

Homemade

SONGWRITING STORIES FROM THE HEART

SARA SIMMONS

WWW.SSCORNPICKERS.COM



OH I NEED YOU

Country Music's
Newest Sweetheart

FAMILY RECIPES

Easy go-to recipes for
healthy meals

A GIFT



Thank you!

Stories from a small town farm girl celebrating
gratitude, love, and my Grandma's family
farm recipes

Sara Simmons

FOR MY MOM. THE STRONGEST, MOST COURAGOUS HUMAN I'VE EVER MET

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Introduction



My mom, aunt and uncle grew up on a farm in northwest Iowa with my Grandma and Grandpa. Sharing the stories of farm to table is important to me, as well as giving treasured recipes to those I love and to those I've yet to meet. There are days I struggle with food, and let's face it, life. Yet when I sit down and think about it I am thankful for the blessings I have.

Food is a universal need. I work to eat clean, to eat organic, and to share what I know with anyone who likes to gather, share stories, and eat great food. Thank you for supporting me with my songwriting, my music and letting me be a part of your life.



My passion is to teach people about great music that reflects values from a time where God is first, Church is second and the same hand that held you was also the same hand that disciplined you.

Because you take time out of your busy week to spend with me, I want to give back to you. My goal is to provide great music, and encourage one another, while being surrounded by the best potluck of community anyone could ever ask for.

My journey started on a modest farm in northern Colorado where farm animals were my best friend. I didn't have to develop a soft heart, I was born with one, which is why it's always my mission to give you your favorite memories through my songs. That's what lead me to write all the songs on the new cd "OH I NEED YOU". This album is full of spiritual moments from riding in your car singing at the top of your lungs with the window down, to going to church. Thank you for allowing me to be apart of your journey.

REAL COUNTRY BISCUITS



2 cups organic flour.
1 tablespoon baking powder
1/4 tablespoon baking soda.
substitute water

3/4 teaspoon salt
1/4 cup shortening
1 cup buttermilk or
+ 1 tablespoon lemon juice

Place first three ingredients into a bowl. I've been known to use the food processor as well. Slowly add shortening. Combine baking soda and buttermilk with dry ingredients. Place on floured bread board and knead briefly. Shape to around 1/2 inch thick. Have fun and choose what you want to cut out the shape of your biscuit. I use the top of a mason jar glass and place on a greased (I like plain butter) cookie sheet. Bake at 425 degrees for 10-12 minutes or until brown.

- ♥ Tip: You may not use all the buttermilk/water. You don't want it goopy or sticky, just barely moistened.
- ♥ Tip: Location may vary on oven temperature.

SONGWRITER STORY

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I lived "Summertime" in the summer of 2016. There was a shift taking place, a movement in the air. This was the year I rekindled my relationship with new feelings I'd long forgotten. It was a whirlwind of romance with music, falling in love with it more and more every day.

My dreams didn't seem as far off as they once were. It was then I began diligently waking up with a purpose, a passion to write.

Shortly after returning home from my first time at IBMA I sat down and penned the memories I had growing up on a farm, daydreaming about what it feels like to be in love, and how it doesn't take a mansion on a hill to be happy.

Only fond memories and "Summertime". Listen to "Summertime" <https://www.sscornpickers.com/digital-download-summertime>

SUMMERTIME

SARA SIMMONS

In the hills of Carolina
Theres an old barn and a goat.
Every morning it would greet me with a simple hello
In the hayloft lays Mrs. Chicken and four furry baby cats,
I love all these things, but I miss you more then that.

I miss a fishing line and red wood walks
Wearing your old ball cap
Like a bug misses June in Julys aftermath
Is the old farm house your Daddy built,
Still have a bedpost on the porch
And when I think about your Mom,
The beauty shop, magnolia songs, tomatoes dangling off the
vine I think of you and me, and summertime

The picnic table the back rang country living all year long.
The radio on the nightstand would play a Guy Clark song.
The undressed bed is where we slept, the farmers
Daughter fell for you. Watched the sun rise drinking
coffee, it's where you fell for me too.

I miss a fishing line and red wood walks
Wearing your old ball cap
Like a bug misses June in Julys aftermath
Is the old farm house your Daddy built,
Still have a bedpost on the porch
And when I think about your Mom,
The beauty shop, magnolia songs, tomatoes dangling off the
vine I think of you and me, and summertime

Simple + Lemonade



There's not a memory I can go to that doesn't involve my Grandma in some way. Summer's were spent on the back porch with a loving maple tree that provided shade in the hot humid Iowa sun, along with my Mom, Grandma, Granny's foster kids and sometimes aunts, uncles and cousins. There was always snacks and plenty of drinks to keep cool.

9 cups water

2 cups fresh lemon juice

1 $\frac{3}{4}$ cups sugar

Pick your favorite pitcher to combine water and juice.
Add sugar, stir until dissolved.

♥ Tip: Add strawberries, lemon slices, and ice for something different and fun



Apple Pancakes

2 tablespoons butter or coconut oil

1/3 cup sugar or maple syrup

1/2 teaspoon cinnamon

2 or 3 organic apples

3 tablespoons flour

3 egg yolks

3 tablespoons milk or water

3 egg whites

Melt butter in bottom of 8-inch cast iron skillet. Stir sugar and cinnamon into butter. Peel and discard apple seeds. I like to keep the skin on, but you can remove if desired. Slice apples 1/4 inch slices. Add to your butter mix and cook over low heat for 3 minutes. Combine flour, egg yolks, and liquids (milk/water) and beat well. This is good therapy for me. Pour batter over sliced apples in skillet, spreading out to the edge of the pan. Bake at 400 degrees for 20 minutes. Turn out on serving platter. Serve with syrup or fresh fruit. Makes roughly 4 servings.

