

**Sample Seasonal
Harvest Recipe
Guide: August**

Welcome to this month's Sample Seasonal Harvest & Use Guide!

This guide is a sample of the monthly Seasonal Harvest Recipe Guide that is a monthly bonus for members of the Pioneering Today Academy. [To learn more about the membership, click here.](#)

How to Use this Guide

- Use the monthly harvest guide provided (tips to know when that crop is ready to harvest) to harvest your homegrown items and/or to purchase these crops locally while they're in season
- Use the preserving tips & recipes so you have the bounty to last you all year long
- Use the recipes provided for fresh eating of these foods while they're in season
- Use the Natural DIY section for putting these items to use beyond just eating and/or to have ready for future projects

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Breakfast

- Raspberry Chocolate Coffee Cake

Dessert & Baked Goods

- Blueberry Cake with Maple Syrup

Main Dishes

- Smoked Sausage w/Peppers & Onions

Side Dishes

- Basil Pesto

Preserving

- Kombucha Popsicles (GF)

Breakfast

Raspberry Chocolate Coffee Cake

This was a recipe shared with me years ago from a friend. It's delicious! ~ Melissa

Time: 1 hour and 10 minutes

Yield: 15 to 20

Ingredients

Cake

4 c. all-purpose flour
4 tsp. baking powder
1 tsp. salt
1 1/2 c. sugar
2 c. milk
1/2 c. softened butter
2 tsp. vanilla extract
2 eggs
2 c. chocolate chips
2 c. frozen or fresh raspberries

Streusel

2/3 c. all-purpose flour
1/2 c. sugar
1/2 c. butter

1. Preheat oven to 350° F. Grease a 9x13 baking pan.
2. **CAKE:** In a large mixing bowl cream together butter and sugar. Add in eggs, vanilla, and milk and mix until combined.
3. Add in flour, baking powder, and salt. Beat on medium speed for 2 minutes.
4. **STREUSEL:** Mix together flour and sugar. Cut in butter until crumbly.
5. Pour 1/2 of the cake batter in the 9x13 pan. Evenly sprinkle 1 cup chocolate chips and 1 cup raspberries on top. Top with half of the streusel.
6. Pour remaining cake batter on top, last cup of chocolate chips and raspberries. And then the remaining streusel.
7. Bake for 50 minutes, or until center of cake is set.

Dessert & Baked Goods

Blueberry Cake with Maple Syrup

Time: 45 minutes

Yield: 10

Ingredients

1 1/2 c. flour
1 tsp. baking powder
1/2 tsp. salt
1 egg, separated
1/2 c. butter or coconut oil, room temperature
2/3 c. maple syrup
1/3 c. milk
1 tsp. lemon juice
1/2 c. blueberries, lightly floured

Topping

1/4 c. maple sugar or 1/4 c. mixed brown sugar and white sugar

1. Preheat oven to 325° F.
2. Sift flour, baking powder, and salt together.
3. Beat egg whites until stiff and set to the side.
4. Using a stand mixer or hand beater, cream butter or coconut oil with maple syrup for 4 to 5 minutes, until it's light and airy.
5. Add the egg yolk to the creamed butter mixture, beating well.
6. Mix in half of the dry ingredients, then half of the milk, followed by the rest of the dry ingredients and then the last of the milk.
7. Fold in egg whites, lemon juice, and the floured blueberries until just combined. Scoop batter into a 10-inch cast iron skillet.
8. Sprinkle the maple sugar over top of the batter or the mixed brown and white sugar.
9. Bake for 35 minutes.

From the blog

Main Dishes

Smoked Sausage with Peppers & Onion

Shared by Michelle Hedgcock

This is a family recipe that my husband started making about ten years ago. I don't know if he was inspired by something he saw but this has become one of our favorite summer dishes.

Ingredients

2 packages smoked sausage

3 sweet peppers (red, yellow, orange)

1 medium to large onion

Rice

Oil

1. Start your rice. I have a rice cooker and use that so once I start it, I don't have to think about it again. You can use brown or white, although we tend to prefer white with this dish.
2. Cut the peppers into strips and then cut the strips in half. Cut the onions into strips.
3. Put a small amount of oil in the bottom of skillet. Once heated add the peppers and onions. Sauté to desired doneness. You want the onions cooked but not mushy.
4. Meanwhile, cut the sausage in half lengthwise, then cut into bite size pieces. Cook in a separate skillet.
5. Place a bed of rice on a plate, top with vegetables and sausage.

Side Dishes

Basil Pesto (GF)

Ingredients

2 c. fresh basil leaves

2 to 6 cloves peeled garlic

Pinch of sea salt

$\frac{3}{4}$ to 1 c. olive oil

$\frac{1}{2}$ c. freshly grated parmesan cheese

$\frac{1}{4}$ c. pine nuts (optional)

1. Place all the ingredients in a high-powered blender or food processor and process until smooth and well blended together. Start with the smaller amount of olive oil and add more if needed to blend well.
2. Cover tightly and store in the fridge or freezer. Many people like to freeze pesto in ice cube trays – once frozen, pop out the cubes of pest and keep in the freezer container to add to sauces when cooking.

Shared from [*Handmade: The Modern Woman's Guide to Made-from-Scratch Living*](#)

Preserving

Kombucha Popsicles (GF)

Ingredients

Kombucha

Fruit of choice

1. Fill popsicle mold loosely with berries (if larger berries like strawberries I cut into slices)
2. Pour kombucha into mold
3. Place sticks/handles in the center and freeze for several hours before serving.
4. Enjoy!