



soul

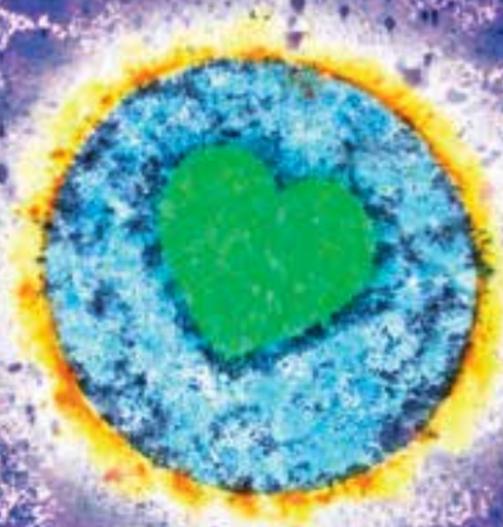
soul

That of values and spirit which
persists, abides, and continues to
flavor after what is physical passes.
That which transcends generations.

Where once American elections were about two parties competing to show which could bring greater opportunity to more Americans, times have changed. 11/8/16 may well be remembered as our time's 12/7/41. How the party of the right was led astray by unlimited political spending, teamed with Fox News and other propaganda-based media, and ultimately arrived on the same page as our nation's foreign adversaries is for the history books to work out. What's important right now is that we don't let them succeed.

Before we can reverse the damage we must first stop the losses. The forces we are facing are now intentionally targeting and maligning those in government, journalism, and grassroots organizations across the country working to protect equality, the environment, education, peace, and all the other values that have made America strong and brought hope to the world. There are two very different paths possible for America, one where those on the front lines of this struggle give up, and the other where, with our vocal support, they stay strong.

Now is the time to make your voice heard. Make no mistake, what we must stand up for is no less than the actual Heart and Soul of America. So many have given so much to give us, and the world, this gift that is America. The goodness that is America, and the hope it brings, simply cannot be allowed to perish. Not on our watch.



Heal the World. Cook dinner tonight.

Please cook. Cooking is amazing. It both protects us against, and heals us from much of what leaves us broken. So many of the ways those leading the Republican Party are trying to derail lives, from undermining education and housing, to increasing incarceration and teen pregnancy, are exactly the places where cooking makes the most difference. Cooking decreases homelessness and increases graduation rates. Cooking keeps people out of jail, and dramatically reduces teen pregnancy, too. Cooking rocks!

Cooking is fun, and sets better futures in motion. Each of these blends is a celebration of American lives spent in kitchens and around dinner tables sharing goodness. Each tells a story of kind souls doing their best to bring the right flavors together to bring smiles to those they cook for. When you cook, you really are connected to a whole lot of goodness. Do what you can to keep that goodness alive.

There's a lot of Soul in this box. Please put it to good use.

In our time, American conservatism has been corrupted to where now it is not much more than a struggle against empathy, compassion, and our shared humanity. There is no more powerful way to resist the forces behind this corruption than by sharing kindness with those around us. And if you are on the front lines now under attack, through working in government, journalism, or in community organizations, please don't give up. We all so very much need you right now.

And it would help us if you signed up to be on our email list at penzeys.com to receive a healthy dose of free and almost free Spices, simple tasty recipes, and regular stories of the humanity at the heart of America that makes life fun. To take a stand takes support; yours is greatly appreciated.

Thank you,
All of us at Penzeys





And Share Pie. This is America. Everyone has a right to share in a slice of the pie. In these times where those in leadership no longer see the American people as their employer and instead are working to deprive so many Americans of health care, housing, education, a safe environment, and even basic justice, we must rededicate ourselves. We must all stand up so that government for the people does not fade, so that America remains a beacon of light for the world.

Our American Pie. Times like these call us back to our shared roots, so bake an extra to share.

