shortbread squares

Adapted from a NYT Cooking recipe

Ingredients:

- 1 cup acorn flour
- 1 cup chestnut flour
- ½ cup granulated sugar
- 1 TBSP finely chopped fresh rosemary
- 2 sticks unsalted cold butter, cut into 1-inch chunks
- 1 to 2 tsp dark full-flavored honey (optional)

Steps:

1. Heat oven to 325° F.
2. In a food processor, pulse together flour, sugar, rosemary and salt.
3. Add butter, and honey if desired, and pulse to fine crumbs.
4. Pulse a few more times until some crumbs start to come together, but don't overprocess. Dough should not be smooth.
5. Put parchment paper in an 8 inch pan so it overlaps the edges for easier shortbread removal.
6. Press dough into 8 inch pan. Prick dough all over with a fork.
7. Bake 45 to 55 minutes til golden brown.
8. Let shortbread cool all the way before slicing into squares. Use the parchment paper to carefully lift the shortbread from the baking pan.





Roasted Acorn Chai

The roasted acorn flavor really rounds out the chai spices - the perfect balance.

Ingredients:

Chai Mix (12 servings):

1 cup of roasted red oak acorn nuts (see below)

2 TBSP ground cinnamon

1 TBSP + ½ tsp ground cardamom

1 tsp ground nutmeg

¼ tsp ground cloves

¼ tsp ground black pepper

½ tsp ground allspice

DO NOT add ginger or ground ginger because it will cause the milk to curdle.

Add sweetener to taste. (We recommend 1/3 cup (60 g) brown sugar for this 12 cup batch.

Add Ice if you want a chilled chai.

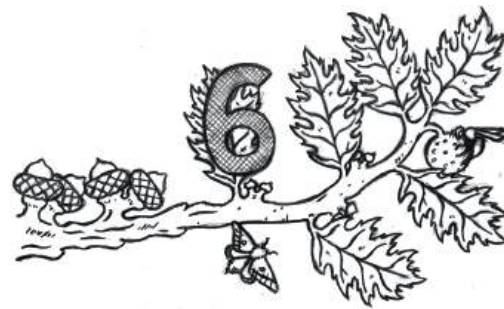
Steps:

To roast red oak acorns:

1. First remove the nuts from their shells and discard the shells and any moldy or buggy nuts. Darker color ones are fine. You can sniff them to tell if they are good. They should have a nutty aroma. Dry tan fuzz on the outside of the nut is fine.
2. Roast a tray of acorn nuts in the oven at 350° F for 45 minutes - 1 hour, let cool.
3. Mix your roasted acorns with your chai spices and store in a tupperware. The dry mixture is shelf stable.

To make 3 cups of roasted acorn chai:

1. Pour 3 cups of Milk (Not Water) into a small pot.
2. Add 1 bulky TBSP of Chai mix with roasted acorns.
3. Bring the pot to a simmer (180° F) for 1-2 minutes. Turn off the heat, cover, and let steep for 1 full hour.
4. Patiently wait.
5. Strain the drink, removing the acorn pieces. You got their roasty flavors!
6. Add sweetener to taste, mix to dissolve. We recommend 5 g brown sugar per cup.
7. Reheat to serve hot or chill for iced chai
8. Enjoy. This is one of our favorites!





Roasted Acorn Ice Cream

Gluten-free

Makes 1 Quart of roasted acorn ice cream

If you have never had Roasted Acorn Ice Cream - prepare for your mind to be blown! If I had an acorn for every time I heard “It is literally the best ice cream I’ve ever had”... I would be a very rich squirrel.

It’s also surprisingly easy to make. It is my honor to bestow the recipe for roasted acorn ice cream on you. But don’t thank me - thank the trees!

Ingredients:

1 cup of roasted red oak acorns (see Rosated Acorn Chai recipe for roasting instructions)
 2 cups of heavy cream
 1 cup of whole milk
 $\frac{3}{4}$ cup of granulated sugar

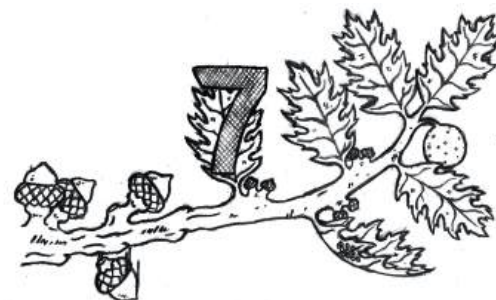
We really love the red oak acorns for flavoring milk. Other oaks roasted acorns impart different flavors . Who knows how many new flavors are right under our feet?

Steps:

Roasting Red Oak Acorns: (See Roasted Acorn Chai recipe)

Making Ice Cream:

1. Bring the milk and heavy cream to a simmer in a small pot with a tight fitting lid. Add the roasted acorns and stir occasionally.
2. Let the acorns simmer in the liquid for 3 minutes - up to just when it starts to boil.
3. Turn off the heat, cover the pot and let it steep, sealed and unheated for 1 hour.
4. After an hour, stir the pot to mix in any milk-fat that is floating.
5. Strain out the acorn nuts and compost them (they are too bitter if you leave them in).
6. Add sugar and stir to dissolve completely.
7. Chill your ice cream base for 24 hours and then use your ice cream maker or simple DIY plastic bag shake method to make your roasted acorn ice cream.
8. Enjoy!





