

Hogtown HomeGrown

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It's been a year and we're still here!

As you can tell by the headline, Hogtown HomeGrown is celebrating its first anniversary with this issue. Thank you, Thank you, Thank you to all our supporters—friends and family who just enjoy reading each issue—advertisers and distributors who actively promote and support local businesses—and especially the foodies out there who just wanted recipes for all the fresh food our area's farmers produce.

What began as a labor of love has become an *almost* self-supporting business due to the efforts and vision of some wonderful people—most notably my husband, affectionately known as THE Technical Production Person, our son who did the original website design, and some local farmers who saw the need for a recipe newsletter and through the Farmers' Markets supported Hogtown HomeGrown rather than reinventing the wheel themselves.

As our Farmers' Markets grow and expand, the next year holds exciting possibilities for Hogtown HomeGrown, including a cookbook, charity FoodFests and an online store. Whatever the years ahead bring, I know the support will be there, from people I already know and new friends I will meet along the way—*Thank You Everyone!*

Spicy Persimmon Gingerbread

INGREDIENTS

1 1/4 cups unbleached flour
1 cup whole wheat flour
1/4 cup flax seed meal
3 teaspoons baking soda, divided
1/8 teaspoon salt
1 teaspoon ground ginger
1/2 teaspoon ground cinnamon
1/8 teaspoon ground dry mustard
1 cup persimmon pulp
1 cup molasses
1/2 cup applesauce (or use 2 eggs instead)
1 tablespoon freshly grated ginger
2 tablespoons candied ginger, slivered
2 tablespoons orange juice
1/3 cup sugar
1/3 cup canola oil
1/4 cup boiling water

DIRECTIONS

Mix together flours, meal, 1 teaspoon baking soda, salt, and spices. In a separate bowl, mix together persimmon, applesauce, molasses, gingers, juice, sugar and oil. Let sit at room temperature until sugar dissolves and mixture is juicy—2-3 hours is fine, but 10 minutes will do. (If using eggs, beat in just before mixing with dry ingredients.) Stir dry ingredients into wet ingredients in two parts. Before the batter is completely mixed, pour the boiling water into the remaining 2 teaspoons of baking soda, pour over batter and stir quickly until everything is well-blended. Pour into a greased 8x12 or 9x13 pan. Bake at 350 in a metal pan or 325 degrees in a glass pan, checking with a toothpick after 35-40 minutes. Let cool at least 30 minutes before cutting. Serve warm with Persimmon Sauce (page 2) or applesauce. Good cold as a breakfast-on-the-go.

It's Local, It's Fresh, It's Persimmons

Tricks and Tips

Substitute grated persimmon for carrots in your favorite carrot cake recipe.

Persimmon Sauce

For each ripe persimmon, add 1 tablespoon each honey, lemon juice and water. Simmer until blended. Puree if desired. Store covered in refrigerator.

Tricks and Tips

There are so many items other than produce to be found at our local Farmers' Markets. Remember the holidays are coming, so start shopping!

Candles—beeswax, soy

Plants—bedding flowers, caladium, marigolds, Asiatic lilies, begonias, herbs, snap-dragons, gerber daisies

Jewelry

Fabric Arts—clothing, accessories

Soaps

Wooden Flutes

Ceramics—mugs

I love this job! I have spent the past weeks developing and testing persimmon recipes—peeling and tasting so many persimmons that I should be orange by now! Did you know that Florida used to have a huge number of astringent persimmon trees, but difficulties with marketing this fruit wiped out most of the persimmon farmers? Astringent persimmons are edible when they are extremely soft, but a firm one will make your mouth pucker! The non-astringent persimmons, like the commonly seen Fuyu, can be eaten from the firm stage to the mushy stage. The taste is described as a cross between a mango, a peach and a papaya, but I think it is just sweet and fruity, which makes it extremely versatile. If the persimmon has turned orange, but is still firm, you can cut out the stem end (just as you would with a tomato) peel it, then slice into wedges, grate or chop for recipes. When the Fuyu persimmons get very ripe, they are very soft and turn a dark, almost translucent, orange—all you have to do is stick a knife in the side and squeeze out all the sweet pulp!

What's Fresh Right Now?

