

## Try "Our Hometown Foods"

Buy and try the NEW PRODUCTS produced by Hudson Valley Hometown Foods, a business started by Anna Dawson, an organic farmer and retired Home Economics Teacher. Anna began experimenting with freezing the local harvest when she built her "Modern Grandma's Kitchen" on the family farm in Kinderhook, NY in 2000.

She discovered she could create "cooking kits" packaged in sensible portions using specially adapted recipes and directions. She wanted to help today's busy families access local foods year round. Meal components (stir fry entrees, fruit desserts, and fruit drinks) needed to be quick to prepare by cooking on top of the stove or in a microwave. These foods were designed to have the "Homemade Taste of Yesterday"—with a modern Grandma's touch.

**INGREDIENTS:** All our meats are processed nearby in humanely operated slaughter facilities. Our "grass fed" beef, organic and natural meats are grown without hormones or antibiotics. No nitrites or nitrates are used in our products. No GMO grains or animal by products are used in our feeds.

We are working with Mike Scannell, a Stuyvesant farmer who raises "Grass Finished Beef" and Rich Van Wie, another Stuyvesant farmer and meat processor who raises "natural" beef and accesses other high quality local meats and processes it at his USDA facility.

**FRUITS & VEGETABLES:** The vegetables & small fruits we use come from certified organic or uncertified organic farms. Uncertified organic farms operate their farms following organic growing procedures but sell less than \$5000 per year and are exempt from required certification. Our tree fruits come from nearby farms using minimum amounts of chemicals. In the summer our young crew picks the harvest and free the ripest fruit daily. We use little sugar for "tree ripe" fruits.

**WORKFORCE TRAINING:** Anna designed her 1400 sq. ft. kitchen as a place where teens and retirees could work and learn together using 21<sup>st</sup> century technology. Sales from Anna's kitchen will help support her dream of offering food related experiences to kids of all ages at farms, schools and her kitchen. She believes that we can create a local food system that saves farms and enhances our community's quality of life if we grow new skills working together producing, processing, distributing, and marketing local foods.

**JOIN US!** We want to design foods and activities that meet your needs.

Are you diabetic or have food allergies?

Have recipes to share?

Are you interested in weight loss?

Want single serving meals?

Want to sell our foods at "tasting parties"?

Want to copy our ideas in your town?

Let's network and create a local food system growing healthy people

Hudson Valley Hometown Foods

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Future Website: [www.ourhometownfoods.com](http://www.ourhometownfoods.com)

# Sausage Crumble Stir Fry

## Plus Vegetables Topped with Tangy Cabot Cheese

"Keep Frozen Until Use!"

### Ingredients:

#### Sausage Patty (8 oz.):

Ground Pork, Ginger, Black Pepper, Sage, Fennel,  
anise Seed, Salt, Paprika, Cayenne Pepper.

Rice (4 oz.): Dry Organic White Rice

Organic Carrot (4 oz.)

Organic Corn (4 oz.)

Local Multi-Colored Peppers (4 oz.)

Local Organic Zucchini (4oz.)

Organic Sharp Cheddar Cheese (2 oz.)

Net Wt. 30 oz. (1Lb. 14 oz.)

## Sausage Crumble With Vegetables Topped With Tangy Cabot Cheese Stir Fry Directions

### Step 1 Rice:

1. In a saucepan, add 1 cup plus 2 Tablespoons of water and
2. Cover and bring to boiling over medium heat.
3. Reduce heat to low, cover and cook rice about 15 minutes without stirring.
4. Remove from heat. Take cover off.

### Step 2 Meat:

1. Pan fry the frozen sausage patty on medium in an oiled sk
2. Remove the well done meat from the skillet.
3. Cut into bite sized pieces.

### Step 3 Vegetables:

1. Break up the frozen vegetables into hot skillet.
2. Pan fry until the liquid evaporates & vegetables are cooked. Add the meat, the cheese, and the rice to the pan, Stir. After cheese melts, serve hot.