Fudgy Acorn Flour Brownies

100% Acorn Flour

Gluten-free

Makes 16 mouth watering brownies

Adapted from the book The Elements of Baking by Katarina Cermelj

Ingredients:

1 cup sugar

½ cup brown sugar

3 eggs, room temp.

1 ¾ sticks unsalted butter, melted

1 tsp vanilla extract

1 cup Acorn Flour

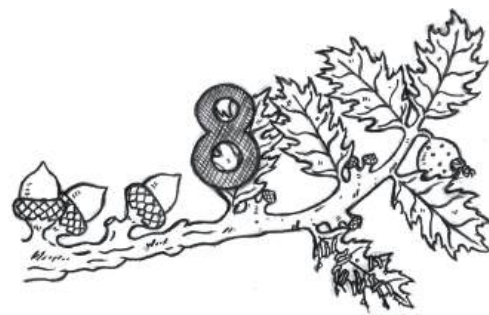
¾ cup unsalted cocoa powder or Dutched cocoa powder

½ tsp salt

¼ tsp xanthan Gum

Steps:

1. Preheat oven to 325° F.
2. Line 9 x 9 inch baking tin with baking paper. Cut it long so you can lift it and remove the baked brownies easily.
3. Mix together sugars and eggs until sugar dissolves.
4. Mix in melted butter and vanilla extract.
5. Mix in acorn flour, cocoa powder, salt & xanthan gum.
6. Transfer to a lined baking tin and bake for 30-35 minutes.
7. A toothpick test should come out with some crumbs and fudge.
8. Let them cool all the way in the tin, then slice & Enjoy!





Acorn Flour Clementine Cake

100% Acorn Flour

Gluten-free

Adapted from a NYT Cooking recipe

Tried and True!

Ingredients:

5 medium clementines (about 375 grams)

A small amount of unsalted butter or cooking oil for greasing the cake pan

6 large eggs

1 cup sugar

1 tsp salt

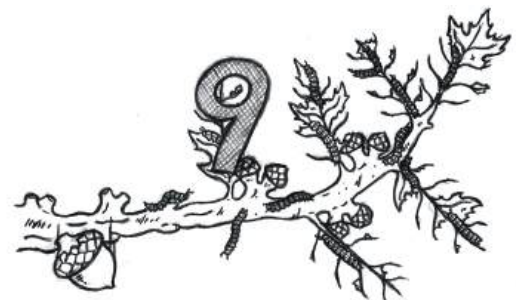
2 cups Acorn Flour

2 tsp baking powder

Powdered sugar, chocolate glaze or honey drizzle, for topping (optional)

Steps:

1. Place whole unpeeled clementines in a large pot, cover with cold water and bring to a boil over high heat. Reduce heat to low, cover and simmer gently for 2 hours, adding more water if needed. Remove clementines with a slotted spoon and, once cool enough to handle, halve and remove any seeds or other hard bits. Purée clementines with their skin in a food processor or blender and set aside.
2. Preheat oven to 350° F. Grease a 9-inch spring-form pan with oil or melted butter. Line the bottom with parchment paper and lightly oil the paper.
3. Stir together the Acorn Flour and baking powder until they are well combined.
4. In a large bowl, whisk the eggs together with the sugar, salt and clementine purée. Add the Acorn Flour and baking powder mixture and stir the cake batter until it's all combined.
5. Pour the batter into the prepared pan and bake it 1 hour. A toothpick test should come out clean. Set the cake aside to cool. After 10 minutes, run a knife around the edge of the pan to loosen the cake. After the cake is cool, remove it from the pan. Peel off parchment paper. Decorate with dusting of powdered sugar, chocolate glaze, or with honey drizzle.





Acorn Starch Pudding

100% Acorn Starch

Gluten-free

Vegan

This is an incredibly easy recipe that I like to cook at campouts. All you need is water, acorn starch, and maple syrup. If you are camping in early spring, you can probably use maple sap instead of water too!

What is acorn starch tho?

Acorn Starch is a pure starch that separates from acorn nut meats in the acorn flour making process. It is a natural flavorless thickener, similar to cornstarch.

The red oak acorns that grow in the northeast do not have very much acorn starch, but they do have some. In Korea, acorns are harvested exclusively for their starch and it is used to make vegan gelatin noodles and other traditional dishes. (See Dotorimuk recipe). You can purchase acorn starch from us, and also online, and from Korean grocery stores.

This acorn starch pudding is based on an old-timey milk & cornstarch pudding recipe. It tastes even better vegan, which is really cool because so many pudding recipes include gelatin, but ours doesn't need any. The acorn starch does the trick.

