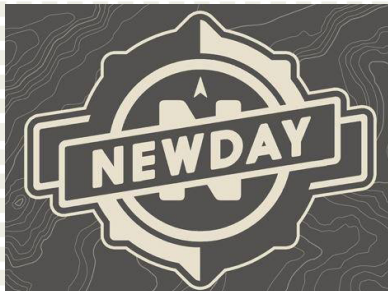




Meet an Indiana Farmer



Brett Canaday & Tia Agnew

New Day Craft
Fountain Square

Brett grew up on his family's Hoosier homestead farm in Madison County. Being a 5th generation farm kid, his love of raising livestock came naturally. As a 10 year 4H member he showed both pigs and sheep, even taking grand champion ewe. His favorite part of showing animals was the annual week-long state fair trip he took with his Dad.

Find your way to New Day, where we specialize in craft mead and cider. Try some at our Fountain Square tasting room, or find us at your favorite restaurant or retailer.

FAMILY OF FARMERS RECIPE TRAIL
Brought to you by Indiana's Family of Farmers
www.indianafamilyoffarmers.com



Johnny Chapman Hard Cider Braised Lamb Shanks



Ingredients

Recipe adapted from Saveur Magazine

1 head garlic, divided into cloves
6 shallots, or 2 medium yellow onions
6 tbsp. olive oil, divided
1/4 bunch parsley, leaves chopped
4 sprigs of fresh thyme
1 small sprig fresh rosemary
1 large bay leaf
6 lamb shanks

Sea salt
1 tsp. black peppercorns
1 tsp. whole allspice
2 lbs. fingerling potatoes,
washed & dried
1 16.9 oz bottle of Johnny Chapman
Hard Cider (approx. 2 cups)
4 cups rich lamb or chicken stock

Instructions

Preheat oven to 275°.

1. Place ceramic Dutch oven on the stovetop, bring heat up to medium-high and add 3 tablespoons olive oil. Rub the lamb shanks liberally with salt. Brown shanks, in batches, on all sides. Remove once browned and set aside.
2. Peel the garlic & shallots, leaving them whole. Bring the Dutch oven back up to medium-high, add remaining 3 tablespoons olive oil and sauté garlic, shallots, bay leaf, thyme & rosemary until the first two are slightly brown. Add Johnny Chapman Hard Cider, scraping any bits loose from the bottom.
3. Add lamb shanks, potatoes, peppercorns, allspice and enough stock just to cover; then bring to a simmer. Cover the Dutch oven and transfer to the oven to braise until meat is very tender when pierced with a fork, 4 - 6 hours, adding additional stock if needed to keep shanks barely covered. Season to taste with salt and pepper.

TIP: Refrigerate fresh herbs, like the thyme and rosemary in this recipe, at or below 40°F.

Indiana Wine Pairing



**Johnny
Chapman Hard
Cider**
New Day
Meadery
Indianapolis,
Ind.



Meet an Indiana Farmer



The Watson Family
Hog Farm
Mooreville, Ind.

“Fun Facts:” Watson’s started showing at the Indiana State Fair in 1962. They had many years of 4-H with 4 children in both the 4-H and open shows.

Highlights:

- 1989 Champion 4-H Barrow
- 2001 Champion 4-H Gilt
- 2005 Champion 40H Gilt
- 2009 Champion 40H Gilt
- 88,98,09,09 Champion Hampshire Boar in open show
- 92,02,09 Champion Gilt in open show
- Exhibited \$220,000 record selling boar at the 2013 Crossbred Classic

FAMILY OF FARMERS RECIPE TRAIL

Brought to you by Indiana's Family of Farmers
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Family of Farmers

Ham Loaf



Ingredients

- 1 lb. ground smoked ham
- ¼ lb. ground fresh pork
- ¼ lb. ground beef
- 1 cup bread crumbs soaked in ¼ cup milk
- 2 eggs
- 1 onion, chopped

Instructions

Shape into loaf and bake in 350° oven for 1 ½ hours. While baking, pour this sauce over the loaf:

- ½ cup brown sugar
- ¼ cup water
- ¼ cup vinegar
- ½ tsp. dried mustard

HEALTH TIP: The best place to thaw meat is in the refrigerator. Never thaw or marinate frozen foods on the counter. (foodsafety.gov)

Indiana Wine Pairing



Chambourcin
Satek Winery
Fremont, Ind.



