

UPCOMING SPECIAL EVENT

Christmas at Ardenwood

December 3 & 4

Celebrate the holiday season in Victorian style! Visit the beautifully decorated Patterson House, sing Christmas carols, search for the Yule log, and visit Father Christmas. Listen to live holiday music performances and enter our home-made "Christmas Cookie" baking contest (bring your cookies & the recipe with you). The day also includes holiday crafts, music, and cooking demonstrations.



Ardenwood Historic Farm is operated by the East Bay Regional Park District's Interpretive and Recreation Services Division. The Park District is a two-county special district with over 100,000 acres of parkland in Alameda and Contra Costa Counties. The District is chartered to preserve open space and to provide educational and recreational opportunities for area residents. For information concerning other naturalist programs please call (510) 544-2797.

East Bay 
Regional Park District
www.ebparks.org
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Accommodations will be made upon request for visitors with disabilities. For assistance please call (510) 544-2797 or e-mail awvisit@ebparks.org

Amazing Maize, continued from page 3

an extreme variety of flint corn characterized by small, hard kernels which have no soft starch. Heating causes the moisture in the cells of popcorn to expand, resulting in the explosion of the seed.

Whether we enjoy maize as a crunchy box of popcorn at the Saturday matinee, a wedge of home-baked cornbread, or a buttery ear of sweet corn on a warm summer eve, we are both delighted and nourished by the golden seeds of this amazing grass.

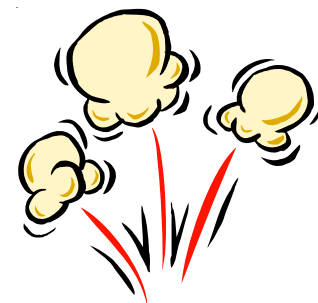
Popcorn Popping Instructions

Let the popcorn that you have harvested dry until the end of November before popping.

Microwave: Place one ear of corn in a brown paper bag. Cook on high for 2 ½ -3 minutes. Listen for the corn to stop popping. Remove immediately.

CAUTION: Do not try to pop the unpopped kernels on the cob, as the cob will burn. Shelled kernels of corn may also be popped in a brown paper bag, using the same cooking time.

Conventional method: Remove kernels from the cob and pop as usual in a hot air popper or in a pan with oil on top of the stove.



Sugared Walnuts

1 cup white or brown sugar

4 tablespoons water

1 level teaspoon cinnamon

Pinch of salt

Cook in skillet until syrup threads, add 1 teaspoon vanilla.

Stir in 2 cups of walnut meat (halves preferred.) Cool and serve.

Schedule of Events



ONGOING ACTIVITIES

Horse-drawn train rides - Meet at Arden Station or Deer Park Station.

Food Service - At the Farmyard Café.

Country Kitchen - Free yummy samples of old-fashioned treats!



CIDER PRESSING
1:00, 2:00 and 3:00pm
Behind the Patterson House

PATTERSON HOUSE TOURS

Guided Tours: 10:30am, 11:00am, 11:30am & 12:00pm (no children under 6 years old). Pick up tickets at the front porch of the House.

Open House: 1:00-3:00pm. (All ages welcome, no tickets required.)

A Glimpse of the House: 3:00-4:30pm. Parlor Tours only.

HARVEST ACTIVITIES

Corn Picking: 10:00am-4:00pm. Join us in the corn field and help harvest our Indian corn and popcorn and take a portion home for yourself. Bring a bag to carry your harvest home.



MAGIC SHOWS
Brian Scott
and his
Wizard Training Show
12:30 & 3:00pm
On the Patterson House
Lawn



IN THE FARMYARD

Blacksmithing Demonstration

Ice Cream Making

Corn Husk Doll Making, 1:00-3:00pm

Information and First Aid

Piecemakers Quilt Guild

GRAIN MILLING & SALES

Watch as our corn and wheat are ground into flour. Purchase a sack to take home.



SPECIAL MUSIC

Dan Engle and Ray Frank will play some toe-tappin', hand clappin' tunes from the 19th century at the Granary.

Bring the kids on over and join **David Maloney** as he performs his very special kids sing-along. Parents are invited to sing as well! **11:30am-2:30pm** near the Chicken Coop.



Oatmeal Crispies

Cream together:

- 1 cup brown sugar
- 1 cup white sugar
- 1 cup butter (2 sticks)

Mix in:

- 2 eggs
- 1 teaspoon vanilla

Then, stir in:

- 1.5 cups white flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3 cups oatmeal
- 1 pkg. (approx. 1.5 - 2 cups) chocolate chips

Drop by teaspoonful onto ungreased cookie sheet. Bake at 350 degrees for 10 min. Remove from cookie sheet at once. Cool. ENJOY.

Cornmeal Cookies

Cream together:

- 1 cup butter
- 1 1/2 cups sugar

Mix in:

- 2 eggs

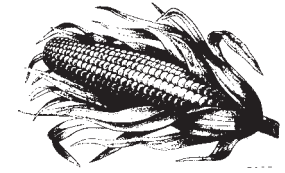
Then, stir in

- 2 tsp. vanilla
- 3 cups flour
- 1 cup cornmeal
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 cups raisins

Preheat oven to 350 degrees. Spoon onto a baking sheet. Bake for 18 minutes or until golden.

AMAZING MAIZE

Also known as maize, corn is a member of the grass family (*Poaceae*) which originated in Mexico. This tall annual grass with edible grain has a straight, solid stem with large, narrow leaves and wavy margins. Considered one of the most important products of American agriculture, corn feeds more human beings than any grain except rice and wheat. In addition, it is used as livestock feed and as raw material in industry.



In Latin America corn is widely used to make a dough called masa, the main ingredient in tortillas. In the United States corn is consumed throughout the country as bread, hominy, grits or polenta, griddle cakes, scrapple (ground pork cooked with cornmeal), popcorn, as well as many manufactured cereal preparations.

One of the most widely distributed of the world's food plants, grown from 58 degrees north to 40 degrees south latitude, a corn crop matures somewhere in the world every month of the year.

The varying texture of the kernels result in different types of corn with different uses. These include dent, flint, flour, sweet and popcorn. Dent corn is identified by a depression (or dent) in the crown of each kernel caused by unequal drying of the hard and soft starches. Flint corn, also known as Indian corn, contains very little soft starch, thus has no "dent". Flour corn is composed largely of soft starch, has soft kernels and is thereby easily ground into flour. Sweet corn has wrinkled translucent seeds, in which the sugar is not converted to starch. Popcorn is