Ingredients:

2 cups water (or milk)

Dash of salt

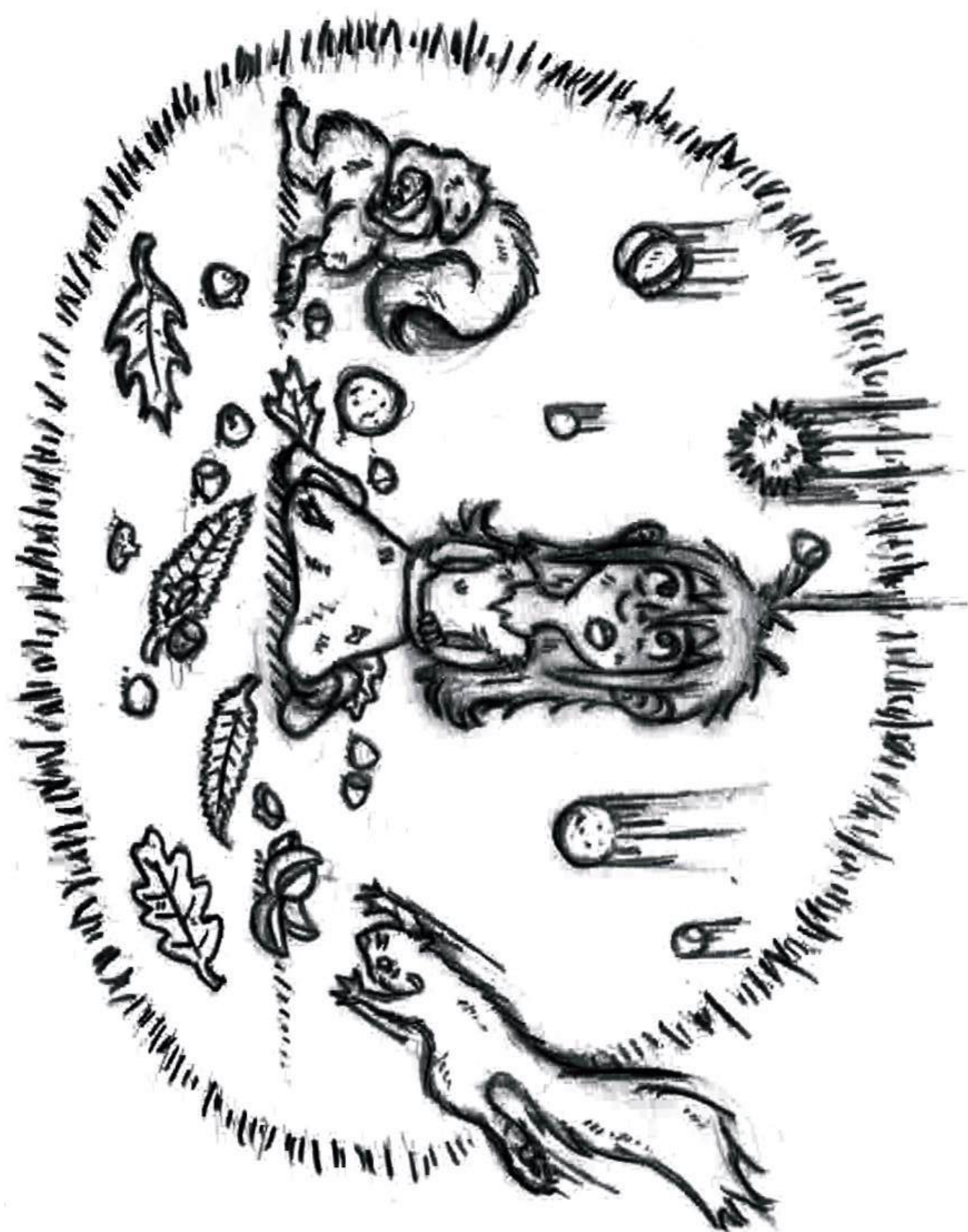
3 heaping TBSP or $\frac{1}{3}$ cup of 100% acorn starch (not acorn flour)

$\frac{1}{2}$ cup maple syrup

Steps:

1. Whisk the water (or milk), salt, acorn starch and maple syrup vigorously, in a small pot, until there are no floating clumps of starch.
2. Heat it up on medium high heat or over a campfire for an added smokey flavor.
3. Stir the mixture with a spatula occasionally as it starts to thicken. When it is getting thicker, stir frequently or constantly to prevent it from burning,
4. Stir until it sticks to the spatula and drips off slowly when you lift the spatula and turn it.
5. Remove from the heat and let it cool. Continue stirring so that it does not cool on the top surface of the pudding faster than the middle, or it will make a skin on top.
6. Stir until its cooled enough to eat - serve and enjoy!
7. If you let it cool all the way, it will firm up as vegan jello.





Spicy Korean Acorn Starch Noodles (Dotorimuk)

100% Acorn Starch

Gluten-free

Vegan

We always use the recipe by Maangchi

<https://www.maangchi.com/recipe/dotorimuk-muchim>

Korean Acorn Starch is used to make these amazing gelatin noodles.

