



THANKSGIVING
ONE
BOX
AT A
TIME

Iowa farmer Danelle Myer offers the ultimate meal-delivery service. (Sorry, Blue Apron!) Hers is just for Thanksgiving, packed with fresh-picked produce and ultra-local—you can only get it if you live nearby. For the rest of us, these recipes will give you a taste of a heartland holiday feast.

By Summer Miller

PHOTOGRAPHY BY
KARLA CONRAD

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THANKSGIVING
WINES

Mix up the wine case this year. Small wineries and ambitious winemakers are stretching the boundaries and focusing on grapes not commonly grown in the U.S. Dry, fruity, acidic and medium-bodied, all of these wines pair perfectly with Thanksgiving.

Bubbly

**Onward Wines
Pétillant Naturel,
Malvasia Bianca,
2014, Capp Inn
Ranch, Suisun
Valley, CA
(\$24)**

White

**Forlorn Hope
Nodosaur (blend of
Picpoul, Verdelho,
Albariño and
Muscat), 2014, CA
(\$27)**

**Lieu Dit Melon, 2015,
Santa Maria Valley, CA
(\$24)**

Red

**Edmunds St. John
Bone-Jolly Gamay
Noir, 2014, El Dorado
County, CA
(\$22)**

**Dirty & Rowdy
California "Familiar"
Mourvèdre, 2015
(\$30)**



Danelle Myer walks across the snow to her detached garage, which doubles as a packing shed, opens the doors of her maroon cargo van and slides one box after another onto the makeshift platform in the back. For Myer, an Iowa vegetable farmer based 45 minutes north of Omaha, Nebraska, the week-end before Thanksgiving marks the grand finale of her growing season. That's when loyal customers eagerly await her Bounty Boxes, packed with just about everything to make a field-to-table holiday dinner.

Myer drives the van to the nearby town of Logan, Iowa, and parks in front of the county courthouse, where she waits as customers trickle in over the next hour. She greets almost every person by name.

"Be careful," Myer says, as she places a box into a customer's outstretched arms. "They are heavy this year!" They exchange brief pleasantries and Happy Thanksgivings before hustling to their still-warm cars.

Myer is beaming even in the 19-degree weather. Each box represents the best

she has to offer—like deep green lacinato kale, delicate but spicy arugula, garlic, purple-blushed turnips, dried herbs, carrots, baking apples and sweet potatoes. She tucks in either a jar of jam she made from a customer's peaches or apple butter crafted from the apples plucked from the trees of her brother's home orchard.

Like many children in rural American farming families, Myer fled the 1,200-acre corn and soybean farm she grew up on for the opportunities of the city. After spending nearly two decades in Omaha, she was ready for a change. But the transition from an urban-dwelling marketing director to farmer was a slow, introspective process. During a self-described pity party at the age of 37, it occurred to Myer that being single and childless provided the freedom to have any kind of life she wanted.

The first glimpse of her future came when she stumbled across an apprenticeship at the University of California, Santa Cruz that taught ecological principles to build sustainable farming systems.

Even though there's snow blanketing the fields, salad greens thrive in the hoop house at One Farm throughout the winter. Fifth-generation farmer Danelle Myer is bucking the trend of her rural county and choosing to feed people instead of livestock.



"I didn't know what my role would be when I left for UC Santa Cruz. I thought I might continue in marketing," Myer says. "The clarity hit in week two of the apprenticeship when I realized I needed to get home and grow food. Making a difference at home became the priority."

She wrote her business plan based on the idea of feeding the people of Harrison County, a rural community of less than 15,000, where more than 82 percent of farmland is used to grow commodity crops, mostly corn and soybean. This means most of what is grown in the fertile soils is converted into ethanol, used to feed livestock or transformed into food additives like high-fructose corn syrup. Shortly before her fortieth birthday, she took over a small corner of her family's land, and with the rumble of a tractor, One Farm was born in 2011.

Instead of offering a CSA, Myer sells her produce at the farmers' market, to restaurants, through direct-to-consumer online orders and the Bounty Boxes. Her first year, she sold 10 boxes neatly tied with a pull of jute and affixed with a hand-stamped note. This year she sold her goal of 40.

Although Myer and her parents farm differently, she says they don't argue about philosophy. "The truth is I wouldn't be doing what I am doing if my family hadn't been doing what they've been doing," she says. "We all want to grow food. My dad feels like he is feeding the world. I feel like I am feeding my corner of the world."

In a small town where easy access to fresh, local fruits and vegetables can be limited in cold weather, Melissa Rosengren is grateful for Myer's commitment to feeding her community. She has been ordering Bounty Boxes from One Farm since its inception, and now she can't imagine a Thanksgiving dinner without it.

