

# Hogtown HomeGrown™

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## The Challenge? Keep eating local!

Our local farmers are dependable sources of local food and we are lucky that the current season of plenty should continue for a few more months until it gets too hot. North Central Florida's farmers' fields are full now. Farmers are working hard to create new ways to get produce to customers during this time of physical distancing to prevent the spread of COVID-19. While some continue to distribute at farmers markets, many have added online ordering, curbside pickup or delivery.

For convenience, you could use an internet shopping service to get items from a retail grocer, but frankly, the availability and quality of fresh produce from these services is always in question. So take the time to find your farmer. If you regularly shop at the farmers markets, I'm sure you have your favorites. Check on the market websites for more information about their vendors. Try the Working Food website for access to the farmers participating in their drive-through, curbside pickup on Wednesdays and Saturdays.

I've noticed a number of people are planting gardens and fruit trees in an effort to increase their own food security. For best results, look for locally grown plants and seeds bred for our area. Groups like Grow Gainesville can provide a bounty of advice for the seasoned home gardener as well as the beginner. I love seeing these "victory gardens" springing up and hope you have a greener thumb than I do—don't worry, most everyone does.

Supporting locally-owned restaurants is something I love to do—whether here in Hogtown or a world away. It has been heartening in these times of long home-stays to see the outpouring of support for not only our locally-owned restaurants, but the workers as well. We have been buying gift certificates for future meals as well as driving up for curbside delivery of dinners to-go. Make sure to support the places you love, so when this is all over they will still be in business.

Our community is special not because of the amount of business done on Archer Road. Our community is the people—their conscience, their creativity, the concern for others—and we need to support each other while protecting each other's health. Taking the extra time to get your food locally benefits not just the farmer or the restaurant, but you know you are getting the freshest food available and in the process benefitting the entire community—from environment to economy.

May 2020 was scheduled to be the final Hogtown HomeGrown Eat Local Challenge—our thirteenth! Normally there would be a proclamation from the Alachua County Commission, a Kickoff, restaurant specials, and a Community Celebration with prizes and awards. Well, since we can't gather, it's up to you to challenge yourself to eat local from now on. For those who are already eating something local at every meal, thank you. For those who haven't dipped a toe into the local food scene yet, c'mon in—now is the best time ever!

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## What's Fresh Right Now?

Beans  
Beets  
Blueberries  
Bok choy  
Broccoli  
Cabbage  
Carrots  
Celery  
Cauliflower  
Corn  
Cucumber  
Fennel  
Garlic  
Ginger  
Greens  
Herbs  
Honey  
Jicama  
Kohlrabi  
Lettuces  
Moringa  
Mushrooms  
Onions  
Papaya  
Peaches  
Peas  
Peppers  
Pineapple  
Radish  
Rutabaga  
Shoots and Sprouts  
Squash  
Sugar Cane  
Strawberries  
Sweet Potatoes  
Tomatoes  
Turmeric  
Turnips

## Local and Fresh— Mulberries

Local mulberry tree owners are reporting bumper crops this year—apparently there is enough fruit for the birds, squirrels and humans. The fruit resembles a long blackberry but is seedless and sweeter than its doppelganger.

Mulberry trees grow almost everywhere around the world, but in our area there are red native, ever-bearing and white. Red are prolific, but produce their entire crop at one time. Ever-bearing trees have berries ripening over a span of weeks or months. White mulberry trees were traditionally grown to feed silk worms and their ripe berries have a mild honey-like flavor.

Good right out of your hand, the berries also make great juice and jam. Frozen berries can be used in the same way you would fresh and they are great in cobblers and crisps. I'm eating a little lighter these days, so I like them best raw or stewed into this lemony-ginger compote. It's a little juicy, but sugar-free and delicious.

## Mulberry Lemon Compote

### INGREDIENTS

2 cups mulberries, fresh or frozen  
1 meyer lemon, zested and juiced  
2-4 grains of coarse salt  
1-2 teaspoons fresh ginger, grated (optional)

### DIRECTIONS

In a small sauce pan over medium heat, cook berries until juicy.

Add remaining ingredients and stir to combine. Bring to a hard simmer, reduce heat, cover and cook 10 minutes.

Remove from heat and cool slightly before serving.

Cover and refrigerate leftovers.

### SERVING SUGGESTIONS

Breakfast—oatmeal or pancake topper.

Dessert—on its own, with a drizzle of limoncello, under ice cream or over cake.

Chutney—mix compote with a little sautéed onion, chopped nuts and curry powder.