It is traditionally served cool and topped with a spicy sauce and fresh chopped vegetables.

The starch noodles do not have flavor, so we have been experimenting with replacing the liquid with many different flavors : diluted tomato juice, pineapple juice, diluted vegetable stock.

You can make the original dotorimuk, and try your own flavors to make sweet or savory noodles.

Ingredients:

For the starch noodles:

½ cup acorn starch

3 cups water

½ tsp kosher salt

For the sauce:

⅓ cup soy sauce

2 tsp honey or sugar

3 garlic cloves, minced

3 stalks of green onions, chopped

1 TBSP Korean hot pepper flakes (gochugaru)

1 TBSP and 2 tsp toasted sesame oil

1 TBSP toasted sesame seeds, add right before serving so they don't lose their crispiness

garnish with shredded red pepper (silgochu)

For the vegetables:

2 cups lettuce cut into bite size pieces

¼ cup onion, sliced thinly

1 cup's worth edible chrysanthemum cut into bite size

3-5 perilla leaves, chopped

2 TBSP carrot, shredded

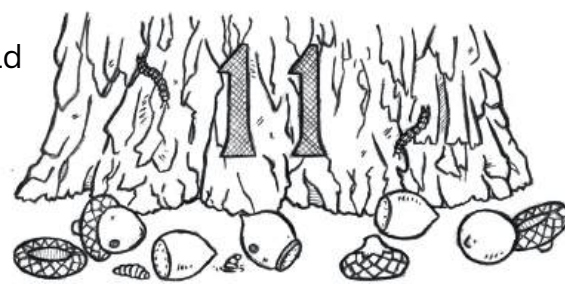
½ cup cucumber, thinly sliced

1 red chili pepper, chopped

1 green chili pepper, chopped

Steps:

1. Combine all the ingredients for the starch noodles. Whisk to break up any lumps. Pour the mixture into a thick bottomed pot and stir over medium heat about 7-8 minutes until it bubbles. Lower the heat and stir another 5-8 minutes until it sticks to the spoon.
2. Pour the mixture into a rectangular glass container and let it cool down.
3. Put it into the fridge for about 6-10 hours until it's solid.
4. Create the seasoning sauce in a mixing bowl. Set aside.
5. Take the acorn jelly out of the fridge. Flip the glass container over on your cutting board so the solidified jelly slides out in one piece.
6. Cut into bite sized pieces and serve over your tossed salad with spicy sauce mixed in and drizzled over.
7. Sprinkle with sesame seeds and enjoy!





Forest Nutty Granola

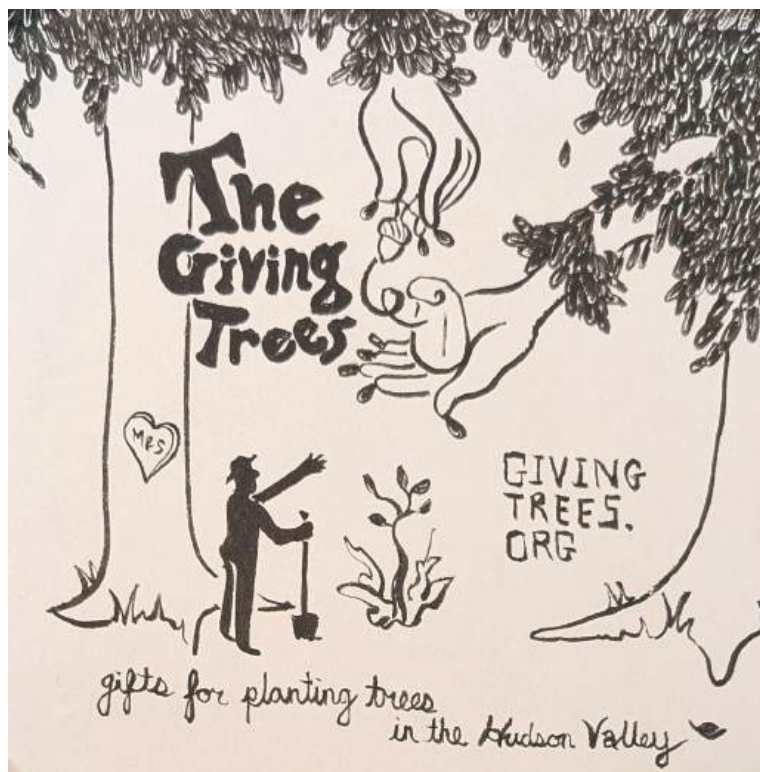
Ingredients:

Nuts (chopped roughly), Grains,
Oils, Spices, and Sweets For baking:

1 ½ cups Roasted Hazelnuts
1 cup black walnuts
½ cup hickory nuts
½ cup leached acorn bits
2 cups old fashioned rolled oats
⅓ cups hickory nut oil
⅓ cup maple syrup
¼ cup brown sugar
1 tsp fine salt
1 tsp cinnamon

Dried Fruit for adding after the bake:

1 ½ cup dried mulberries
2 cup dried apple chips (broken up)
¾ cup dried blueberries
¾ cup dried currants



Steps:

1. Mix Together Nuts, Oats, Oil, Sugars, & Spices. Stir to combine.
2. Spread mixture evenly into a rimmed baking sheet and press it down with a fork. This will help the granola form clumping pieces
3. Bake at 275°F for 55 minutes. Do not stir. Turn off the oven and let the mixture cool completely before removing from the oven (it will take several hours).
4. Break the granola into desired clumps and add dried fruit.
5. Store in an airtight container to maintain freshness.