"It's fresher and better food, and unfortunately our small-town grocery store can be outdated on vegetables, so it's nice to have something fresh, especially around the holidays," says Rosengren.

Before she packs up to head to the next pick-up location, Myer's phone starts pinging. People are tagging her in photos of their Bounty Boxes on social media. Some announce plans for twice-baked potatoes; others, sausage, potato and kale soup.

"I love that it is the perfect holiday for the farm," says Myer. "When families in my community can sit down to their feast and say, 'This, this and this came from One Farm down the road,' I think that's pretty amazing!"

SUMMER MILLER is the author of *New Prairie Kitchen: Stories and Seasonal Recipes from Chefs, Farmers and Artisans of the Great Plains*. She lives in Nebraska.

Braised Turnips with Crème Fraîche & Arugula Pesto

ACTIVE: 30 min **TOTAL:** 1 hr

TO MAKE AHEAD: Refrigerate pesto (Step 4) for up to 2 weeks.

Larger turnips or those that have been stored for a while can have a bitter aftertaste. A bit of sugar fixes that. If you have small, young turnips, you can omit the sugar. This recipe makes about 1 cup of arugula pesto; use the extra as a spread on sandwiches or to dress up any roasted vegetable, pasta dish or soup.

TURNIPS

- 3 pounds turnips, peeled
- 2 tablespoons butter, melted
- 1 teaspoon kosher salt
- Ground pepper to taste
- 2 teaspoons sugar
- ½ cup water
- 2 tablespoons crème fraîche

ARUGULA PESTO

- ½ cup pine nuts
- 2 cups packed arugula
- ½ cup grated Pecorino cheese
- 2 cloves garlic
- ⅓ cup extra-virgin olive oil
- 1 teaspoon lemon juice

1. To prepare turnips: Position a rack in lower third of oven; preheat to 425°F. Place a large rimmed baking sheet in the oven while it heats.

2. Cut turnips into quarters (if medium) or eighths (if large). Toss with butter, salt and pepper in a large bowl. Spread the turnips on the hot baking sheet in a single layer, with a cut sides down.

3. Roast the turnips in the lower third of the oven until starting to brown on the bottom, about 20 minutes. Turn them over so the other cut side is down. Sprinkle with sugar and add water to the pan. Carefully cover with foil. Continue roasting until very tender, about 20 minutes more.

4. To prepare pesto: Toast pine nuts in a small dry skillet over medium heat, stirring occasionally, until golden, 7 to 10 minutes. Transfer to a food processor. Add arugula, cheese, garlic, oil and lemon juice; process until pureed.

5. Toss the turnips in a bowl with 1 teaspoon of the pesto. To serve, spread crème fraîche and 1 tablespoon pesto on a serving platter. (Save the remaining pesto for another use.) Spoon the turnips on top. Season with more pepper to taste.

SERVES 8: ⅔ cup each

CAL 96 / FAT 6G (SAT 3G) / CHOL 11MG / CARBS 10G / TOTAL SUGARS 6G (ADDED 1G) / PROTEIN 2G / FIBER 3G / SODIUM 247MG / POTASSIUM 271MG.



Homemade Giblet Gravy (left) and Wilted Kale with Warm Shallot Dressing (recipes: page 82)

Caramelized Onion & Apple Stuffing

ACTIVE: 50 min **TOTAL:** 1¾ hrs

TO MAKE AHEAD: Refrigerate caramelized onions (Step 1) for up to 1 week. Prepare stuffing (Steps 2-5) and refrigerate for up to 1 day; let stand at room temperature for 20 minutes before baking.

Caramelized onions make a sweet and savory addition to traditional stuffing. Choose an apple that becomes tender yet holds its shape when cooked—try Jonagold or Cortland.

CARAMELIZED ONIONS

- 3 tablespoons extra-virgin olive oil
- 8 cups halved and thinly sliced yellow onions (2-3 large)
- 2 teaspoons chopped fresh thyme
- ¼ teaspoon kosher salt
- ¼ teaspoon ground pepper
- ¼ cup red wine
- 2 tablespoons cider vinegar

STUFFING

- 8 cups cubed rustic multigrain bread (½ inch; about 1 pound)
- 3 tablespoons extra-virgin olive oil
- ½ teaspoon ground pepper
- 2 tablespoons butter
- 2 cups diced celery
- 1 cup diced onion
- 2 medium red apples, chopped
- 2 tablespoons chopped fresh sage
- 2 tablespoons chopped fresh thyme
- 1 teaspoon kosher salt
- 1½ cups low-sodium chicken broth

1. To prepare onions: Heat oil in a large skillet over medium heat. Add sliced onions, 2 teaspoons thyme and ¼ teaspoon each salt and pepper. Cook, stirring occasionally, until golden, 20 to 25 minutes. Add wine and cook, stirring occasionally and reducing heat if necessary, until the onions are deep golden brown, 20 to 25 minutes more. Add vinegar, increase heat to high and cook, scraping up the browned bits, until the vinegar evaporates, about 1 minute. Transfer to a large bowl.

