

Hogtown HomeGrown™

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Last words from the family citrus grove

Henderson and Daughter Plants and Produce occupied Booth #4 at the Alachua County Farmers' Market for years. Known primarily for their quality citrus, Erika Henderson and her father also sold colorful caladiums and his tasty boiled peanuts. This summer they said goodbye due, in part, to citrus greening, a disease that affects all citrus varieties and is destroying Florida's citrus industry. Here's their story, in Erika's words:

Several years ago, my father and I began our adventure and became members of the Alachua County Farmers' Market. Over the years, we sold landscape plants and vegetables and specialized in heirloom citrus and my father's fabulous boiled peanuts. One year ago, we decided that the next season would be our last at the market.

Two reasons factored into our decision to pause: the first was citrus greening disease. Citrus greening hurt both the older trees in our care and the younger trees we had planted only years before. We did not lose all of our fruit to the disease, but it destroyed the quality of much of it, and there was soon very little left that we could feel proud to provide. The second reason we decided to stop was that it was simply time to stop. My father and I reduced our market selling days in order to stretch the season, and said our goodbyes to our market life this past summer.

To me, this endeavor presented a unique opportunity to connect with the community interested in supporting local producers. We were able to educate an audience eager to learn about all the different varieties of citrus that they had never seen or tasted before. We were in a position to learn about the food security challenges many people in our community face, and we met many of the people in programs fighting for change.

I have loved being able to spend time with my amazing father and to experience the generosity of my farm family and friends. True, I sometimes thought about hitting the snooze button when the alarm rang at 5:30 on winter mornings, but I never did, and every time I was glad I hadn't. Our race against the clock to select, pick, sort, and arrange the puzzle pieces that all fit together for a beautiful Saturday morning market experience was always worth the work. (Yes, even on rainy days.)

It was a gift to hear about morning rituals involving juice from our oranges or spoonfuls of the grapefruit we grew. I was delighted to discuss how the juice of a lemon or the punch of its zest can transform a dish, or to hear someone describe the act of peeling a tangerine and how it was the perfect snack for a person of any age. We (OK, mostly I) also benefited from many gifted jars of marmalade!

It was a joy and an honor to feed and get to know so many in our community. We look forward to seeing everyone from the other side of the Market table as we flip the script and become customers in the future! Thanks to all for your support of our endeavor and for shopping local.

Cheers,
Erika Henderson

What's Fresh Right Now?

Bananas

Beans—green/purple long

Chestnuts

Cucumbers—slicers, kirby

Eggplant—oriental, italian, fairytale, graffiti, long

Galangal

Garlic—chives

Ginger

Grapes—purple, bronze, green

Greens—collards

Herbs—tulsi, thai/purple/italian/red stem basil, lime leaf, curry leaf

Honey—orange blossom, gallberry, wildflower, everglades

Moringa

Mushrooms—chanterelle, dried shiitake

Okra—red/green

Onions—yellow, green

Pears

Peas—southern field

Pecans

Peppers—red/green/yellow/orange sweet bell, aji, poblano, cayenne, shishito, jalapeño

Persimmon—astringent, non-astringent

Potatoes—red/white, creamer

Radishes—daikon, red

Roselle

Shoots and Sprouts

Squash—butternut, spaghetti, kabocha, seminole pumpkin, acorn, yellow crookneck, gold/ green zucchini

Sugar Cane

Turnips

Turmeric

Local and Fresh—Galangal

One of the many cousins of culinary ginger, galangal or Siamese ginger, comes from the spicy side of the family. With notes of citrus and forest, its flavor is familiar to cooks and consumers of many asian dishes. When tasted raw, those subtle notes transform almost immediately into a long-lasting gingery fire on the tongue. Tamed by cooking, galangal offers a complexity to dishes that ginger alone cannot match.

Galangal is very woody or fibrous in texture and should be sliced thinly with a serrated knife. It can be peeled with a spoon like ginger, if desired. Since it really isn't edible because of the dense fibers, remove it before serving. Store lightly covered in the refrigerator.

Spicy Maple Teriyaki

INGREDIENTS

3/4 cup low sodium tamari
1 cup pure maple syrup, dark amber preferred
1 large garlic clove, smashed
4 quarter-sized slices galangal
1 inch ginger root, sliced
Hot chili of your choice OR red pepper flakes
1/2 cup water

DIRECTIONS

Combine ingredients in saucepan and taste for sweet and salty balance of flavors. Add a little more tamari or maple syrup as desired.

Bring to boil, reduce heat and simmer about 30 minutes until thickened and glossy.

Remove from heat and strain into glass jar. Cover when cooled. Use immediately or store covered in refrigerator.