Meet an Indiana Farmer



The Rodibaugh Family
Soybean and Hog Farm
Rensselaer, Ind.

For the Dave and Danita Rodibaugh family, the Indiana State Fair has been a capstone event for exhibiting open class swine and 4-H Swine, Fashion Revue, Clothing, and Foods projects for over 50 years. An appearance in the coliseum to show our pigs was particularly exciting, as only those vying for Grand Champion make that trip. Another memorable occasion in the coliseum was when daughter Kaye was named to the top 10 in the State Fair Queen Pageant. She got a few tips from former Queen and sister-in-law Amber.

Actually, competing at the State Fair began for our families even before we came along. It continues this year as Grandson Clark has begun his first year in 4-H.

FAMILY OF FARMERS RECIPE TRAIL
Brought to you by Indiana's Family of Farmers
www.indianafamilyoffarmers.com



Family of Farmers

Sweet Pork Kabobs



Ingredients

| | |
|--|--|
| 1 1/2 - 2 lbs. Pork Tenderloin | 2 tablespoons Worcestershire sauce |
| Fresh Pineapple | 1/2 teaspoon Shoups Seasoning (or seasoned salt and pepper) |
| Whole Mushrooms | 1/4 cup wine vinegar |
| Red and Green Peppers | 1 tablespoon fresh minced garlic |
| Sweet Onion | 1/4 cup teriyaki sauce |
| Zucchini | 1/3 cup honey |
| Kabobs Marinade & Basting Sauce | 2 tablespoons finely chopped onions 1/2 (or 2 t. dried onion) |
| 1 cup Soybean oil | |
| 1/2 cup soy sauce (can use low-sodium) | |

Indiana Wine Pairing



Traminette
Easley Winery
Indianapolis,
Ind.

Instructions

Mix all ingredients for Marinade/Basting Sauce well (or can use blender). Use 1/2 of the mixture for marinade and reserve 1/2 for basting Kabobs before and during grilling.

Cut pork tenderloin into 1" cubes and marinate 30 minutes to 2 hours in the refrigerator. Soak skewers in cold water or use metal skewers. Remove Pork from Marinade (discard marinade). Assemble Kabobs alternating Pork, Pineapple, Mushrooms, Onion, Peppers, & Zucchini. Brush basting sauce over Kabobs and grill over medium heat for 5 minutes. Turn kabobs and baste. Grill another 5 minutes. Pork should be 145 degrees using meat thermometer. Can do additional basting to taste. Makes 6 Kabobs. Serve over wild rice.

AG FACT: Plenish Soy Oil contains zero trans fat and less saturated fat than traditional soybean oil. (In the grocery store, soybean oil = vegetable oil)



Meet an Indiana Farmer



The Shuter Family
Beef, Hog and Grain Farm
Frankton, Ind.

A Farming Tradition

Tradition runs deep in the Shuter family. Mike and Susan Shuter, together with sons Brian and Patrick, own and operate Shuter Sunset Farms, Inc., a fourth generation family farm located in Madison County. In addition to corn, soybean, and hog production on their 3,000 acre farm, the Shuter's, are well known cattle breeders, with many national and international awards to their credit. They raise Red Poll and Red Angus cattle. As a youngster Mike was busy helping his parents, Mervin and Marilyn on the farm. He was involved in FFA and 4-H where he showed cattle, sheep and hogs at the Indiana State Fair. He has many fond memories of shows in the Old Coliseum. After receiving a degree in Ag Economics at Purdue in 1973, Mike returned to the farm where he focused on managing and developing conservation cropping practices, while his Dad focused on the cattle. By utilizing new the latest in technology, the Shuter's have significantly improved their efficiency in crop production over the past 40 years. Mike was one of the first farmers in the nation to use no-till in the 1980s. For the last six years the Shuter have been researching ways to improve their soil health and recently invented a machine that seeds cover crops into standing crops to get them off to a faster start. Shuter is a past president of the Indiana Corn Marketing Council. In 2013, he was selected as one of the Conservation Cropping System Initiative's 12 farmers to assist with on-farm research and education of other farmers about soil health practices. Mike and Susan are proud to have their sons working with them in the farming operation, following in the Shuter family tradition.