2. To prepare stuffing: Meanwhile, preheat oven to 425°F. Coat a 9-by-13-inch baking dish with cooking spray.

3. Toss bread with oil and pepper on a large rimmed baking sheet. Bake, stirring once, until crispy, about 15 minutes. Add to the bowl with the onions.

4. Reduce oven temperature to 400°.

5. Heat butter in the skillet over medium-high heat. Add celery and diced onion; cook, stirring, until the onion starts to brown, 6 to 8 minutes. Add apples, sage, thyme and salt. Reduce heat to medium and cook, stirring occasionally, until the apples start to soften, about 5 minutes. Transfer to the bowl with the onions and bread. Add broth and gently stir until well combined. Transfer to the prepared baking dish. Cover with foil.

6. Bake for 20 minutes. Uncover and continue baking until the top is crispy, about 15 minutes more.

SERVES 12: ¾ cup each

CAL 230 / FAT 11G (SAT 3G) / CHOL 5MG / CARBS 27G / TOTAL SUGARS 8G (ADDED 2G) / PROTEIN 6G / FIBER 5G / SODIUM 286MG / POTASSIUM 278MG.



Vanilla-Rosemary Double-Potato Dauphinoise

ACTIVE: 40 min TOTAL: 2¼ hrs

A traditional Dauphinoise uses heavy cream and butter, but in an effort to make room for dessert, this dish is lightened with whole milk and reduced-fat cream cheese to create decadent results with fewer calories.

- 1¼ cups whole milk
- 4 ounces reduced-fat cream cheese
- ½ vanilla bean or ¼ teaspoon vanilla extract
- 2 teaspoons minced fresh rosemary
- 1½ pounds white potatoes, peeled
- 1 pound sweet potatoes, peeled
- 1 teaspoon kosher salt, divided
- ½ teaspoon ground white pepper, divided
- ⅔ cup shredded Gruyère cheese

1. Preheat oven to 325°F.
2. Combine milk and cream cheese in a medium saucepan. If using vanilla bean, split the pod in half lengthwise. Use the tip of a paring knife to scrape the seeds into the milk mixture. Add the

pod to the pot (or add vanilla extract). Cook over medium heat, whisking, until the cream cheese melts and the mixture is steaming. Let stand for 10 minutes. Remove the vanilla bean (if using) and stir in rosemary.

3. Very thinly slice potatoes and sweet potatoes with a mandoline or by hand. Layer one-third of the sweet potatoes, slightly overlapping, in an 8-inch-square baking dish. Sprinkle with a little salt and pepper. Layer on one-third of the potatoes and sprinkle with a little more salt and pepper. Set aside ¼ cup of the milk mixture, then pour about half of the remaining mixture over the potatoes. Repeat the same layers two more times. (The potatoes will not be completely submerged.) Drizzle the reserved ¼ cup milk mixture over the top and sprinkle with cheese.
4. Bake, uncovered, until bubbly and golden brown, 1¼ to 1½ hours. Let cool for about 15 minutes before serving. Cut into 9 squares.

SERVES 9: about ½ cup each

CAL 175 / **FAT** 7G (SAT 4G) / **CHOL** 22MG / **CARBS** 23G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 2G / **SODIUM** 253MG / **POTASSIUM** 450MG.

STYLING: KELSEY BELLA (FOOD) / SUE MITCHELL (PROPS)



Chocolate-Sweet Potato Parfait

ACTIVE: 45 min **TOTAL:** 5½ hrs (including 4 hrs chilling time)

TO MAKE AHEAD: Refrigerate mousse (Steps 1-2) for up to 5 days. Prepare meringues (Steps 3-8) up to 3 days ahead.

EQUIPMENT: Parchment paper

This chocolate mousse gets its body from sweet potato rather than eggs. Both the mousse and the meringue cookies can be made ahead of time so all you have to do is assemble the parfaits when you're ready for dessert.