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Henderson & Daughter Plants and Produce

Thank you for being supportive of us for so many seasons.
Please continue to show love to food producers in our community, and be good to one another.
Cheers,
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www.facebook.com/henderson.and.daughter



Alachua County Farmers' Market

Saturdays

830am—12pm

5920 NW 13th Street
www.441market.com

Rosemary Squash Strata

INGREDIENTS

1-2 teaspoons olive oil
4 slices rosemary or other hearty bread, cut into 1/2 inch cubes, about 2 cups
2 medium onions, halved and sliced thinly
6-8 yellow squash, sliced thinly
Salt and pepper
6 ounces assorted cheeses, shredded and divided into thirds
6 eggs
1 cup milk
OPTIONAL: 1/4 ground rosemary or 1/2 teaspoon dried rosemary, chopped finely

DIRECTIONS

Preheat oven to 350 degrees and prepare a water bath for a 2 quart casserole.

Heat a cast iron skillet over medium heat and coat with olive oil. Add bread cubes and toast until evenly crunchy. Set aside. May be done in advance, cooled and stored in a glass jar.

In a heavy pot over low heat, sauté onions in a dry pan until lightly browned. Add squash and season with salt and pepper. Cook squash, stirring occasionally, until they are just tender with a slight crispness. They will also cook in the oven, so do not sauté until limp.

In a 2 quart casserole, layer 1/3 of the squash, 1/3 of the toasted bread cubes and 1/3 of the combined grated cheeses. Layer twice more using all ingredients and ending with cheese.

Beat eggs until frothy, about two minutes by hand with a whisk or fork. Add milk, salt and pepper. Add optional rosemary to egg mixture if you used plain bread or desire more rosemary flavor. Beat mixture and pour over casserole. Be sure to coat the entire top with mixture.

Bake in a water bath until center is firm and cheese begins to brown. Let sit for 5-10 minutes before serving. To preserve the crispy top, lightly cover with a towel, but not a lid.

Cover and refrigerate leftovers. Reheat in an oven or toaster oven for best results.

Persimmon Platanos Maduros

INGREDIENTS

1 Tablespoon oil
2 very ripe plantains or starchy bananas, peeled and cut into 1/2 inch thick diagonal slices
2 very ripe persimmons, squeezed through a strainer
1 teaspoon lemon juice
Honey to taste, if desired

DIRECTIONS

Heat oil in a heavy skillet. Place plantain slices in one layer and cook without moving until browned. Flip and brown the other side.

Pour strained persimmon juice over plantains when browned. Whisk in lemon juice and simmer until thickened and hot. Taste and add honey if desired. Serve hot or warm.

Tricks and Tips

Putting together a combination of cheeses for any recipe can be so much more than reaching into your refrigerator for any salvageable leftovers.

Ideally, one cheese should melt really well to create a creamy texture. One should be an aged cheese with fabulous flavor and a tendency to get crunchy when melted. The third cheese should enhance the qualities of the other two without overwhelming their flavors.

Cheese Combinations

Sharp white cheddar

Parmesan

Gouda

Jarlesberg

Emmenthaler

Comté

Swiss

Gruyere

Fontina

Monterey Jack

Cotija

Sharp Cheddar



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Local and Seasonal Recipes, Menus and More

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Tricks and Tips

It's October and pumpkin spice is found everywhere in food, drinks and even household products. As you probably know, pumpkin spice contains no pumpkin, but is a spice mixture traditionally used in pumpkin pies. It is made from cinnamon, ginger, nutmeg and cloves, with all-spice added by some cooks. Since butternut squash has a very subtle flavor, the scent and taste of both ginger and cloves seemed too strong for this cake. Just a bit of cardamom adds a subtle citrus note without overwhelming either the squash or cane syrup.

Butternut Spice Cake

INGREDIENTS

- 1 stick unsalted butter, melted (save the wrapper to grease the cake pan)
- 2/3 cup cane syrup OR 1/2 cup honey and 3 Tablespoons molasses
- 2 eggs
- 1 cup mashed butternut squash
- 1 1/2 cups cake or pastry flour (plus a little to flour the cake pan)
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon each cardamom and nutmeg

DIRECTIONS

- Prepare a cake pan with butter and flour. Preheat oven to 350 degrees.
- Stir cane syrup into melted butter. Add eggs and whisk well. Add butternut squash to wet ingredients and whisk until completely incorporated.
- Combine all dry ingredients in a small bowl and stir together with a fork or whisk.
- Add dry ingredients to wet ingredients and whisk about 30 seconds or until flour is completely combined to create a smooth batter.
- Scrape batter into prepared pan and smooth with spatula. Carefully drop pan on counter 2 or 3 times to remove air bubbles.
- Bake 20-24 minutes, until browned and firm to the touch. Cake tester will test clean.
- Cool in pan 5 minutes, remove from pan and cool on wire rack.
- Serve warm or cold. Cover leftovers and for best texture, eat within a few days.

SERVING SUGGESTIONS

- Whip cream with a little vanilla, sugar and cinnamon. Dollop on each slice.
- Try topping a slice with a scoop of vanilla, honey or cinnamon ice cream.