Staghorn sumac is a large shrub that is native to Eastern North America, and grows in rocky disturbed soils. You have probably seen it growing along road sides. It is doing it damndest to rebuild soil for future forests where humans have removed them. There are over 250 varieties of sumac that grow all around the world and have helped humans flavor their foods for millennia.

It is best to pick staghorn sumac cones and berries from shrubs that are not growing along roadsides to avoid air and soil pollution.

This year we harvested staghorn sumac in August, when the cones were big and bright red. The berries that make up the cones are fuzzy and full of citric acid and malic acid which gives them a tart lemon like taste. Its ideal to harvest the cones after a dry week, because the rain will reduce the flavor of the berries.

You can make sumac lemonade, or hot tea quite easily by submerging the berries or cones in water. If you pulverize the dry berries into a powder you can make sumac spice, which is commonly used in middle eastern cooking.

Sumac Lemonade

Ingredients:

2 cups water
1 cup fresh sumac seeds or whole cut up cones
3 sprigs fresh mint or other herbs to taste (optional)
maple syrup or honey to taste
A squeeze of lemon juice

Steps:

1. Combine the sumac berries, water, and herbs in a pitcher or jar and mix well with a whisk to agitate them.
2. Leave the pitcher in the sun all day or in the fridge overnight, stirring a few times. Or you can boil water and pour it over the sumac and herbs and let it steep til it cools.
3. After it steeps, taste the drink. It should be pleasantly sour.
4. Strain the sumac berries out.
5. Add lemon and sweetener to taste.
6. Chill with ice to serve.
7. It will last for a week in the refrigerator.





Sumac Hot Tea

Steps:

1. Fill a tea ball with sumac berries
2. Pour 1 cup of boiling water over the tea ball and let it steep for 10-20 minutes.
3. Add sweetener to taste and enjoy.

White Pine Needle Hot Tea

I love to make a pot of white pine needle tea when I am camping in the winter. The citricy flavor warms and soothes me. White pine needles are high in vitamin C and have a good amount of Vitamin A too. They are very easy to harvest and to make a soothing hot tea from.

We harvested white pine needles in September, but they can be harvested pretty much anytime of year as long as they are alive (green).

The needles release their flavor more easily after being air dried for a week. You can also use them fresh in winter, when they are partially dried on the branch.

Steps:

1. Roughly Chop your pine needles so they fit in a tea mug.
2. Place 1 full handful of pine needle pieces in a mug.
3. Pour 1-2 cups of boiling water over the needles and let it steep 10-20 minutes
4. Strain out the needles and add sweetener to taste.
5. Reheat the tea if it has cooled. Enjoy.





Chestnut Flour Pie Crust

80% Chestnut Flour & 20% wheat flour

From Tyrant Farms recipes

<https://www.tyrantfarms.com/american-persimmon-pie-w-chestnut-flour-crust-maple-whipped-cream/>

Ingredients:

2 cups chestnut flour

1/2 cup wheat flour

2 sticks cold butter, chopped into small pieces

1 large chicken egg

1 tsp fine salt

2 TBSP brown sugar (optional)

Steps:

1. Mix together flours and salt. Cut butter into small pieces, then add to flour. Work butter into flour with large fork for 2-3 minutes until its pea sized. Or pulse with a food processor.
2. Make a hole in the center of flour mixture and pour in beaten egg. Work egg into flour mixture with large spoon for 1-2 minutes. You should be able to form dough into a ball with your hands. If not, add 1 TBSP ice water, work in quickly by hand and try again. Repeat until dough is able to stick together and form a ball. Refrigerate dough wrapped in saran wrap if not making pie crust/pie immediately. If making pie immediately, begin forming pie crust in pie pan as detailed below.
3. Preheat oven to 350°F . Let dough warm about 10-15 minutes if it was kept in the fridge.
4. Unlike white flour pie dough, you won't be rolling out chestnut flour pie crust with a rolling pin. You'll be forming it by hand into your buttered pie pan (it has the consistency of crumbly shortbread). Smush pieces of dough into pan until the entire surface and edges have about a 1/4" thick crust layer. Press top edges down with fork for decorative finish.
5. Poke holes in crust with fork before placing in the oven so that any steam can escape as the dough heats rather than causing bubbles/cracks to form in crust.
6. Bake pie crust for about 15 minutes until the crust just starts to turn golden on the edges. Remove and let cool to close to room temp before adding pie filling.
7. Final Pie Baking time will depend on the filing type. For an apple pie with premade filing it takes approximately 40 minutes at 350°F to bake and we recommend covering the edges of the crust with tin foil. Let your pie cool after baking for the optional crust structure.