FAMILY OF FARMERS RECIPE TRAIL

Brought to you by Indiana's Family of Farmers
www.indianafamilyoffarmers.com



Family of Farmers

Black Bean Salsa



Ingredients

- (3) 8 oz. packages cream cheese, softened
- (1) 15 oz. can black beans, drained and rinsed
- $\frac{3}{4}$ cup salsa
- (1) 11 oz. can whole kernel corn, drained
- $\frac{3}{4}$ cup mayonnaise
- (1) bunch green onions, chopped
- (1) package dry taco seasoning mix

Instructions

Mix cream cheese, salsa, mayonnaise, and taco seasoning with electric mixer until well blended. With spoon, stir in beans, corn, and green onions. Refrigerate overnight. Serve with tortilla chips (scoops work well).

NUTRITION TIP: Serve with whole-grain tortilla chips to get a healthy serving of grain and veggies all in one snack.

Indiana Wine Pairing



Vineyard Rose
Butler Winery
Bloomington,
Ind.



Meet an Indiana Farmer



Maple Leaf Farms
Duck Farm
Leesburg, Ind.

Indiana ranks first among all states for duck production, and our fourth generation family business has been proudly raising ducks in the Hoosier state for more than 50 years. Although our family enjoys traditional duck dishes like roasted Duck à l'Orange and grilled duck breast, we also love sharing duck recipes, like this duck salad, that showcase how versatile and nutritious duck can be.

For other duck recipes, instructional videos and cooking tips, visit our website at www.mapleleaf-farms.com.

Chunky Duck Salad



Ingredients

Ingredients:

- 1/2 Cup Mayonnaise
- 2 Teaspoons Brown Mustard
- 1/2 Teaspoon Horseradish, finely shredded
- 1/4 Teaspoon Salt
- 1 Cup Cooked, Skinless Duck Breast, cut into chunks
- 2 Tablespoons Chicken Broth
- 1/2 Cup Chopped Celery
- 1/4 Cup Chopped Sweet Pickle
- 1/2 Cup Chopped Red-Sweet Onions
- 1/2 Cup Chopped Water Chestnuts
- Garnish Hard Boiled Egg, sliced

Instructions

1. Combine mayonnaise, brown mustard, horseradish and salt. Toss with remaining ingredients, except hard-boiled egg. Chill.
2. Serve on leaf lettuce with sliced hard boiled eggs for garnish.

AG FACT: Indiana ranks 1st in duck production in the nation.

Indiana Wine Pairing



Plum

Brown County
Winery
Nashville, Ind.



Meet an Indiana Farmer



The Bechman Family
Sheep Farmer
West Lafayette, Ind.

The Dave and Janet Bechman family raise sheep in Tippecanoe County. This Purdue family has fond memories of the Indiana State Fair coliseum, including concerts during the '70s and '80s. Dave was part of the Sunday Vespers program in 1975 when he was a state FFA officer. Janet, a retired Purdue Extension specialist, remembers seeing a friend crowned Indiana State Fair queen in the coliseum in 1968. They have passed their love of Indiana State Fair and agriculture to the next generation. Their son John, daughter Ann, and son-in-law Matt (all Purdue Agriculture graduates), loved to show animals at their county fair and Indiana State Fair during their days in 4-H. Now Ann and Matt carry on that tradition in open shows at the Indiana State Fair.

FAMILY OF FARMERS RECIPE TRAIL
Brought to you by Indiana's Family of Farmers
www.indianafamilyoffarmers.com



Janet's Easy Leg of Lamb



Ingredients

5-6 lb. bone-in leg of lamb
salt
black pepper
6 cloves garlic
3 sprigs fresh rosemary

Instructions

Mince the garlic and rosemary. Sprinkle leg of lamb liberally with salt and pepper, and then rub the minced garlic and rosemary over the top. Place it in a roasting pan with a rack, and roast it at 325°F for 25-30 minutes per pound until meat thermometer reads 150-160°F.

FOOD SAFETY TIP: Avoid food-borne illnesses by fully cooking meat products. Fresh lamb should be cooked to an internal temperature of 145° and should rest for 3 minutes before slicing.

Indiana Wine Pairing



Foch
French Lick
Winery
French Lick,
Ind.



