



Garden Fresh Farm Recipes

Pecan Pie

We bought the farm just outside Madison, Georgia. With it came pecan trees. Last year we fertilized the trees and in the fall had a fantastic harvest. WOW, what a difference fresh pecans make when used in a pecan pie. This is still one of our holiday favorites, now with new meaning.

Ingredients:

1 Deep dish pie shell
2/3 Cup Sugar
1/3 Cup butter melted
1 Cup corn syrup
½ Tsp salt
3 Eggs
1 Cup Pecan halves or broken pecans



Directions:

Heat oven to 375°F. Beat sugar, butter, corn syrup, salt and eggs in medium bowl with wire whisk or hand beater until well blended. Stir in pecans. Pour into pie shell. Bake 40 to 50 minutes or until center is set; cool.

Georgia Pecans

Thousands of acres of pecan trees were planted in southwest Georgia between 1910 and 1925. Most of these trees were initially planted as real estate investments rather than for nut production. Thousands of acres were sold in five and ten acre units, primarily in Dougherty and Mitchell Counties, which are still today the hub of Georgia's pecan producing counties. By 1920, Georgia was producing 2.5 million pounds of pecans.

By the 1950's, Georgia was ranked as the top state in the nation for pecan production. Pecans are one of the most popular all-season nuts. Pecans can be enjoyed many different ways throughout the year. Perfect for holiday baking and so much more. In summer, ice cream; in fall, baked goods; in winter, confections; in spring, vegetables; pecans put the finishing touch on a variety of foods. Pecans have an unbeatable flavor and are packed with important nutrients. Pecans are a good source of protein and are loaded with essential vitamins and minerals, including iron, calcium and the B vitamins. Rich in potassium and phosphorus, pecans also provide fiber. They have been found to help lower cholesterol and contain only a trace of sodium.

Georgia is still the nation's leading pecan producing state. In Georgia, pecans are harvested during October and November, but are available year-round.