Chestnut Flour Buttermilk Biscuits

100% Chestnut Flour

Gluten-free

Makes 6-8 biscuits

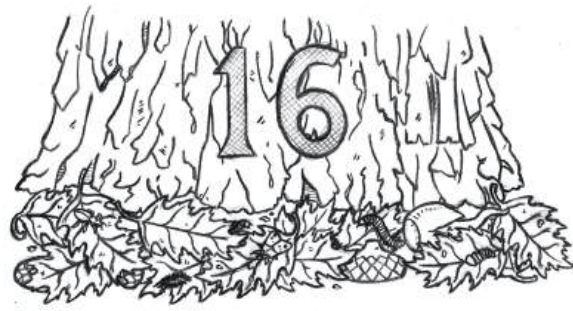
Adapted from the book *The Elements of Baking* by Katarina Cermelj

Ingredients:

2 cups chestnut flour	(optional for fluffier biscuits)
4 tsp baking powder	$\frac{2}{3}$ cups buttermilk chilled
2 tsp white sugar	instead of $\frac{3}{4}$ cup &
1 tsp salt	2 tsp psyllium husk &
1 tsp xanthan gum	2 TBSP cold water
$\frac{3}{4}$ stick unsalted butter, chilled, cubed	
$\frac{3}{4}$ cup buttermilk chilled	

Steps:

1. Adjust oven rack to the middle position, and preheat the oven to 425°F.
2. Line a baking sheet with baking paper.
3. (Optional - If using psyllium husk and cold water for fluffier biscuits) In a small bowl mix together psyllium husk and cold water. After about 10-15 seconds a gel will form. Add the buttermilk to the psyllium gel and mix well. Keep it chilled in the fridge until needed.
4. In a large bowl mix the flour, baking powder, sugar, salt and xanthan gum.
5. Add the cold butter and work it into the dry ingredients until it's approximately pea sized.
6. Add the buttermilk (or the psyllium gel buttermilk mixture) to the dry ingredients. Use a wooden spoon to mix everything together into a shaggy dough. Aim for a shaggy dough that doesn't have any dry flour patches and holds together well. You may need to add a bit of chestnut flour or a tsp of buttermilk to get it right. It should not be too sticky.
7. Turn out the dough onto a floured work surface and give it a gentle knead.
8. Roll or pat the dough into a roughly square shape until its about 1 inch thick.
9. Cut the dough into 4 equal pieces and stack them. Beat them with a rolling pin back into a square 1 inch thick.
10. Cut the dough into 4 pieces again, stack them, and beat them again into a square 1 inch thick.
11. Cut the dough into equal sized 2 inch squares and transfer them to a plate.
12. Cover the plate with plastic wrap and chill in the fridge 20 minutes or freezer for 10 minutes.
13. Put the biscuit dough pieces on a lined baking sheet and brush with milk or melted butter.
14. Bake for 18-20 minutes or until golden brown.
15. Let cool a bit and enjoy!





Acorn Flour Chocolate Chip Muffins

50% - 100% Acorn Flour, your choice of gluten free flours

Gluten-free

Adapted from the book The Elements of Baking by Katarina Cermelj

100% Acorn Flour makes a delicious muffin with a good crumb that has a texture more like a corn muffin.

50% Acorn Flour with other gluten-free flours (sorghum and brown rice flour) makes a more cakey and moist muffin with a more iconic domed muffin-top. Both are delicious.

Ingredients:

3 ½ cups + 2 TBSP Acorn Flour

(Or 2 cups minus 2 TBSP Acorn Flour , ½ cup Brown Rice flour , & ½ cup Sorghum Flour)

1 cup sugar

2 tsp baking powder

1 tsp baking soda

1 tsp xanthan gum

¼ tsp salt

½ stick unsalted butter, melted

¼ cup sunflower or vegetable oil

¾ cups milk

¾ cups plain yogurt

2 eggs

1 tsp vanilla extract

1 cup mini semi-sweet chocolate chips

Steps:

1. Preheat the oven to 375° F. Line a muffin tin with 12 paper liners.
2. In a large bowl, whisk together the dry ingredients.
3. In a separate bowl whisk together the wet ingredients.
4. Add the wet ingredients to the dry and fold together until you have a smooth batter with no clumps. Do not overmix.
5. Mix in the chocolate chips. Save some to dot the tops. Ladle batter into muffin tin liners and dot the tops with chocolate chips.
6. Bake for 20-22 minutes until the muffins are well risen and a toothpick test comes out clean or with a few moist crumbs attached to it.
7. Leave the muffins to cool in the muffin tin for 10 minutes, then transfer to a wire rack.
8. Enjoy!



FOOD SHARE

A food share is a neighborhood party where people can share any extra garden vegetables, fruits, or nuts that they have growing.