MOUSSE

1 pound sweet potato,
peeled and cut into
1-inch pieces
1¼ cups heavy cream
½ cup unsweetened
natural cocoa powder
½ cup packed light
brown sugar
1 tablespoon vanilla
extract
1 teaspoon ground
cinnamon
⅛ teaspoon kosher salt
Pinch of ground allspice
Pinch of ground cloves

MERINGUES

⅓ cup confectioners'
sugar
1 teaspoon cornstarch
2 large egg whites
¼ cup granulated sugar
⅓ teaspoon cream
of tartar
Pinch of salt
1 vanilla bean, seeded,
or 1 teaspoon vanilla
extract
½ teaspoon cider vinegar
Ground cinnamon
for garnish

1. To prepare mousse: Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add sweet potato, cover and steam until very tender, 15 to 20 minutes. Transfer to a food processor and puree until smooth. You should have 1½ cups.

2. Combine heavy cream, cocoa, brown sugar, 1 tablespoon vanilla, cinnamon, ⅛ teaspoon salt, allspice and cloves in a small saucepan. Heat over medium heat, whisking, until the mixture looks like a thick, glossy chocolate sauce, 2 to 3 minutes. Add to the food processor and puree until very smooth, scraping down the sides a couple of times. Transfer to a bowl. Press a piece of plastic wrap directly on the surface. Refrigerate for at least 4 hours or up to 5 days.

3. To prepare meringues: Preheat oven to 300°F. Line a large baking sheet with parchment paper.

4. Whisk confectioners' sugar and cornstarch in a small bowl. Set aside.

5. Bring 1 inch of water to a simmer in a medium saucepan over medium heat. Whisk egg whites and granulated sugar in a metal mixing bowl. Place the bowl on top of the saucepan, without touching the water. Continue to whisk the mixture slowly but constantly until just warm to the touch, 1 to 2 minutes.

6. Remove from heat; add cream of tartar and salt. Add vanilla bean seeds (or vanilla extract). Using the whisk attachment, beat with an electric mixer on high speed until the mixture is thick, shiny and holds a stiff peak when the beater is lifted, 3 to 15 minutes, depending on the strength of your mixer. Add vinegar and beat to combine. Gently fold in the reserved sugar mixture.

7. Dollop 16 tablespoonfuls of the mixture onto the prepared baking sheet to make 2-inch meringues.

8. Bake the meringues until crispy on the outside and still a little soft in the middle, about 25 minutes. Let cool.

9. To serve, make 2 alternating layers of mousse and meringues in eight 4-ounce jars or dessert dishes. Dust with cinnamon and serve immediately.

SERVES 8: about ⅓ cup mousse & 2 meringues each

CAL 282 / **FAT** 15G (SAT 9G) / **CHOL** 51MG / **CARBS** 37G /
TOTAL SUGARS 28G (ADDED 25G) / **PROTEIN** 3G / **FIBER** 3G /
SODIUM 82MG / **POTASSIUM** 319MG.

Lemon-&Fennel-Rubbed Turkey

ACTIVE: 30 min **TOTAL:** 3½ hrs (plus 24 hrs dry-brining time)

Fennel has sweet flavor notes that pair in a vibrant way with tart lemon. For this rub, herbs mixed with olive oil and lemon juice help infuse the meat with flavor without all of the space needed to soak the turkey in a liquid brine. (Photo: page 72.)

LEMON & FENNEL RUB

- 3 cloves garlic, minced
- 2 tablespoons kosher salt
Zest from 2 lemons
- 3 tablespoons lemon juice
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons fresh thyme or 2 tablespoons dried
- 1 tablespoon whole fennel seeds, freshly ground,
or 2 teaspoons ground
- 1 tablespoon whole black peppercorns,
freshly ground, or 2 teaspoons ground
- 1 tablespoon sugar

TURKEY

- 1 12- to 14-pound natural or heritage turkey
- 1 medium yellow onion, quartered
- 1 lemon, quartered
- 5 sprigs fresh thyme

1. To prepare rub: Mash garlic and salt together on a cutting board to form a paste. Transfer to a medium bowl and mix in lemon zest, lemon juice, oil, 3 tablespoons fresh thyme (or 2 tablespoons dried), fennel, pepper and sugar.

2. To dry-brine turkey: Reserve giblets and neck for making gible stock for gravy, if desired. Thoroughly pat the turkey dry inside and out with paper towels. Place on a platter and loosen the skin of the breast and legs. Spread about one-third of the rub mixture under the skin, one-third on the outside and the remaining third inside the cavity. Wrap tightly with plastic wrap. Refrigerate for 24 hours.

3. To roast turkey: Position rack in bottom third of oven; preheat to 425°F.

4. Transfer the turkey to a roasting rack set in a roasting pan. Let stand at room temperature for 30 minutes. Place onion, lemon and thyme sprigs in the cavity. Tuck the wings under the body and tie the legs together.

