

Food & HOME



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- **An attempt at seasonal cheer — and why it's worth it** pg. 14
- **Sisters author hopes to draw hearts home**pg. 15
- **The flavors of fall evoke hearth and home** pg. 16
- **Find farms offering pumpkins, apples with Oregon's Bounty** pg. 18

Hazelnuts are a fall favorite

It's a ritual of the season: The hazelnuts fall from the trees at Hazelnut Hill farm outside Eugene, sweepers tidy them into rows where they are gathered up and dried and made ready to be ground into meal, diced into crumbles, or roasted for a snack.

"We've been picking for three weeks," said Rachel Henderson, who took over ownership of Hazelnut Hill with her husband, Ryan, a little over a year ago.

The Hendersons have been making a point of reaching out to Sisters Country with their love for the official state nut.

"A lot of people cook with them this time of year," Henderson said. "Add them to scones and cookies... Instead of chocolate chips, they use hazelnuts. This time of year, it's mostly in baked goods — the warm comfort foods."

They also go well with pumpkin bread.

The Hendersons delight in developing hazelnut products that they sell online — from roasted or salted nuts to chocolates, toffee, and hazelnut butter.

The farm recounts the history of the nut in Oregon:

"Hazelnut trees were introduced to the U.S. by European immigrants. The first hazelnut tree in the Pacific Northwest was planted in 1858 by Sam

Strickland, a retired English sailor in Scottsburg. Today, Oregon hazelnuts grown in the Willamette Valley make up 99 percent of hazelnuts produced in the United States. The remaining one percent is produced in Washington. In 1989, the hazelnut (commonly called the filbert by Oregonians) became the official state nut of Oregon."



PHOTO PROVIDED

The hazelnut harvest was completed last week in much of Oregon.

Hazelnut Meal Pizza Dough

Courtesy of Hazelnut Hill

- | | |
|------------------|-----------------------|
| 1 cup hot water | 1/2 cup hazelnut meal |
| 2-1/4 tps. yeast | 3 Tbls. olive oil |
| 2-1/2 cups flour | |

Stir together water and yeast. Let stand until foamy. Add in olive oil.

Add in flour and hazelnut meal until mixed. Let raise in a warm spot for 45-60 minutes or until double in size.

Turn out dough and roll into your favorite pizza.

Bake at 400^a F for approximately 20-25 minutes, depending on the types of toppings used.

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