



Preserving Food in the Fall

The air is getting cooler and the leaves will soon be turning colors! Fall at the farm is a busy time. The last garden vegetables and fruit need to be preserved for winter. Preserving food means to keep it from spoiling. We keep food from spoiling now by putting it in the refrigerator or by canning or freezing it. Before freezers were invented, farmers had to think of other ways to keep food from spoiling. Farm families worked all summer long to grow and preserve enough food to have things to eat during the winter.



The loway farmers dried their vegetables and meat for the winter. The food was dried in the sun or smoked over a fire. The loway packed the food in clay pots and leather pouches and buried it in a cache pit. This is a deep hole in the ground that kept animals out. The loway used most of this dried corn, beans, and squash to make stews during the winter. Can you imagine a nice hot soup of corn, pumpkin, and dried buffalo meat on a snowy night? It would be a little bit like eating chili on a cold night in 2016.

In 1850, pioneers smoked and dried meats like ham and bacon. They also used salt and vinegar to make pickles out of their garden vegetables. Do you like pickles? The pickles you might buy at the store are probably made from cucumbers. Did you know that you can make pickles out of green beans, carrots, cauliflower, and tomatoes too? Pioneers would also keep crates full of vegetables like potatoes all



1850 Farm Root Cellar

winter in an underground room called a root cellar. The cellar kept vegetables cool and dry.



At the 1900 era Horse-Powered Farm, you can see glass canning jars full of pickles, jams, and fruit in a special room called a pantry. Farm women filled the canning jars and put rubber rings under the jar lids. They boiled the jars in hot water on the stove to create an air tight seal. The jars have vegetables in them, but also fruit jams and spreads. Making jam and jelly is

hard work, but it was the best way to make sure farm families could have strawberry flavors in the winter!

Fall is apple season and pumpkin season for most Iowa farmers! The 1850 pioneers planted apple and fruit trees when they came to Iowa. Apple trees are usually at least five years old before they are big enough to have apples. Apples can be made into jam and apple butter and they make good cider. Pumpkins make great pies, and they can be dried and stored in root cellars. Many farmers, even in the 1900s, grew their pumpkins in the fields with the corn. When you visit, check the farm fields for pumpkins among the corn stalks. Come celebrate these fruits with us during [Applefest](#) on September 26 and during [Corn Harvest](#) on October 8!



LHF Kids Club Events - September and October



Don't miss our LHF Kids' Club Activity Spots in September and October! These are hands-on activities for LHF Kids Club members at Living History Farms sites. Bring your [LHF Kids Club passport](#) and get a stamp for joining in on the activity! At the end of the season in October, kids with a completed passport can exchange their passports for a special prize in the Marketplace Museum Store! Activities take place on scheduled days from 10am to Noon and 1pm to 3pm.

On September 18, visit the **1900 Horse-Powered Farm** and press cider from the farm orchards! Turn the cider crank and see where the juicy fruit is smashed and squeezed.

On October 8, join a scavenger hunt in the **Greteman General Store**! Take an 1875 shopping list and use your detective skills to find the products farm families would need to get ready for fall baking and colder weather.



History Detectives



Clue #1



Clue #2



Clue #3

Good detectives pay attention to small things. They look around and use their eyes to explore every detail. All of the farmers at Living History Farms grow pumpkins and squash in their gardens. Using your good detective skills, can you discover where these pictures of pumpkins were taken? Look for the squash at your next museum visit this fall!

Try this: Recipe and Food Experiment



CC image courtesy of whitneyinchicago on Flickr



Recipe: Apple Butter
Make this tasty spread!

Food Experiment
Were your favorite fruits and veggies available to kids in 1875 Iowa?

[Apple Butter Recipe](#)

[Food Experiment](#)

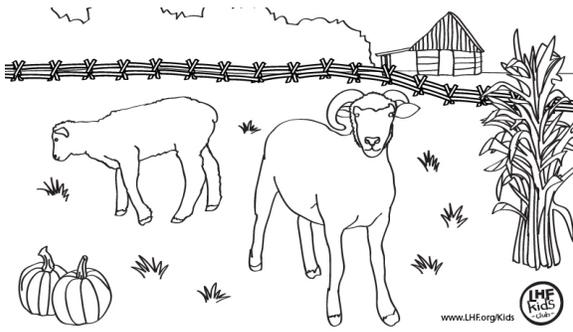
Word Search

[Word Search - Printable PDF](#)

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SUGAR	
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PANTRY	
PICK	
DRYING	
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CROCK	
SMOKEHOUSE	
PRESERVES	

Coloring Contest



Download this month's printable coloring sheet, color it in, and bring it with you on your next visit or send it in the mail to be entered into a drawing for a gift certificate to the MarketPlace Museum Store!

Next time you visit Living History Farms, you might see your picture decorating the windows of the store! Drawing will be held on September 23, 2016.

LHF Kids Club Coloring Contest

Color in the picture above and bring it to Living History Farms, or mail it to us at the address below to be entered into a drawing for a gift certificate to the MarketPlace Museum Store! Next time you visit Living History Farms, you might see your picture decorating the windows of the store! Drawing will be held on September 23, 2016, and winner will be contacted via email.

Kids Club Member Name: _____ Age: _____ Parent email: _____

Drop off your finished artwork at the LHF Visitor Center or mail to: Living History Farms, 2600 111th St, Urbandale, IA 50322

[Download your coloring sheet](#)



JOIN LHF KIDS CLUB



Living History Farms | 11121 Hickman Road | Urbandale | IA | 50322