# Josh's Mulberry Pie

## INGREDIENTS

3 cups mulberries, fresh or frozen  
1 1/4 cups sugar, divided  
4 Tablespoons flour  
Double crust pie dough of your choice  
2 Tablespoons lemon juice (optional)

## DIRECTIONS

Sprinkle 1/4 cup sugar over fresh or frozen mulberries. Using a spatula, gently turn berries with sugar until combined. Refrigerate overnight or about 12 hours.

When ready to assemble the pie, preheat oven to 425 degrees.

Combine remaining sugar with flour and divide in half. Sprinkle half the sugar-flour mixture evenly over the bottom pie crust. Add mulberries and sprinkle remaining sugar-flour mixture over the top. Cover mulberries with top crust.

Bake in preheated oven for 35-40 minutes.

Let pie cool at least an hour before serving.

# Lou's Loquat Pie

## INGREDIENTS

Double crust pie dough of your choice  
4 cups loquats, pitted  
1/2 cup water  
1 drop cinnamon bark essential oil  
1 toothpick swirl ginger essential oil  
1 cup sugar  
1/8 teaspoon allspice  
2 Tablespoons flour  
1/8 teaspoon salt  
Egg Wash—beat 1 egg with 1 Tablespoon water  
1 Tablespoon sugar

## DIRECTIONS

Preheat oven to 400 degrees.

Combine pitted loquats with water, bring to a boil and simmer 15 minutes, until soft. Stir in essential oils and set aside.

Line pie plate with half the dough and reserve second half.

Sift together sugar, allspice, flour and salt. Mix in to cooked loquats. Pour mixture into pie crust and top with second crust. Brush with egg wash and sprinkle with sugar.

Bake 10 minutes, then lower heat to 350 degrees for 30 minutes. Cool before serving.

Josh, a local young dad who knows his way around a kitchen, likes to use mulberry juice to sweeten his lemonade.

In his own words about his mulberry pie recipe:

“Some people use one-third rhubarb to two-thirds mulberry... it's not bad, but I just like straight mulberry filling. Adding 2 table-  
spoons of lemon juice, or any citrus juice, gives it a little extra tang. Serve with one scoop of vanilla ice cream and maybe a dollop of whipped cream.”

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Lou, a local certified nurse midwife, shared this recipe for her loquat pie, saying,

“Our loquat tree was loaded this year. The squirrels have just been having a party up in there.

We decided to see if they would make a good pie and the answer is yes.

It was yummy.”

 <p><b>HAILE FARMERS MARKET</b></p> <p>Saturdays 830am - 12pm</p> <p>Haile Village Center <a href="http://www.hailefarmersmarket.com">www.hailefarmersmarket.com</a></p>	 <p><b>East End Eatery</b></p> <p>OPEN SUNDAY—FRIDAY Breakfast at 8:30am Lunch at 11am Sunday Brunch 9:30am-3pm <i>Vegetarian, Vegan and Gluten-Free Friendly</i> 1202 NE 8th Avenue 378-9870</p>	 <p><b>Artfully Crafted Succulent Gardens</b></p> <p>Find us on Saturdays in High Springs 8304 NW State Road 45 <a href="http://www.willowgardens.co">www.willowgardens.co</a> 352-284-1746</p>
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# Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

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In his own words:

Every now and then, inspired by some cooking show, I try my hand at baking something.

Typically, the outcome is met with, "Who did this?", "Better leave that up to Paige," or "Yuuurrrggghhhh."

But this loquat coffee cake is actually something that was met with, "Who did this for you?", "Since it was yours I wasn't going to try it," and "Even a broken clock is right twice a day."

## Dave's Loquat Coffee Cake

### INGREDIENTS

2 cups loquats  
1/3 cup butter, softened  
1/3 cup sugar  
1 egg  
2 cups flour  
1 teaspoon baking powder  
1 teaspoon salt  
1 teaspoon ground cinnamon  
1 cup milk

### DIRECTIONS

Preheat oven to 350 degrees. Lightly grease an 8X8 or 9X9 baking pan.  
Remove seeds from loquats and chop as desired. (See NOTE)  
Mix together butter and sugar.  
Add egg and beat well.  
Combine flour, baking powder, salt and cinnamon.  
Add to flour mixture to butter mixture, alternating with milk.  
Beat together all ingredients, then fold in loquats.  
Spread batter in greased baking pan.  
Bake at 350 degrees for 40-45 minutes.  
Cool in pan for a few minutes before cutting and serving.  
Cover and store at room temperature up to three days.

### NOTE

"There can be as many as 5-6 seeds in a single loquat, so it's important to be gentle while removing them so as to not lose any juice. That's it! "