

Care & Share COOKBOOK

Recipes and Personal Stories from Special People
in the Horse and Buggy Community



Table of Contents

Index of Personal Accounts	iv
Foreword	v
Introduction	vi
Your Dollars Make a Difference at Care & Share	viii
Snacks and Beverages	1
Breakfast	13
Soups, Salads, and Sandwiches	23
Breads and Rolls	45
Main Dishes	67
Desserts	99
Cakes and Icings	133
Cookies, Bars, and Candies	161
Pies	201
Large Quantities	221
Canning and Miscellaneous	231
Index	247



Index of Personal Accounts

Gingerich, Delila	222
Gingerich, Jonas and Fannie	97
Gingerich, Mahlon	22
Gingerich, Mrs. Eli (Amanda)	134
Hershberger, Aden and Mary	219
Hershberger, Alma	202
Hershberger, Eli and Rebecca	2
Kauffman, Mrs. Junior (Susan)	199
Keim, Dave and Lori	64
King, Jacob and Esther	24
Mast, Jacob and Anna	14
Miller, Mrs. Dena	232
Miller, Mrs. Levi (Anna)	2
Stoltzfus, Katie	202
Swartzentruber, Ruth Ann	43
Troyer, Dan and Edna	98
Troyer, John and Ella	68
Troyer, Marie and Naomi	14
Troyer, Nettie	100
Troyer, Robert and Edna	159
Wickey, Mattie, Lizzie, and Mary	24
Yoder, Ada	232
Yoder, Andrew and Miriam	134

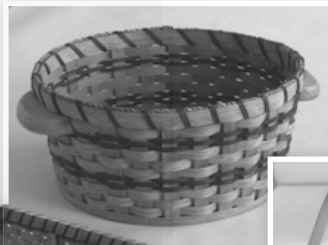


Foreword

The Care & Share Store, operated by Mattie and Reuben Troyer, was a very unique store in that it provided an outlet for merchandise made by handicapped and special Amish folks. They also had many quilts and a room for quilters to come in and quilt.

This unique store attracted many tourists and was a stop for tour buses. Mattie invited me to come and talk to tourists on the bus about my book, *House Calls and Hitching Posts*, written by Dorcas Sharp Hoover. The book is a sometimes humorous and often intimate account of my 36 years of practicing medicine among the Amish of Wayne, Holmes, and the surrounding counties of Ohio. The tourists would then visit the store, and I would sign books.

*Dr. Elton Lehman
author of House Calls and Hitching Posts*



*The Amish and Mennonite
Heritage Center has over 200
varieties of baskets available.*



Introduction

Care & Share opened its doors June 1, 2006, on behalf of my parents, Ben and Emma Kauffman. Dad was diagnosed with major depression and schizophrenia at the age of 23, due to severe trauma he experienced in his early twenties. At that time, Amish boys were being draft for the war and sent into I.W. Service. Overwhelmed by the idea of being sent away into I.W. and the outside world, Dad chose to take a stand for his Amish faith by going to prison. After six weeks of severe torture and abuse, he was admitted to a psychiatric hospital. In the next twenty years, Dad spent much of his time in and out of psychiatric hospitals, and suffered more than a hundred electric shock treatments. (My dad, Ben Kauffman, passed away July 22, 2008.)

We were a family of nine children, and our income was always small. In later years, my parents started a handmade basket business in their basement. This was something they were able to do at home, and it brought them some income. The only problem was, they didn't have much of an outlet.

That is when Care & Share opened its doors to help people like my parents—to provide a channel for those with special needs, people challenged with *spina bifida*, *cerebral palsy*, *Parkinson's*, and other physical restrictions. Widows and families with huge medical expenses also market their workmanship at the store to aid their income.

Our goal is to place all the proceeds from this store back into the hands that created the merchandise we sell. In five years of business, we have built a wholesale market as well as a unique store that has become an attraction for tourists, and is a stop for buses. The customers are treated to basket weaving and quilting demos. Dr. Lehman, a local physician and well-known author, had a book signing here for his *House Calls and Hitching Posts* book. Twice a month our quilting room was occupied by church ladies, mostly widows, who enjoyed a day of visiting and working on the quilts.