I.V. Hometown Foods

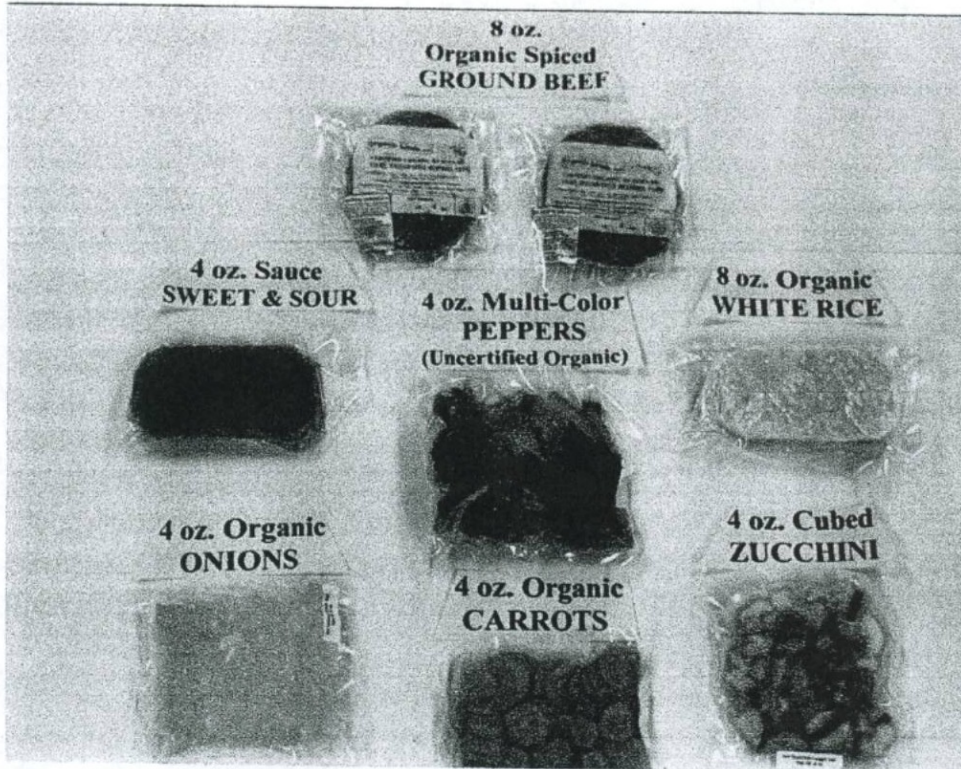
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## Italian Seasoned Beef/Pork with Sweet & Sour Sauce Stir Fry

*"Keep Frozen Until Use!"*

### Ingredients:

#### Spiced Meat Patty (8 oz.):

NY Organic Beef\*, Water, NY Organic Pork, Salt, Soy Protein, Potato Starch, Spice Mix, Paprika, Onion Powder.  
(\*Certified by NOFA-NY, Inc.)

#### Sweet & Sour Sauce (4 oz.):

Water, Cider Vinegar, Local Apple Cider, Brown Sugar, Organic Tomato Puree, Organic Sugar, Arrowroot, Garlic.

**Rice:** Dry Organic White Rice.

**Organic Carrot (4 oz.)**

**Organic Onions (4 oz.)**

**Local Organic Zucchini (4 oz.)**

**Local Multi-Colored Peppers (4 oz.)**

**Net Wt. 32 oz. (2lb.)**

## Italian Seasoned Beef/Pork With Sweet & Sour Sauce Stir Fry Directions

### Step 1 Rice:

1. In a saucepan, add 1 cup plus 2 Tablespoons of water and rice
2. Cover and bring to boiling over medium heat.
3. Reduce heat to low, cover and cook rice about 15 minutes without stirring.
4. Remove from heat. Take cover off.

### Step 2 Meat & Sauce:

1. Pan fry the frozen beef patty on high in an oiled skillet.
2. Remove the meat from the skillet to prevent overcooking.
3. Cut into bite sized pieces.
4. Thaw the sauce in the hot skillet and add 1/4 cup water.
5. Simmer meat and sauce on low until the vegetables are done.