Cold weather is coming and this is a good time to give away produce that would otherwise go to waste. You might find people that would enjoy what you bring!

Even if you have nothing to bring, you can still come and take things.

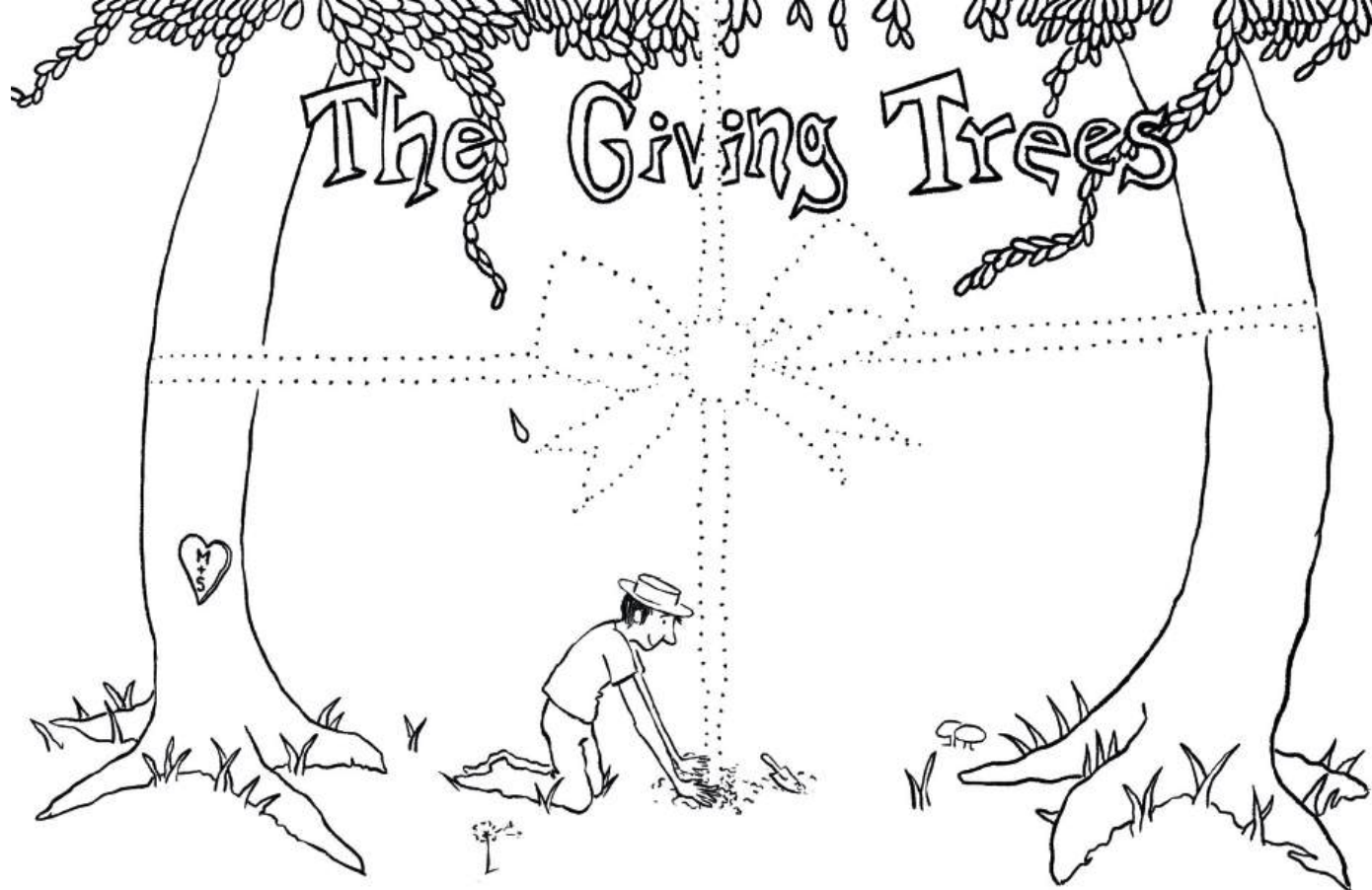
You can also bring a recipe you want to share or acorns / black walnuts (Someone uses the nuts for flour and ink)

SATURDAY
OCTOBER 19
3 TO 5
RAIN DATE: OCT 20

12 HARRY WELLS RD.
(A FEW DOORS FROM
THE DELI)

Note:

Parking is
a bit limited.
If possible,
carpool or walk



Weeping Spruglio

Gluten Free

Vegan

What is Weeping Spruglio?

Weeping Spruglio is what we've named our Weeping Norway Spruce Flavored Syrup. It is named after Muglio, which is a syrup made in Italy from the Mugo Pine.

How to make Spruglio:

In Spring we harvest the vibrant neon green tips of the Weeping Norway Spruce trees "new growth" and young tender cones and packed them all in brown sugar. The sugar pulls the flavors from the needles and cones and melts into a syrup. We then ferment the syrup for 1-2 months to allow the flavors to intensify. We strain out the spruce needles and cones to be left with a vibrant syrup not like anything else.

