

Bountiful Cupboard

Your regional connection to hidden locations, fantastic ingredients, and great food!



6 must-try craft breweries
Historic Thanksgiving fare
The fruitcake conspiracy

let it grow, let it grow, let it grow



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HELP CHOOSING THE RIGHT TOOLS

Should you buy a pruner, a lopper or a saw? Does a gardener need all three?

Pruning can be heavy, repetitive work, and trying to take too big a bite with the wrong tool is the quickest way to increase fatigue and frustration while also shortening the life of the equipment.

An ideal “starter” assortment of pruning tools should include the following:



- **Bypass Pruner**—A one-handed tool ideal for cutting green growth with diameters up to $\frac{3}{4}$ inch in diameter.



- **Lopper**—Basically a pruning shear with long handles. The longer handles provide more leverage allowing you to cut much larger branches easier—up to 2 inches.



- **Pruning Saw**—A folding or sliding saw designed for branches 2 inches or more in diameter. This pocket-size tool is also handy for cutting branches into manageable pieces.

What should you look for when choosing a lopper?

When selecting pruning tools, think ergonomics! Carpal tunnel syndrome, tendonitis and even arthritis are the scourge of gardeners, young and old. It's vitally important to choose tools that help reduce the stress and strain often associated with gardening.

We recommend loppers or pruners with a mechanical advantage, such as multiple pivot points. Think gears or levers—mechanisms designed to increase leverage and maximize cutting power—thus reducing fatigue.

Lightweight tubular steel, aluminum or fiberglass handles fitted with comfortable grips provide additional comfort.

What's the difference between anvil and bypass devices?

Bypass pruners and loppers cut with two curved blades that bypass each other, similar to scissor blades. Use bypass



bypass lopper



anvil lopper

lopers on green growth. An anvil lopper features a single, straight-edged cutting blade that closes against an anvil of softer metal. Use it for cutting dry, hard or old growth or for trimming back live branches before you make the final cut with bypass loppers.

When is the best time to prune?

Pruning should be done year-round as



Loppers with a mechanical advantage reduces fatigue

needed. The best time to prune varies with each plant species. Plants that flower during the spring are usually pruned after they bloom. If you prune before they bloom, you would remove the flower buds. A light fall pruning is beneficial to many shrubs and trees. Some plants need preparation for the winter, especially large, overgrown shrubs. In the case of deciduous trees, pruning when the leaves are off will give you a better idea of how the pruning will affect the tree's shape. Removal of dead, diseased or damaged branches should be done as soon as possible, regardless of the time of year.

Can tools can be sharpened?

Sharp tools cut with less effort, and clean cuts from sharp tools promote faster plant healing. The easiest way to maintain the correct cutting angle on the blades is to color in the area to be sharpened with a black felt-tip pen before sharpening. We suggest that you use a whetstone and sharpen evenly until no trace of the ink can be seen on the blades. You can also purchase replacement blades should the blades become too dull to work with.

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4 The return of the neighborhood brewery

The national brands have dominated the market for years but they need to look over their shoulders. Small, local brewers are cranking out world-class craft beers that could take a bite out of the big boys' marketshare.

8 Heritage turkeys—the flavor of yesteryear

The breeds of turkey your grandmother (and her grandmother) cooked are making a comeback. We'll tell you about these birds and one family farm that raises them

12 Gone, but not forgotten...

Winter Markets: Farmers are in the vanguard of the buy local movement. Now they're moving indoors to provide the same great products well into the winter.

20 The gift that keeps on being given

You've probably gotten one at least in your life, but what do you really know about fruitcake.

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Friends and Family

November marks the beginning of the holiday season. A time when we gather friends and family close to celebrate together and enjoy each other's company. It seems appropriate, therefore, that a great many of the companies we feature in this issue were started by or are run by brothers, husbands and wives, fathers and sons, and good friends.

It's encouraging to see families and friends working together, making quality products to share with other families. I enjoy thinking about these families gathered around the holiday table resting new and old family recipes that will be refined into the next great product they bring to market. I can imagine the discussion of whether great-grandma would have approved of the taste. And you can almost hear the back and forth banter about what to change to make it better.

It's also amazing how many of the businesses we feature started in someone's garage or kitchen when they decided to make something special for their families and friends. Another segment started as friendly rivalries between brothers, roommates, or friends to see who could produce the best beer, jams, bread, or countless

other tasty delights. The important thing is that these goodies happen out of love for family and friends and a desire to share handcrafted products made with passion.

Sharing traditions, making Aunt Harriet's cookies, drinking beer that tastes like great-grandfather drank, eating a turkey that has the same flavor as the one your grandmother tasted at her mother's table—these are the simple, basic pleasures that build memories and bond people together. And best of all it doesn't have to be complicated. You can visit any number of wonderful local producers and pick up antique apples, choose old-fashioned beer, a heritage bird, or homemade bread or pie. Then bring it home with the story behind it and share the tales with your family.

I hope when you join your friends and family this holiday season you will take time to experience something old, as well as try something new. Celebrate the bounty that surrounds you in this wonderful area.

Mary-Carel Verden

Publisher and Freelance Foodie



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- ♦ Turkey and stuffing
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