Apple filling:

- 3 lbs. apples (we like Cortland or McIntosh)
- 2 tsp. PENZEYS CINNAMON or PIE SPICE
- 1 TB. VANILLA SUGAR or $\frac{1}{2}$ tsp. PURE VANILLA EXTRACT
- $\frac{1}{2}$ -1 Cup sugar
- 1 TB. flour (if apples are very juicy)

Crumble top:

- 1 stick butter, cut into pieces
- $\frac{1}{2}$ Cup flour
- $\frac{1}{3}$ Cup sugar
- 1 tsp. PENZEYS CINNAMON or PIE SPICE
- 1 TB. VANILLA SUGAR (optional)

Preheat oven to 350°.

Make your crust first—see recipes.

Filling: Peel and slice apples mixing with spices and $\frac{1}{2}$ cup sugar as you go. Add more sugar if the apples are tart or dry. Mix until apples are glossy and syrupy. If too syrupy, sprinkle with flour and stir. Set aside.

Topping: Place ingredients in a bowl and rub with your hands until the mixture is light brown and is small lumps with a bit of sandy crumbles. When pie crust is ready, gently pour in apples and syrup, mounding in the center. Sprinkle the topping evenly over the filling. Place a foil-lined cookie sheet on the lower rack to catch drips. Bake at 350° for 60-70 min until golden brown, bubbling and you hear a bit of hissing. The pie slices best if left to cool for 2 hours, when it will still be a bit warm. If transporting your pie, a dampened towel placed on a cookie sheet helps keep the pan from sliding around.

Prep. time: 40 minutes

Baking time: 60-70 minutes

Serves: 8 if you're lucky

No-Roll Patted Butter Crust

Easy and delicious!

- 1/2 Cup (1 stick) butter, cold but not totally hard
- 1 Cup flour (whole wheat pastry flour is nice!)
- 2 tsp. sugar
- 1/4 tsp. salt
- 1-3 TB. milk (varies depending on the weather)

Cut butter into pieces and add to large bowl with flour, sugar and salt. Rub between fingers until mixture resembles peas and sand. Drizzle milk over the top a bit at a time, not all in one place, stirring as you go. The dough will come together around the spoon. Stop adding milk as this happens. Pour into pie pan. Scatter pieces uniformly over bottom and along the sides, with more along the edges to build the sides. Gently pat dough into place, starting on the bottom. If your hands are very warm, pat with a piece of waxed paper. Once the bottom is uniform, move to the sides and pat the dough up to the top. There may be a few thin spots, in which case, borrow a bit from a thicker area. Don't worry about going over the top of the pie pan, parallel with the top is fine. Chill in fridge while making filling.

Rolled Crust

Rolled crusts are a bit more complex, but this crust is nice and forgiving. Even if it breaks in pieces it will bake back together.

- 1/2 Cup (1 stick) butter, cold but not totally hard
- 1 Cup flour
- 2 tsp. sugar
- 1/4 tsp. salt
- 1-3 TB. milk (varies depending on the weather)

Cut butter into pieces and add to large bowl with flour, sugar and salt. Rub between fingers until mixture resembles peas and sand. Drizzle milk over the top a bit at a time, not all in one place, stirring as you go. The dough will come together around the spoon. Stop adding milk as this happens. Pat it together and into a thick disc. Cover and chill 30 min for easier rolling. Sprinkle flour on the table, then place dough on top and sprinkle with more flour. Once you are used to rolling, you can cut back on the amount of flour used. Using short, quick, light strokes, roll the crust into a circular shape. It should move a bit on the table. Flip it a few times, adding more flour to keep it from sticking. If it isn't moving at all, it is stuck. Right away, flip it by sliding a spatula underneath, then add more flour to the table before continuing to roll. When a bit bigger than the pan, gently lift and ease into place. If it breaks, pat pieces together like a puzzle. Crimp, fold, or use a fork on the edge as desired.

Through cooking we share our values - All we hold dear.

From the first Thanksgiving on, our kindness and compassion for those in need has made America great.

It's time for cooking to once again radiate the values of We the People.

Be the hero we need for our time - Cook!