How to use Weeping Spruglio:

Well, its pretty good on its own - But since that's insane...

- we recommend drizzling it on vanilla ice cream or yogurt.
 - Mixing it into hot herbal teas.
 - Mixing it with a cocktail or mocktail which is super delicious
- Our favorite is a Spruglio & Tonic with lime over ice.





Acorn-Pecan Sablé Cookies

Gluten Free

Recipe from Hudson Valley baker Kate Ray

Makes about 30 small cookies

These cookies are a simple and delicious way to stretch your acorn flour — just a small amount helps make them crumbly and melt in your mouth as well as making the dough an unusual mahogany color. Cookies like this can be dressed up — sandwiched between a layer of jam — or kept simple — as is, or with a light sprinkling of salt or Demerera sugar before baking. Enjoy with a cup of tea!

Ingredients

½ cup (50 grams) raw pecans
1 ¾ cups (150 g) oat flour
½ cup (25 g) acorn flour
¼ cup (50 g) coconut oil, melted
¼ cup (60 g) granulated sugar
⅛ cup (35 g) oat milk or cow's milk
½ tsp baking powder
½ tsp salt
Jam for filling (optional)

Steps

1. Preheat oven to 375°F. Line 2 sheet trays with parchment paper.
2. In a food processor, add pecans, oat flour, and acorn flour. Grind until the pecans are completely broken down and the mixture is very uniform.
3. In a medium bowl, whisk together the melted coconut oil, sugar, and milk into a uniform syrup. Whisk in the baking powder and salt. Add the flour mixture & mix until well-combined.
4. The dough will be soft, but you can roll it out immediately between two layers of parchment paper (you can also chill it in the fridge for a few days). Roll evenly to about ¼-inch thick.
5. Use a cookie cutter to cut out round shapes. Use a spatula to carefully transfer them to the sheet trays (if any break, you can squish the pieces back together and they will re-fuse during baking).
6. Bake for 11-14 minutes, until the edges are barely browned (this might be hard to see given the color of the dough) or the centers of the cookies feel generally firm when pressed.
7. Let cool completely before eating or filling with jam. These cookies are good when stored tightly wrapped at room temperature for up to 2 weeks, or in the freezer indefinitely.



Acorn Mochi Donuts with Maple Glaze

Gluten Free

Dairy Free (optional)

Recipe from Hudson Valley baker Kate Ray

Makes 6 small donuts

Mochi donuts are usually made with a combination of sweet (aka glutinous) rice flour, which makes them heavy and chewy, and tapioca starch, which lightens them up. Here, acorn flour takes the place of that starch, while adding extra fiber, flavor, and a dark chocolate color to the batter. These donuts are not super sweet as is, but more of a treat with the maple glaze.

Ingredients

For the Donut Batter:

- ¼ cup (50 grams) coconut oil
- ⅓ cup (80 grams) oat or cow's milk (see Note)
- 2 teaspoons apple cider vinegar
- 1 large egg
- ¼ teaspoon salt
- ½ cup (55 grams) sweet rice flour (see Note)
- ¼ cup (20 grams) acorn flour
- ½ cup (90 grams) white sugar
- ¼ tsp baking powder
- ¼ tsp baking soda

For the Maple Glaze:

- 60 grams (¼ cup) confectioner's sugar, sifted
- 50 grams (2.5 TBSP) maple syrup
- Crunchy salt for sprinkling

Notes:

For the most acorn-forward taste, infuse cow's milk with roasted acorns: Pour the milk into a saucepan and add a few pieces (about 5 grams) of roasted acorns. Bring to a simmer, turn off the heat and cover the pot and let sit for an hour before straining out the acorns.

Sweet rice flour (aka glutinous rice flour) adds a density and spring to the donut that I find pleasant. I also tried a version using buckwheat flour that tasted really great, but was a little more cakey. If you prefer that, substitute buckwheat flour for the rice flour, and add 1 TBSP additional oat milk.

Steps:

1. In a large bowl, whisk together the oil, milk, and apple cider vinegar until emulsified and a bit foamy.
2. Add the salt, rice flour, acorn flour, and sugar. Whisk until no lumps remain.
3. Let the batter rest 1 hour. Preheat the oven to 425°F and lightly spray a nonstick donut pan.
4. Mix the baking powder and baking soda into the batter.
5. Scoop the batter into each of the donut cups to fill them evenly.
6. Bake for 17-18 minutes, until lightly browned on top.
7. Let cool for 5 minutes, then remove from pan to finish cooling.
8. If eating immediately, glaze while still slightly warm. Otherwise, store in a plastic-wrapped tray at room temperature for up to a day (the donuts will get moister over time — you can include a desiccant packet in the tray with them, and/or heat them up briefly in the oven when ready to eat).
9. To glaze the donuts: whisk together the confectioner's sugar and maple syrup. Pour over the donuts. Sprinkle crunchy salt on top.