Meet an Indiana Farmer



Carterly Farms
Dairy Farm
Thorntown, Ind.

Specializing in intensive grazing of green pastures and raising beautiful black and white Holstein cows, Carterly Farm is located about 30 minutes north-west of Indianapolis. Charlie and Margaret Carter and their daughter, Kelly MacKinnon, are the owner-managers of this family-oriented operation. At this third generation dairy farm, the Carters are focused on volunteering in the community and the enjoyment of caring for their 120 cows every day.

The family also takes pleasure from showing the public the joys of dairy farming. Each summer, the farm hosts over forty 4-Hers, and their families, through a dairy leasing program. Over a two-month period, each member trains his or her leased dairy animal. Then, each 4-Her shows that young animal (heifer) at the Boone County 4-H Fair and has the option to also exhibit at the Indiana State Fair. The leasing program provides opportunities for non-farm young people to get up close and personal with a dairy calf while learning proper animal care and training. The Carters are proud to dairy and proud to be part of Indiana agriculture.

The Carter family has shown at the State Fair since the '60's. This year, cattle from our farm will be shown in the 4-H Dairy Show by kids that participate in our dairy heifer leasing program. We love that our farm is able to provide that experience to non-farm kids. My memories of showing at the State Fair are fantastic. I hope this next generation of kids feels the same.

FAMILY OF FARMERS RECIPE TRAIL
Brought to you by Indiana's Family of Farmers
www.indianafamilyoffarmers.com



Family of Farmers

Pineapple Cheese Salad



Ingredients

1 can mandarin oranges
1 can chunk pineapple
Any other fruit
(fresh blueberries,
bananas, mango, etc.)
½ cup shredded
cheddar cheese
½ cup nuts
1 cup miniature marshmallows
3 Tbsp sugar
2 Tbsp flour
1 egg

Instructions

Drain cans of fruit, retaining about 1 cup of juice. Combine drained fruit in a bowl, along with cheese, marshmallows, and nuts. Place juice in a small saucepan. Add egg, flour, and sugar. Whisk briskly until smooth. Continue stirring over medium heat until thickened. Remove pan from the stove and cool. Once cooled, add sauce to fruit and gently stir. Chill in refrigerator prior to serving.

AFFORDIBILITY TIP: Canned, frozen, and fresh fruit all have the same level of nutrients, but canned and frozen fruits are often much cheaper!

Indiana Wine Pairing



Iced Cider
McClure's
Orchard &
Winery
Peru, Ind.



Meet an Indiana Farmer



The Martin Family
Beef Farm
Kingman, Ind.

Though only one daughter walked into the Coliseum showing on that hot, August night in 2008, for the Martin's, it was clearly a family affair. Decades earlier, Matt and his wife Lisa had shown livestock in the very same arena. But it was now time for the next generation, their daughters Celeste and Chloe, to take the reins. After a quick hair and makeup check with mom, a tug on the harness and a "good luck" from her sister, and the finishing grooming and clipping touches from dad, Celeste stepped into the arena exhibiting the champion crossbred steer. It was a surreal moment for the Martins as the judge walked over to select their "Willie" as the Grand Champion Steer. The years of hard work and sweat in the barn had finally paid off. They did it as a family: climbed to the top spot at the great Indiana State Fair. And though Celeste and Chloe have now completed their 10 years of 4-H, Matt and Lisa's son Seth, who just turned 11 is ready for his turn. It looks like the Martins may have a few more years in the beloved Coliseum after all...

FAMILY OF FARMERS RECIPE TRAIL
Brought to you by Indiana's Family of Farmers
www.indianafamilyoffarmers.com



Family of Farmers

Martin Family BBQ Meatballs



Ingredients

1-13 oz. can of milnot
3 lbs. of hamburger
2 cups of oatmeal
2 eggs
1/2 tsp garlic powder
1/2 tsp pepper
2 tsp chili powder
dash of salt

BBQ Sauce

2 cups of ketsup
onion to taste
1 cup of brown sugar
1/2 tsp garlic powder
1 tsp Worcestershire sauce

Indiana Wine Pairing



Cabernet Franc
Best Vineyards
Elizabeth, Ind.