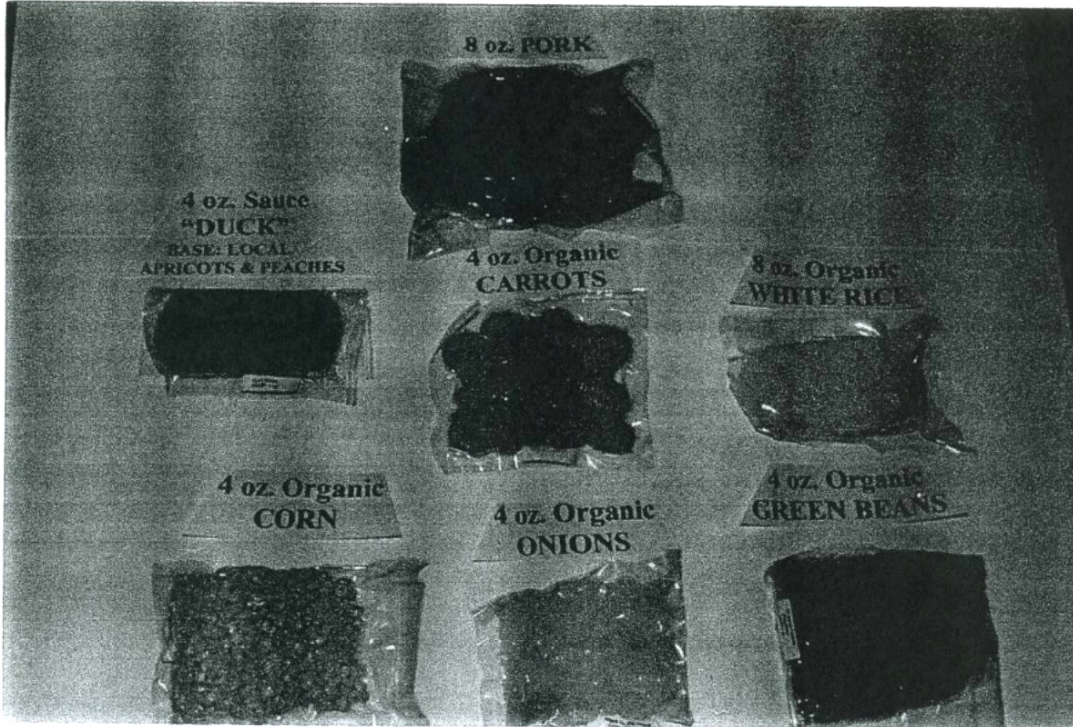
### Step 3 Vegetables:

1. Break up the frozen vegetables into another hot oiled skillet.
2. Pan fry until the liquid evaporates & vegetables are cooked. Add the meat and sauce to the cooked vegetables. Serve over hot rice immediately.

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**PORK WITH DUCK SAUCE  
&  
Vegetable  
Stir Fry**

*Keep Frozen Until Use!*

**Ingredients:**

**Locally Grown Pork: Strips (8 oz.)**  
**Duck Sauce (4 oz.):**  
 Water, Local Peaches, Local Apricots, Sugar,  
 Vinegar, Orange Juice, Pectin, Ginger, Pepper, Calcium.  
**Rice (4 oz.):** Dry Organic White Rice.  
**Organic Corn (4 oz.)**  
**Organic Carrots (4 oz.)**  
**Local Organic Green Beans (4 oz.)**  
**Organic Chopped Onions (4 oz.)**  
**Ginger Spice Packet**

**Net Wt. 32 oz. (2LB.)**

### Pork with Duck Sauce & Vegetable Stir Fry Directions

**Step 1 Rice:**

1. In a saucepan, add 1 cup plus 2 tablespoons of water and rice.
2. Cover and bring to boiling over medium heat.
3. Reduce heat to low, cover and cook rice about 15 minutes without stirring.
4. Remove from heat. Take cover off.