5. Roast the turkey until the skin starts to brown in spots, 20 to 30 minutes.

6. Reduce oven temperature to 350° and roast for 1 hour more.

7. Turn the roasting pan 180 degrees and tent the breast with foil. Continue roasting until an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165°F, 45 minutes to 1½ hours more.

8. Carefully tilt the turkey so the juices from the cavity flow into the pan. Transfer the turkey to a clean cutting board and tent with foil. Let rest 20 minutes before carving.

SERVES 12: 4 oz. turkey (plus leftovers) & 2½ Tbsp. gravy each

CAL 247 / **FAT** 10G (SAT 3G) / **CHOL** 123MG / **CARBS** 3G / **TOTAL SUGARS** 1G (ADDED 1G) / **PROTEIN** 33G / **FIBER** 0G / **SODIUM** 416MG / **POTASSIUM** 283MG.

Homemade Gible Gravy

ACTIVE: 20 min **TOTAL:** 1½ hrs

TO MAKE AHEAD: Refrigerate stock (Step 1) for up to 2 days.

Making gravy in a large saucepan rather than in the unwieldy turkey roasting pan as is often the case is way easier to manage on the stovetop, and it frees up a burner. (Photo: page 76.)

Turkey giblets and neck

- 1 large carrot, cut into thirds
- 1 small onion, quartered
- 1 stalk celery, chopped
- 6 sprigs fresh thyme
- 3 cloves garlic, smashed
- 1 bay leaf
- 1 handful fresh parsley
or celery leaves
- 4 cups water plus 3 tablespoons,
divided
- 3 tablespoons cornstarch
Ground pepper to taste

1. To prepare stock: Place giblets and neck, carrot, onion, celery, thyme, garlic, bay leaf and parsley (or celery leaves) in a large saucepan. Add 4 cups water. Bring to a boil. Reduce heat to a gentle simmer and cook for 1 hour. Pour the stock through a fine sieve into a 2-cup glass measure. (Discard solids.) You should have 1¾ to 2 cups stock.

2. To prepare gravy: Once the turkey is done and out of the roasting pan, scrape the drippings and browned bits from the roasting pan into a large saucepan and add the stock. Bring to a boil.

3. Whisk cornstarch and the remaining 3 tablespoons water in a small bowl. Add to the stock mixture, whisking constantly; cook, whisking, for 1 minute. Remove from heat. Pour the gravy through a fine-mesh sieve. Season with pepper.

MAKES: about 2 cups

ANALYSIS NOTE: THE TURKEY ANALYSIS INCLUDES THE GRAVY.

Wilted Kale with Warm Shallot Dressing

ACTIVE: 40 min **TOTAL:** 40 min

Vinegar is wonderful way to brighten a dish. You want to find vinegar that is cloudy, which means it likely still has some of the “mother” in the bottle. It will give you a sweet acidity rather than the harsh bite of some vinegars. Organic apple cider vinegar is usually your best bet. For the most eye-catching version of this side, use different colored varieties of kale. (Photo: page 77.)

- 4 tablespoons extra-virgin
olive oil, divided
- 6 cloves garlic, minced
- ¾ teaspoon kosher salt, divided
- 2 pounds kale (about 4 bunches),
stemmed and coarsely torn
- ½ cup water
- 1 cup thinly sliced shallots
- 2 teaspoons packed light brown sugar
- ¼ teaspoon cayenne pepper
- 2 tablespoons cider vinegar

1. Heat 1 tablespoon oil in a large pot over medium heat. Add garlic and ½ teaspoon salt; cook, stirring, until fragrant, about 1 minute. Add one-third of the kale and stir until starting to wilt. Repeat with the remaining kale in two more batches. Stir in water. Cover and cook, stirring often, until tender, 8 to 10 minutes.

2. Meanwhile, heat the remaining 3 tablespoons oil in a small skillet over medium heat. Add shallots and cook, stirring often, until starting to brown, 2 to 3 minutes. Sprinkle with brown sugar, cayenne and the remaining ¼ teaspoon salt; cook, stirring often, until golden brown, 2 to 4 minutes more. Remove from heat and carefully stir in vinegar. Pour the dressing over the kale and toss to coat.

SERVES 8: ½ cup each

CAL 127 / **FAT** 7G (SAT 1G) / **CHOL** 0MG / **CARBS** 14G / **TOTAL SUGARS** 3G (ADDED 1G) / **PROTEIN** 4G / **FIBER** 3G / **SODIUM** 146MG / **POTASSIUM** 217MG.