

Seasonal Eating
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Inspiration from the Fall Farmers Market
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Fall brings such a bounty of full on harvest flavors. I love the cooler temperatures and the burst of comfort foods with warm, rich flavors. Winter squashes and sweet potatoes with their creamy, sweet flesh. Greens with their bitter undertones and nutrient rich dark leaves. Apples with their crisp texture and juicy sweetness. Beans and peas with their stick to your ribs heartiness and abundance of fiber. The fall produce matches perfectly with the other flavors we associate with autumn – pork, maple, cinnamon, molasses, ginger, chili powder, sage, fennel, cranberries, mushrooms and onions.



The other day I had some sweet potatoes and kale from the farmers market and put those to work to create a quintessential autumn dinner – roasted pork tenderloin on top of creamy molasses roasted mashed sweet potatoes and a side of sautéed kale with onions, mushrooms and bacon. It was that perfect weekend meal that made the house smell fabulous and the taste buds water with anticipation. The result was a beautiful plate, worthy of entertaining, but fairly easy to make and full of fall flavors.

The pork tenderloin is a favorite cut of mine to roast. It only takes about 30 minutes and can be flavored in so many ways. Here it is rubbed with a dry mix of spices and herbs including fall favorites like thyme, sage and coriander. The sweet potatoes are peeled, cubed and roasted until tender with molasses and ginger. Then they are mashed and made creamy with a little butter and some milk. The pork and the potatoes can roast together on a sheet pan since they take about the same time and the same temperature. Kale and collards are my favorite greens as they still retain some texture when cooked and aren't quite as bitter as some other greens like mustard or turnip. If you like the other greens you can certainly make this recipe with those as well. The kale is sautéed with onions and mushrooms and then sprinkled with bacon.

The fall farmers markets are a source of inspiration, so take your meals into autumn with the robust comfort of the rich fall produce. For more ideas on using seasonal produce, visit the Bedford County Extension website (bedford.tennessee.edu) and click on Seasonal Eating.

Roasted Autumn Spiced Pork Tenderloin

- 1 tablespoon dry mustard
- 1 teaspoon kosher salt
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground coriander

1/4 teaspoon black pepper
1/4 teaspoon dried ground sage
1 pork tenderloin

In a small bowl mix together the mustard, salt, thyme, oregano, coriander, pepper and sage. Trim the pork tenderloin of any excess fat and remove the silverskin. Sprinkle with the seasoning on all sides and press onto the outside. Place on a baking sheet lined with a silicone mat or parchment paper and roast at 425 degrees for 30-35 minutes or until thermometer registers 155 degrees. Let rest for 5 minutes before slicing.

Mashed Molasses Roasted Sweet Potatoes

1 tablespoon vegetable oil
2 tablespoons molasses
1 teaspoon ground ginger
1/8 teaspoon ground cloves
Pinch salt
4 cups 3/4" cubed, peeled sweet potatoes (about 5 small)
2 tablespoons butter
1/2 cup warm milk or more if needed

In a large bowl, whisk together oil, molasses, ginger, cloves and salt. Add sweet potatoes and toss to coat. Pour out onto a silicone mat or parchment paper lined baking sheet in a single layer. Roast at 425 degrees for about 30 minutes or until tender to a fork. Place in electric mixer bowl and add butter. Beat until mashed and gradually add enough milk to make creamy and light. Serve immediately.

Sautéed Kale with Bacon, Mushrooms and Onion

3 slices bacon, chopped
1/2 onion, chopped
4 ounces mushrooms, sliced
1/4 teaspoon black pepper
Pinch kosher salt
1 clove garlic, minced
6 ounces fresh baby kale

In large skillet, cook bacon pieces until crisp. Remove with slotted spoon to paper towel. Add onion, mushrooms, pepper and salt to the drippings in the pan and cook until onion is translucent and mushrooms are tender. Remove any stems from the kale and tear the leaves into pieces. Add to the pan and cook until wilted down. Add the bacon back and serve.