Beans—green
Chestnuts
Cucumbers—pickling, small hydroponic
Eggplant—Italian, Thai, Brazilian
Exotic Fruit—pineapple, bananas, prickly pear
Greens—kale, spinach, mustard
Herbs—rosemary, dill, cilantro
Honey—Gallberry, Orange Blossom, Tupelo, Wildflower
Lettuce—green leaf
Okra
Onions—large yellow
Peas—pink eye, white acre
Pecans
Peppers—jalapeno, banana, green and red sweet Bell
Persimmons—Fuyu (non-astringent) and a few astringent
Potatoes—sweet potatoes, large red skin
Squash—yellow, zucchini, butternut, calabasa, Seminole Pumpkin
Tomatoes—beefsteak

Persimmon Pecan Bread with Apricots

INGREDIENTS

6 tablespoons butter, melted
1/2 cup honey
1 1/2 cups soft persimmon pulp (about 4)
2 eggs
2 cups whole wheat flour
1 teaspoon baking soda
1/2 teaspoon salt
1/4 cup flax seed meal
2 tablespoons very hot water
1/2 cup dried apricots, finely chopped
1/2 cup pecans, chopped and toasted

DIRECTIONS

Mix honey into melted butter, add persimmons and eggs, beating until well blended. Stir together flour, soda, salt and flax seed meal. Mix into butter mixture in two portions, adding 1/2 the hot water after each flour addition to make a smooth dough. Gently stir in apricots and pecans. Push into buttered pan and bake at 325 degrees for 45-55 minutes, until brown and firm to the touch.

Save the World—One Dinner at a Time!

Spoonbread with Fresh Corn

INGREDIENTS

6 cups 1% milk
4 ears silver queen corn, cut off the cob
2 cups finely ground corn meal
2 tablespoons unsalted butter
6 eggs, separated
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
1 teaspoon raw sugar
1/4 teaspoon nutmeg
1/4 teaspoon cayenne pepper

DIRECTIONS

Bring milk and corn to a boil, whisk in corn meal and cook until very thick, stirring constantly. Remove from heat, add butter, seasonings, eggs yolks and beat well. Beat egg whites to a soft peak. Mix 1/2 the egg whites into corn meal mixture, stirring thoroughly. Fold in the remaining beaten whites, handling the mixture carefully to retain the fluffiness. Place in buttered pan, smooth the top and cook for 45 minutes at 350 degrees. Serve warm. It's good with a cup of shredded cheddar added along with the egg yolks but do not top with cheese—it won't cook through!

Tricks and Tips

While the spoonbread and cake are baking, slice up a platter of tomatoes and cucumbers for a casual salad. Top with thinly sliced red onion, olive oil, vinegar, salt and pepper to taste.

Anna's Fabulous Fruit Salad

INGREDIENTS

3 large Golden Delicious apples
3 large peaches, peeled
1 pound green grapes
1 lemon
1 pomegranate

DIRECTIONS

Cut apples and peaches into small pieces—about 1/2 inch. Toss with lemon juice continuously as fruit is cut and added to bowl. Stir in grapes and top with pomegranate seeds. Cover and chill thoroughly before serving. Try with a small dollop of homemade whipped cream.

Tricks and Tips

Pomegranate seeds can be easily removed. Cut the fruit in half across the middle. Hold cut side down over a bowl and whack it with a wooden spoon.

Persimmon Cake

INGREDIENTS

2 cups whole wheat flour
2 teaspoons baking soda
1/2 teaspoon salt
2 teaspoons cinnamon
1 teaspoon ginger
1 cup canola oil
1 cup honey
4 eggs
3 cups grated persimmon
2 tablespoons grated ginger root
1 tablespoon orange zest

DIRECTIONS

Stir together dry ingredients. Add oil and honey, stir until flour is completely blended. Beat in eggs, one at a time, until batter is light and fluffy. Stir in persimmon, ginger and zest. If you want to add nuts or dried fruit, now is the time. Bake in a bundt pan for 40-50 minutes at 350 degrees. Cool in pan for 10 minutes, remove from pan and cool before cutting.

GLAZE

Mix 2 cups powdered sugar with 1/8 - 1/4 cup orange juice, pour over warm or cool cake.

Tricks and Tips

Pouring a glaze over a warm cake will result in a moister cake with a shiny, almost invisible layer. If you wait until the cake is cool, it will be an opaque, white frosting. Yes, you can do both on the same cake!

Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

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Tricks and Tips

I make both sweet and savory noodle puddings. Usually the sweet kugel has peaches, but the persimmons are the perfect taste and texture with the noodles. My savory puddings have mushrooms, green onions and stronger cheeses, like Gouda.

Noodle Kugel with Persimmons

INGREDIENTS

12 ounces egg noodles, cooked and drained	16 ounces 1% cottage cheese
4 ounces low fat cream cheese, cubed	16 ounces low fat sour cream
3 eggs, lightly beaten	5 persimmons, peeled and cut into wedges
1/2 cup each honey and sliced almonds	1/2 teaspoon each ginger and cinnamon

Crunchy Topping

2 tablespoons melted butter	1/2 cup sliced almonds
1 tablespoon raw sugar	

DIRECTIONS

Mix cottage cheese, cream cheese, sour cream, eggs, honey and spices until well blended—use a food processor if you want it really smooth. Add egg noodles, almonds and persimmons, stirring lightly. Place in a buttered casserole and add toppings, finishing with butter. Bake at 350 degrees for 45-55 minutes. Tastes great with warm Persimmon Sauce (page 2).