Instructions

Form into balls--(I freeze half of the meatballs for a future meal it makes several meatballs)

Pour sauce over meatballs

(this is only enough sauce for half the batch--when I pull the frozen meatballs out I make the sauce again)

Bake at 350 degrees for 45 min to 1 hour

NUTRITION TIP: For leaner hamburger, select ground sirloin or ground round, which has an 80/20 lean to fat ratio. (As compared to the more popular 70/30 ratio)



Meet an Indiana Farmer



Tuttle Orchards
Produce Farm
Greenfield, Ind.

Tuttle Orchards near Greenfield is owned by members of the Tuttle/Roney family. They have exhibited produce at the Indiana State Fair for more than 50 years. Tuttle Orchards features apples, pumpkins, plants and local food. The year-round farm store offers apples and cider and lots of local produce, meat and other products.

Visit their website at www.tuttleorchards.com to learn more about their history, the farm and their store. This photo is of the family's state fair awards in 1980.

Zucchini Chocolate Cake



Ingredients

2 1/4 cups flour
1/2 cup cocoa powder
1 teaspoon baking soda
1 teaspoon salt
1 3/4 cups sugar
1/2 cup butter, soft
1/2 cup vegetable oil
2 large eggs
1 teaspoon vanilla extract
1/2 cup buttermilk
2 cups grated unpeeled
zucchini or summer squash
1 cup chocolate chips

Instructions

Preheat oven to 325F. Butter and flour 13 x 9 x 2-inch pan. Sift flour, cocoa powder, soda and salt into medium bowl. Beat sugar, butter and oil in large bowl until well blended. Add eggs 1 at a time, beating well after each addition. Beat in vanilla extract. Mix in dry ingredients alternately with buttermilk. Mix in zucchini. Pour batter into pan. Sprinkle chocolate chips over. Bake cake about 50 minutes (or until tester comes out clean). Cool cake completely in pan.

AFFORDIBILITY TIP: Make your own buttermilk—add a tbs. lemon juice or white vinegar/cup regular milk. Or, buy powdered buttermilk, which is more shelf-stable.

Indiana Wine Pairing



Sparkling Catawba
Oliver Winery
Bloomington, Ind.



Meet an Indiana Farmer



Terry & Susan Hayhurst
Corn Farmer
Terre Haute, Ind.

The four-generation Hayhurst family farm began in 1947 and encompasses more than 1,500 acres of corn, soybeans, wheat and alfalfa. We also raise registered Polled Hereford beef cattle. Growing corn has always been an important part of the farming operation just as attending the Great Indiana State Fair has been an integral part of each of our summers. From showing cattle to watching concerts and attending special events in the Coliseum, the majestic building brings joy to our family each time we visit. One of our favorite salads came from our neighbor, Marilyn Miller. Now it's our salad of choice to take to pitch-ins and church dinners.

FAMILY OF FARMERS RECIPE TRAIL

Brought to you by Indiana's Family of Farmers
www.indianafamilyoffarmers.com



Family of Farmers

Cornbread Salad



Ingredients

2 packages (Jiffy Corn Bread mix)
1 can (15 ounces) pinto beans, rinsed and drained
2 tomatoes, chopped
2 cups corn, (frozen and thawed or fresh and cooked)
1 green pepper, chopped
½ cup onion, chopped (We prefer Vidalia)
1 cup mayonnaise*
3 cups (12 ounces) shredded cheddar cheese, divided
1 envelope taco seasoning
8 slices bacon, cooked and crumbled
Milk to moisten

Instructions

Make Jiffy Corn Bread mix according to the mix directions. Cool. Layer in large glass bowl the beans, corn, green pepper, onion, tomatoes, and two cups of cheese. In a small bowl, combine the mayonnaise and taco seasoning. Pour dressing over glass bowl mixture and fold in thoroughly. Add milk to moisten as needed. Scatter bacon and last cup of cheese over salad. Crumble corn bread over top of salad. Serve immediately.

*I use Ranch dressing if I don't have mayonnaise on hand.

FOOD SAFETY TIP: This dish is great for a family get-together, but don't let it sit on the counter too long! Salads and other perishable food should be refrigerated within 2 hours of serving. (FSIS)

Indiana Wine Pairing



Vignoles
Huber Orchard,
Winery &
Vineyards
Starlight, Ind.