



Make a visit to the Royal Oak Farmers Market or your favorite local farmers market for a bounty of whole local staples for an array of amazing Autumn and holiday dishes!

Farmers Market Apple Sausage Hash

Ingredients

- 1 small onion diced
- 4 tablespoons ghee/clarified butter
- 2 large sweet potatoes (par cooked about 80%); large dice
- 3 farmers market green apples (or apple of your choice)
- 8 medium Yukon potatoes (par cooked about 80%) cut in half moon slices
- 8 strips good quality thick cut bacon
- 1 & ½ lb. John Henrys sausage
- 2 tablespoons chopped herbs; parsley, rosemary & sage

Directions

1. Heat large heavy bottom Sautee pan then add 1 tablespoon of clarified butter/ghee then sauté diced bacon & sausage at medium heat for about 6-7 minutes until cooked through. Remove cooked bacon from pan, leave rendering fat in pan
2. Add prepared potatoes and to pan and sprinkle onions & apples on top & remaining clarified butter; let potatoes brown up for 3-4 minutes then flip (look for nice color and caramelization before flipping. Continue to cook another 3-4 minutes stirring or flipping occasionally
3. Season heartily with sea salt and black pepper, add herbs
4. Serve as a stand-alone dish or add a poached or fried egg

F.M. Autumn Squash Bruschetta

Ingredients

- 3 Cups (raw) diced and roasted butternut squash
- 3 cups (raw) diced and roasted acorn squash
- ¼ cup good quality olive oil
- ½ cup small diced red onion
- 1 cup course chopped kale
- ¼ cup dried cranberries
- 3 Tablespoons Pure Michigan maple syrup
- 1 & ½ teaspoons sea salt
- ½ tsp black pepper
- 1 Tablespoon chopped sage
- 20-24-inch inch cut baguette slices; toasted with a little olive oil salt & pepper
- 1 cup whole milk ricotta cheese

Directions

1. Preheat the oven to 425 degrees.
1. Toss squash with olive oil and a sprinkle of salt and pepper roast in 425-degree oven about 20 minutes, turning pan and tossing with spatula about 10 minutes in.
2. occasionally, until golden brown. Add the vinegar and maple syrup and simmer over medium heat for 4 to 6 minutes, until the liquid is reduced. When the squash is tender,
3. when squash has cooled mix with remaining ingredients
4. top baguette crostini with a smear of ricotta cheese then a heaping table spoon of FM Autumn bruschetta

Market Brussels Sprouts & Butternut Squash

Main Ingredients

- 1 & ½ -pounds brussels sprouts washed, trimmed and halved
- 1 1/2 pounds butternut squash, peeled & diced into medium 1/2 in cubes (about 3 cups)
- 1 small onion dice or ½ cup
- 3 tablespoons olive oil, divided
- ½ cup chopped pecans
- ½ cup dried cherries
- 1 sea salt
- 1 tsp black pepper

Glaze Ingredients

- 2 tablespoons butter (or coconut oil) melted
- 2 teaspoons Michigan honey
- 2 tablespoon orange zest
- Juice of the orange you zested
- 1/2 teaspoon black pepper
- 2 teaspoons apple cider vinegar

Directions

1. In a large sauté pan, heat 1 tablespoon olive oil over medium heat, until pan and oil are hot; add in squash. Stir the squash pieces in pan with wood spoon to coat with oil season with a sprinkle of sea salt. so, shift pan so it is evenly distributed in the pan evenly. Let squash brown on without being disturbed for a few minutes. Shift to brown on all sides
2. Once done, remove from heat and pour into a bowl.
3. Heat the other tablespoon of oil over medium-high heat using the same pan. When it's very hot, place the brussels sprouts cut side down in the oil, sprinkling with ½ teaspoon sea salt. Turn the heat to medium, and sear on one side until nicely browned add onions about three minutes.
4. Turn the brussels sprouts over and cook on the other side until nicely browned and tender, three to five minutes.
5. Reduce heat to low and add the squash back to the pan, along with chopped pecans and dried cherries. Stir in the glaze and cook for a few minutes, coating all ingredients and warming through.