

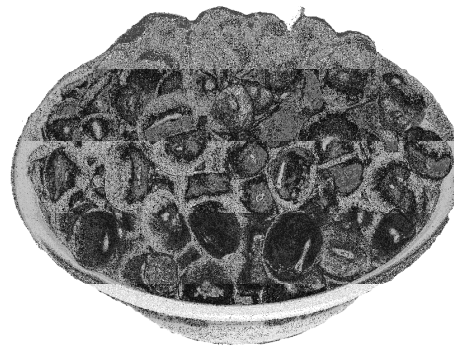


Prairie Grove Nut Growers
 Tom Wahl
 13882 I Ave
 Wapello, Iowa 52653
 www.prairiegrovenuts.com

THEY'RE BACK...



Chestnuts

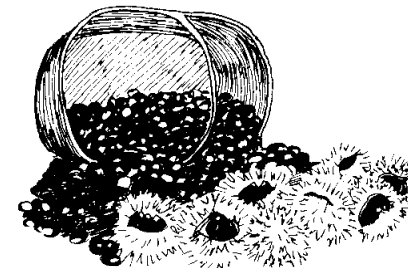


Tel: (319)729-5905

Chestnuts, the perfect (snack) food

Chestnuts are promoted as a low fat food by the American Heart Association. Nutritionally, they are more similar to whole grains rather than other nuts. They have **practically no fat**, are the only nuts allowed in a low fat diet.

Despite being low fat, they contain a high quality protein, 4% by weight.



Eat them and Enjoy good health!

Approximate composition of one cup of peeled fresh chestnuts:

Calories.....	285
Protein.....	6.3 g
Fat.....	1.7 g
Carbohydrates.....	74 g
Water.....	66 g
Fiber.....	2.6 g

Warning!

Most chestnuts sold in this country are rejects shipped over from Europe. These nuts are often bitter, stale and moldy.

When buying chestnuts look for:

- ◆ A chocolate to mahogany colored shell with a glossy sheen
- ◆ Nuts displayed in a refrigerated case and wrapped in clear plastic to prevent drying
- ◆ Signs saying "locally grown"

Can't find good chestnuts in your area? Prairie Grove Nut Grower's Coop would like to help. We are a coop of family farmers, sustainably growing the world's best chestnuts in the rich soil of America's heartland.

Visit our website at:

www.prairiegrovenuts.com or call

Prairie Grove Nut Growers
Tom Wahl
(319) 729-5905
redfernfarm@lisco.com

(We also have certified organic chestnuts available.)

Thanks to Annie Bhagwandin for recipes and artwork for this brochure. More recipes can be found in her book: "The Chestnut Cook Book"

Storing

The best way to store fresh chestnuts is to refrigerate them in ventilated plastic bags, or in two layers of brown paper grocery bags. They will last up to several months this way. Do not freeze fresh nuts. Once cured, chestnuts can be frozen for up to one year.



Curing

Cure chestnuts by partially drying them. Place nuts in a shallow bowl or mesh bag at room temperature for 3 - 21 days, depending on nut size (larger nuts take longer). During curing chestnuts lose half their moisture and turn sweet.

Is it cured?

Test by squeezing. There should be air space between the shell and kernel. The kernel will have a soft spongy texture.

Cured Chestnuts Do Not Store Well!

Once cured, chestnuts should be consumed promptly, or frozen.

A Quick Snack

Slit the shell of a few chestnuts and zap in the microwave. The shell will start to peel away from the cut. (Some folks like their nuts just warmed up and still crunchy)

Versatile To Prepare

A Trick from the Orient: Boiling

Throw whole, unshelled chestnuts into cold water. Bring to a boil and continue to boil for 20 minutes. Eat like peanuts. Makes a nutritious snack to carry in your pocket .

Roasting Instructions

Cut a slit through the shell on the rounded side of the nut from side to side. Try not to cut into the kernel. When done the kernel will feel soft and the shell will curl away from the cut. Peel while still warm by squeezing the nut at each end of the cut.

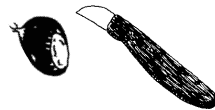
Microwave: place 1/2 cup of chestnuts in a coffee mug and cook on high for 1 minute. Shake halfway thru cooking.

Oven: roast at 350° for 20 minutes

Open Fire: use a chestnut pan

Puree

Boil and peel chestnuts. After all are peeled, boil ten more minutes in a smaller amount of water, milk, or broth depending on the recipe. Use a food processor, blender or potato masher to make a smooth paste.



Recipes

Chestnut & Cornbread Stuffing

Bread crumbs can be substituted for the cornbread.

1 lb. Fresh, cured chestnuts or 1/2 lb. Dried, peeled chestnuts

1 onion minced

1/4 cup butter

3 cups cornbread, crumbled

1/4 teaspoon each of sage, thyme & marjoram

1 Tablespoon fresh parsley, chopped

Salt and pepper

Hot water or broth

8 lb. Turkey

Roast and peel fresh chestnuts or rehydrate dried chestnuts and chop. Sauté onion in butter until soft. In large bowl mix together all ingredients except water. Slowly mix in enough hot water to moisten it well. Stuff and bake the turkey in a preheated oven.



Bluegrass Stuffing

This is also good baked in a covered dish to serve with turkey.

1/2 lb. Fresh cured chestnuts

1 cup hot, mashed sweet potatoes

2 Tablespoons butter

1/2 cup cream

Salt and pepper

8 lb. Turkey

Roast and peel chestnuts and mash with a potato masher. Mix with mashed sweet potato. Stir in rest of ingredients. Stuff into turkey and bake in preheated oven.

Apple and Chestnut Compote

Low fat, easy and delicious

1/2 lb. fresh chestnuts, cured

3 tart apples

1 lemon (or equivalent lemon juice)

1/2 cup water

3 Tablespoons honey

2 Tablespoons white wine

Whipped cream (optional)

Roast and peel chestnuts. Peel (optional), core and slice apples into slender wedges. Zest and juice lemon. Combine all ingredients except the wine in a sauce pan and simmer with a lid over a low heat for 10 minutes. Add wine and chill. Serve with or without whipped cream.

Brussels Sprouts with Chestnuts

A very simple recipe and traditionally a part of an English Christmas dinner of turkey or goose.

1 pound fresh chestnuts



1 1/2 pounds small Brussels Sprouts

2 Tablespoons butter

Salt and pepper

Roast and peel the chestnuts, cover in a bowl and set aside. Wash and trim the Brussels sprouts, cut an "X" in the bottoms of their stems and place in a steamer and steam for about 10 minutes or until they are bright green and cooked through. Put the Brussels sprouts into the bowl of chestnuts. Add the butter and seasonings and toss gently until the butter is melted. Serve immediately or keep warm covered in the oven.