Grandmas Simple Oatmeal

It's usually cool in the mornings when you wake up to go feed the animals. There's nothing better than the warmth of your Mom or Grandmas hugs to start the day along with a steaming bowl of oatmeal. When I say simple, boy do I mean it, Enjoy.

1/2 cup organic rolled oats

The following are optional.

Life is about having fun with your food.

Fruit: Fresh fruit like bananas, berries and apples; dried fruits like raisins, cranberries, apricots or dates.

Nuts & Seeds: Almonds, walnuts, chia seeds, ground flaxseeds, sunflower seeds or pumpkin seeds

Bring 1 cup water to a boil in a small saucepan. Stir in 1/2 cup oats and reduce heat to medium; cook, stirring occasionally, for 5 minutes.

AROUND THE KITCHEN TABLE

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For those of you who already know the story behind this song, enjoy it with me once again. For those of you who are new to this song, or even me, my songwriting or music I invite you to take a step back in time to a simpler time and place. Where families met around the kitchen table, where big decisions and dreams were discussed. Where tears were dried and love was shared.

The nostalgia of fond memories, family members still with us, or those loved ones who have went to their heavenly home. I hope you enjoy every visit around the kitchen table.

AROUND THE KITCHEN TABLE

SARA SIMMONS

Goin to the Dickson drive in in the moonlight watching Huck Finn, fall in love with Becky Thatcher, thats where it all began.. Dirt roads, trucks and trackors, in the morning there after, they found love and laughter, so the fairytale begins.

Around the kitchen table, we held hands in prayer like a Norman Rockwell picture love was painted in the air, game night and Sunday service, in the evening you would find us crack up that old turn table, sipping sodas it was heaven there.

Aunt Jo's in the kitchen, wishing she was fishing. Ruby Pearl is expecting, but they didn't plan for two
That old John Deeres still pushin' and those ears of corn are looking, like the sweetest thing since sliced bread, and Uncle Bucks horse, threw a shoe.

Around the kitchen table, we held hands in prayer like a Norman Rockwell picture love was painted in the air, game night and Sunday service, in the evening you would find us crack up that old turn table, sipping sodas it was heaven there.

I watched her lean on his shoulder, another year older, she's just thankful he made it home from the war

Around the kitchen table, We held hands to pray thanked God for his blessings, the red, white, the blue, the flag.
The Bibles open to Proverbs 22, Grandmas picture while she's hugging you, sipping cola's, drinking coffee, Lord I wanna go back there. Around the Kitchen table. .

Be Still and Know...

Psalm 46:10



In the soft stillness of a quiet morning we begin. The dew is still sleeping on the blades of grass, not ready to let go. Crickets are at peace. The night smells with air so clean, there is almost no need for coffee. The rooster has yet to awake, but your heart has. The tender dream in your heart keep beating faster as you bow your head to pray, thanking God for his endless blessings.

I am not much of a morning person, but there is something magical about waking up with the dawn, the land, with your animals and a sense of purpose.

Good Morning Sun

You are the light of the world...Let your heart shine before men, that they may see your good deeds and praise your father in heaven. Matt. 5:14-16 NIV



To gently touch the head of a sleeping dog nestled under the covers with you, or whisper good morning to the barn cat burrowed in a pile of straw. Opening the barn door is like pulling back the blankets on the sun gently waking it up. These are just some of the blessings we have. A taste of heaven. The beauty of untouched land filled with love ready to give back.

Grandma's Homemade Bread



2 packages yeast
4 1/2 cup lukewarm water
6 tablespoons sugar

1 tablespoon salt
1/4 cup shortening
12 cups flour (about)

Place both packages of yeast in 1/2 cup lukewarm water. Add remaining water, sugar, salt and shortening. Add enough flour until it takes shape of a ball. Turn out on floured breadboard and knead until smooth and elastic. (Dough will have a springy feel). Place in greased bown, cover and let rise until double. Punch down and let rise again until almost doubled. Place on floured breadboard and cut into four portions. Let dough rest approximately 10 minutes. Knead each portion and put in gread bread pan, cut side down. Let rise until double. Bake at 374 for 40 minutes or until golden brown. Remove and place on cooling rack. Brush with butter if desired. Makes 4 loaves.

BREAK BREAD

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Jesus is the holy power. Jesus is the strength I need. To get me through each day anew as I fall down on my knees. Praying to my heavenly father, Lord, help me make it through. Let me call on you, let me shine for you, and break bread.

Break your bread go tell the story. Break your bread tell of Gods glory. Tell of his mercy, of a life never ending. He will multiply says the Lord on high, and break bread.

Leaning on my heavenly father, sealed in Gods grace. Bringing all my burdens to him, looking at the saviors face. Holding on the promise he gave us, standing solid in Gods word, I will magnify the Lord on high and break bread.

Break your bread go tell the story. Break your bread tell of Gods glory. Tell of his mercy, of a life never ending. He will multiply says the Lord on high, and break bread.

LET'S STAY IN TOUCH

Let's Connect More

SARA SIMMONS COMMUNITY

Next to the website, www.sscornpickers.com, this is where I hang out the most and posting healthy recipes, tips, photos, upcoming events, and news.

WWW.SSCORNPICKERS.COM

This is where I invite all of you to hang out. The most important roll you play is supporting. Whether that's by subscribing to updates, becoming a CampS fan club member, sharing a blog, you name it, It's my favorite source to share with you the latest Music, News, Shows, Freebies

EMAIL

Questions about booking, appearances, music, recipes songwriting, contact: sscornpickers@gmail.com