We closed our doors on July 1, 2011, after five years, and moved the store to the Amish and Mennonite Heritage Center, home of Behalt. The wholesale part of our business consolidated

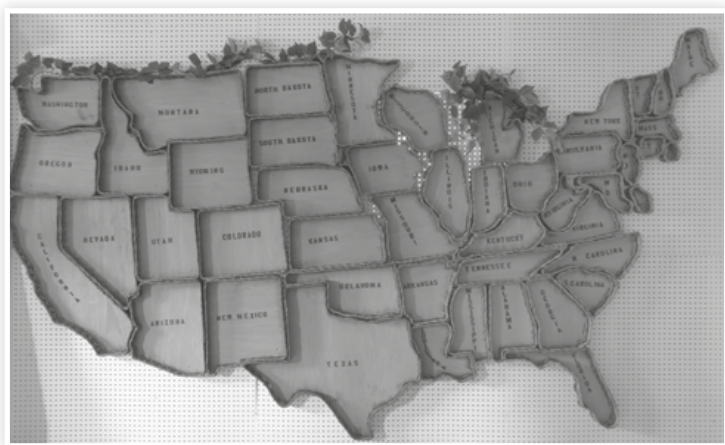


with Troy Acres, and is doing well. We hope that Care & Share can continue its service for many more years, serving our special needs people.

My personal area of service has shifted to other needs. I enjoy helping people wherever God calls me.

Our prayer is that you will find inspiration in these stories of special needs people, and enjoyment from their recipes. May this cookbook bring blessings to all of us, and make you want to reach out and make a difference in this world... all for God's glory. God bless!

*- Reuben and Mattie Troyer
Apple Creek, Ohio*



The well-known United States basket set is a favorite for many. You can see the entire set on display at the Amish and Mennonite Heritage Center.



Your Dollars Make a Difference at Care-n-Share

Care-n-Share offers a wide variety of home décor and gift items, each handcrafted with traditional Amish quality and workmanship. But these are no ordinary Amish country crafts—each item has a story behind it. Care-n-Share’s mission is to provide an outlet for physically challenged people in the plain community to use their talents and earn a profit from selling their products.

Care-n-Share primarily serves Amish clients from Wayne and Holmes counties. Most have physical challenges such as spina bifida, cerebral palsy, or Parkinson’s, but widows and families facing large medical expenses can also earn an income by selling their products at Care-n-Share. The Amish do not generally carry medical insurance and while the church helps with hospital bills, the money earned from craft sales helps clients to cover ongoing medical bills and living expenses. Care-n-Share also gives them a sense of purpose and the satisfaction of being able to support themselves.

One of Care-n-Share’s most distinctive products is a set of baskets shaped like the fifty states, made by a family whose daughter suffers from seizures. Many additional types of baskets are available, including large clothes hampers and plant baskets, pet beds, and even a basket made into a purse with a colorful liner.

The Care-n-Share collection includes assorted other items ranging from grinning sock monkeys to Amish dolls to birdhouses. Woven rag rugs are made by a man who was disabled in an accident as a teenager. Drying racks, fleece throws, beautifully quilted wall hangings and table runners are a few of the other products made by Care-n-Share artisans.

The Care-n-Share story began many years ago, when Mattie Troyer’s father started making baskets to supplement the family income. Since he had health issues, Mattie took the baskets to craft shows and flea markets to sell for him. A neighbor with spina bifida and other acquaintances soon asked if she could help



them market their crafts as well. Mattie began to wonder how she could help more people with disabilities to earn a living. She prayed about it, and received the inspiration for Care-n-Share in an answer to her prayers. “It was a light bulb moment,” she said.

Mattie and her husband Reuben Troyer opened the nonprofit Care-n-Share store in 2006, making use of an empty building that had previously housed the family business, AirWorks. After much scrubbing and around 60 gallons of paint, they were ready for business. The store was stocked with a wide variety of handcrafted items and many tour buses and local shoppers were drawn by its high-quality merchandise and unique mission. Reuben and Mattie did not draw a salary from the store. As Reuben said, “We did well with our business; this is our way of giving back to the community.”

Mattie found the store to be a blessing not only to others, but to herself as well. Diagnosed with several medical conditions before opening the store, she now considers herself 99% recovered. “In helping others, I received healing for myself,” she said.

Five years after the store opened, Mattie felt God leading her to serve other needs. This new calling ended one chapter of Care-n-Share’s story as the Apple Creek store closed its doors in 2011. But it was not the final chapter; the program lives on, albeit in a different form.

Shoppers can now purchase baskets, throws and other products from the Care-n-Share collection at the Amish & Mennonite Heritage Center gift shop in Berlin. Tour groups are welcomed at the Heritage Center and may schedule quilting or basket-weaving demonstrations by local Amish women. For more information, call 877-858-4634.

The wholesale end of Care-n-Share has consolidated with Troy Acres, and they continue to make Care-n-Share handicrafts available to retail stores across the country. Troy Acres may be reached by phone/fax at 330-674-1788.

While it has been a year of many changes for Care-n-Share, one thing remains the same: your dollars do make a difference!

– Lira Amstutz