**Step 2 Meat & Sauce:**

1. Cut thawed meat into bite sized pieces.
2. Pan fry the meat on high in an oiled (extra light olive oil) skillet.
3. When meat is browned on all sides, add the frozen sauce and add 1/4 cup water.
4. Taste the sauce. If a stronger ginger taste is desired add the ginger spice packet to the meat/sauce mixture.
5. Simmer meat and sauce on low until the vegetables are done

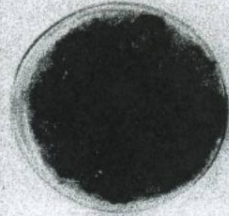
**Step 3 Vegetables:**

1. Break up the frozen vegetables into another hot oiled skillet.
2. Pan fry until the liquid evaporates & the vegetables are cooked. Add the meat and sauce to the cooked vegetables. Serve over hot rice immediately

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# APPLE CRANBERRY COBBLER

**CRANBERRIES  
&  
NY APPLE CIDER**



**TOPPING**



*H.V. Hometown Foods*  
**Apple Cranberry Cobbler**  
**Keep Frozen until use!**  
**A Quick Snack! (8 Minutes)**

Ingredients list:  
Apples: NY Apples, Orange Juice  
Citric acid, Calcium Chloride, Salt.  
Organic Cranberries, NY Apple Cider,  
Potassium Sorbate.  
Topping: Sugar, Flour, Unsalted Butter,  
Cinnamon, Nutmeg, Mace.

**Net Wt. 7 oz.**

## Apple Cranberry Cobbler

**Microwave Directions: 8 minutes!**

1. Spread half the topping over the bottom of a microwave safe dish
2. Break up the frozen apples into the dish.
3. Top the apples with the cranberries and cider.
4. Sprinkle the rest of the topping on the apples.
5. Microwave on high for four minutes to thaw the fruit.
6. Stir to mix the topping and fruit juices for uniform thickening.
7. Microwave for another four minutes on high until liquid is thick and bubbly.
8. Serve warm or cool topped with ice cream.  
Makes 2 servings.

## Stove Top Directions: 8 minutes

1. Break up frozen apples, berries, & cider into a pot.
2. When fruit separates and liquid boils, add topping.
3. Stir until liquid bubbles and thickens.
4. Spoon into two dishes. Serve warm.

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# Curried Ground Beef & Vegetable Stir Fry

**"Keep Frozen Until Use!"**

## Ingredients:

**Beef Patty (8 oz.):** Organic 85% Lean Beef

**Mild Curry Sauce (5 oz.):**

Local Organic Yellow Tomato Puree, Organic Onions, Brown Sugar, Olive Oil, Water, Curry Powder, Mace, Worcestershire Sauce, Hot Sauce, Hot Peppers, Black Pepper.

**Rice (4 oz.):** Dry Organic White Rice

**Organic Carrot (4 oz.)**

**Organic Corn (4oz.)**

**Local Organic Green Beans (4oz.)**

**Local Multi-Colored Peppers (4 oz.)**

**Net Wt. 33 oz. (2Lb. 1 oz.)**

## Curried Ground Beef & Vegetable Stir Fry Directions

### Step 1 Rice:

1. In a sauce pan, add 1 cup plus 2 tablespoons of water and rice
2. Cover and bring to boiling over medium heat.
3. Reduce heat to low, cover and cook rice about 15 minutes without stirring.
4. Remove from heat. Take cover off.

### Step 2 Meat and Sauce:

1. Pan fry the frozen ground beef on high in an oiled skillet.
2. Remove the meat from the skillet to prevent overcooking.
3. Cut into bite sized pieces.
4. Thaw the sauce in the hot skillet and add 1/4 cup water.
5. Simmer meat and sauce on low until the vegetables are done.

### Step 3 Vegetables:

1. Break up the frozen vegetables into another hot oiled skillet.
2. Pan fry the liquid evaporates & the vegetables are cooked. Add the meat and sauce to the cooked vegetables. Serve over hot rice immediately.

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