



## Apple, Pumpkin, & Corn Season

It's apple, pumpkin, and corn season at Living History Farms. It's time to get ready for cooler weather. In September and October, our farmers pull the last vegetables out of the gardens and fields. For farmers in Iowa's history, fall was a time to get ready, too. It was time to make sure there was enough food for the cold winter months that were coming. Fall was also a time to celebrate all the hard work families had done over the spring and summer! After taking care of the farm all year, fall was a great time to enjoy fall foods.



For the loway tribe, fall meant harvesting the last squash, beans, and corn from the summer gardens. loway women would cut the squash into slices and hang it to dry out in the sun.

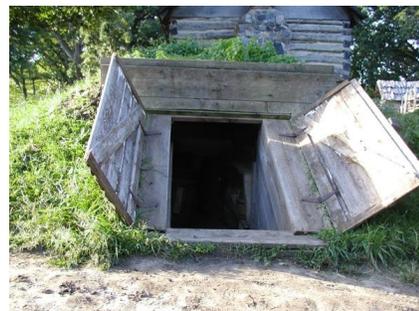


There were no refrigerators, so the loway dried their foods to keep it safe to eat all winter. Women picked the corn and braided the corn husks together. They hung the corn on a tall platform to dry. Some of the corn might be ground up into flour.

Even meat from the summer buffalo hunts was sliced very thin and dried in the sun. The loway wrapped the dried foods in rawhide pouches or cornhusks and buried it in deep underground pits to save for snowy winter months. In the fall, families also would have a feast together to celebrate all the food and hard work of hunting, farming, and preserving that food. Roasted corn and squash and fresh roast meat were eaten at the feast.

In the fall, pioneer farmers dug up their potatoes, turnips and beets from the gardens. Farmers packed the veggies in barrels filled with dry straw and stored the barrels in their root cellar.

A root cellar is like a small cave, dug into the side of a hill. The root cellar would stay cool, but not too cold and help keep vegetables and fruits safe all winter. Some vegetables could also be stored in the loft of the settlers' log house, where it would be cool and dry.



Other vegetables, like the last tomatoes and cucumbers and even cabbages, would be covered in vinegar and salt and pickled for the winter. In the cool fall weather, pioneers would smoke hams and bacon in their smoke house to eat all winter. In the fall, a pioneer family could celebrate with a fresh pork roast or roast chicken, boiled or roasted potatoes and fruit pies.

In the 1870s and early 1900s, farming families could use glass



canning jars to store pickles and even meat for the winter. All summer long, farm families picked fruits like strawberries and cherries and grapes and made jelly and jams to eat during the winter. Apples and pumpkins could be cooked and turned into sauces and thick sweet fruit spreads, called fruit butter. By this time, farmers could also buy canned foods from a general store. Peaches and tomatoes and even oysters came in tin cans!

In 2019, what do you do to get ready for cooler weather? Are there favorite foods you eat at this time of year? Chili and hot chocolate and pumpkin bars, maybe? Iowa farmers in the past made sure there was enough food for their family in the winter, but they also made sure there was enough corn or hay for their animals to eat, and enough wood or coal to burn in the fireplace or woodstove to keep warm all winter. Is there anything your family needs to do to get ready for the cooler weather? Visit the museum this fall to see the chores needed to get ready for cooler weather and to see some of the fall foods we love the most!

## Upcoming Activities

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Don't miss our upcoming LHF Kids' Club Activities! 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!



**September 28:** Join us for **Applefest** at Living History Farms. Enjoy hands-on activities all around the museum, and apple activities near the Flynn Mansion.

**October 13:** Visit the 1700, 1850, and 1900 era farms and ask about their end of the year farm chores!

## History Detectives

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In this newsletter, we've talked about farming families harvesting their crops. Can you match the harvested crop in Column A to the field it came from in Column B?

**Column A**



**Column B**





## Try This: Fall Pioneer Foods

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In 2019, Iowans can store their food in refrigerators and freezers. We have trucks and trains and planes to bring us food from warmer places in the winter when we can't grow things here. Before trains came to Iowa in the 1850s, Iowa farmers had to rely on eating things in season—when it could grow in their own gardens or things that could be dried, salted, smoked, or pickled or stored in a root cellar. Look in your kitchen cabinets or refrigerator, make a list or draw a picture of all the things that would not be here in the fall and winter if you lived in pioneer times!

## Recipe to Try: Apple Butter

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Apple Butter is a sweet spread to put on toast or bread. A 19th century farmer had to peel and cook the apples in a heavy iron pot over the wood stove. You and your favorite adult can make this in a slow cooker starting with either apples or store-bought applesauce. You just have to be patient.

With an adult's help, mix together:

- 8 cups unsweetened applesauce or (6 lbs peeled and cored apples)
- 4 cups sugar
- 1 tsp allspice
- 1 tsp ginger
- 2 TBS cinnamon
- 1 tsp ground cloves

Place the mixture in a slow cooker. Simmer over low heat until very thick, stirring occasionally. This takes patience! Apple butter can take 8 hours in a slow cooker. If you are starting from apples, instead of applesauce, it may take 10-12 hours!

Adults and kids can also make **dried apples**. 19th century farming families sliced and hung apple rings to dry in the sun. With an adult's help, kids can make them in a low oven. A hand cranked apple peeler/slicer is a way kids can help. We like the recipe found here for [Dried Apple Chips](#).

## Word Search

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R S W G W K Q C P M O S I T Y  
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PICKLES  
HARVEST  
PRESERVE  
CELLAR  
CAN  
POTATO  
SMOKEHOUSE  
JELLY  
CELEBRATE  
FALL



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