



Hello friends and neighbors,

This month we present the splendid butterfly pea as inspiration for thriving in August. She offers a profusion of beauty and benefits to soil, pollinators, and us humans, as we struggle not to wilt while working in the late summer gardens and kitchen. Here's to celebrating dewdrops, rain showers, shade, and breezes as we continue to be steadfast and 'true blue' in our pursuits!

We give thanks to all you true blue supporters of our work to cultivate a resilient local food community. Your help last month with our [seed collective wish list](#) is much appreciated, as is your interest in the stories we share here. We're delighted to hear your suggestions and feedback; please don't hesitate to [tell us what you think](#). We aim to please!

Keep cool and enjoy our August rhapsody in blue -

In community,

the Working Food team

## Calling all fans of Working Food!

We're currently interviewing energized, engaged folks who have time and talent to share as members of our governing board.

If you're interested in being a part of our future, please email Lisa Gearen: [lmolitorge@aol.com](mailto:lmolitorge@aol.com)

## Culinary News

We're so happy to introduce one of our newest Working Food kitchen partners, [Sharon Watts!](#) Sharon is the owner of 7 Dishes Bakery and Bistro. Part of her business launch strategy was hosting a wonderful tasting event at the Thomas Center this past week. Twenty-five lucky guests sampled Sharon's creations and provided feedback on her presentation of cheesecake, puddings, cookies, and cakes. Sharon's whole family pitched in to make this event happen, giving her an excellent opportunity to crowd-source top-notch recipes for future audiences. We'll keep you posted on what's next; you can email Sharon at [7Dishes77@gmail.com](mailto:7Dishes77@gmail.com)

## Phenomenal Pineapple Recipes!

Sweet news continues with tantalizing temptations developed by kitchen partner Chef Amadeus and his students in UF's culinary certification program. Chef Amadeus' most recent challenge to the class involved cooking with hyper-local ingredients: specifically, the [pineapples growing on Working Food's patio!](#) We're so grateful for the terrific recipes Chef and his students created and shared: enjoy!

### Pineapple Skin Tea

This refreshing drink features an ingredient many of us have thrown away in the past: pineapple skins! They're full of bromelain, an enzyme [that's been shown](#) to protect against inflammation and cardiovascular disease.

#### Ingredients:

- Skin (and core, if you like) of 1 whole, fresh pineapple (here's [how to prepare](#), and [how to grow the top](#) for more pineapples!)
- 3 Tbsp Ginger (about a 3" knob)
- 1 tsp Chinese 5 Spice Powder (from kitchen partner Chef Amadeus' [Southern Passion spices](#))
- 10 cups Water
- 1/4 cup Sugar, Honey, or Sweetener (more for sweeter tea)

#### Directions:

- 1.) Be sure to wash and scrub your whole pineapple with a vegetable brush prior to cutting. It's more difficult to wash the skins after the pineapple has been cut.
- 2.) Peel the pineapple and ginger. Save pineapple skin and core.
- 3.) Grate ginger.
- 4.) Combine water, sugar, pineapple skin and core, ginger, and Chinese 5 spice powder in a large pot over medium-high heat. Bring to a boil; then reduce to a simmer for 40-60 minutes, stirring occasionally.
- 5.) Remove from heat and allow liquid to cool. Strain liquid into another container, using a fine sieve or cheesecloth. Discard the solids (compost).

#### Tips:

- You can freeze pineapple skin and core to save for later if you don't want to make the tea on the same day you enjoy fresh pineapple.
- Easily peel ginger with the edge of a spoon.
- Try experimenting by adding different herbs, fruits, and spices to create your own unique pineapple skin tea. Adding a fresh butterfly pea flower garnish makes it extra-special!

### Pineapple Hand Pies

Wondering what to do with your fresh pineapple flesh after making pineapple skin tea? If you can resist the urge to eat the pineapple as-is, it's easy to make a hand pie! These delicious treats pack a ton of flavor into a neat, portable package you can eat on the go.

#### Ingredients:

- Flesh of 1 whole Pineapple (Eric of [Boondox Tropicals](#) has super sweet ones now at [Haile Farmers Market!](#))
- 1 Tbsp Ginger (about a 1 inch knob)
- 1 tsp Chinese 5 Spice Powder
- 1/2 cup Brown Sugar
- Your favorite Pie Dough (store bought or homemade)
- Egg wash (or 1 egg + 1 tsp of Water)

#### Directions:

- 1.) Preheat oven to 375 degrees.
- 2.) Chop pineapple into small pieces. Peel and grate ginger.
- 3.) Combine pineapple, ginger, Chinese 5 spice powder, and brown sugar in a medium sized saucepan over medium heat. Cook and stir until sugar has melted and liquid in the pan has thickened.
- 4.) Roll out and cut your favorite pie dough into squares or circles, about the size of your hand.
- 5.) Place a spoonful of cooked pineapple mixture into the center of each dough shape. Fold the dough in half to seal the pie. Pinch the edges completely shut with a fork. Place on a parchment lined sheet pan, leaving at least an inch of space between hand pies.
- 6.) Brush hand pies with egg wash. Bake for 12-15 minutes, or until dough is cooked and golden brown. Remove from oven.
- 7.) Allow to cool and then enjoy!

For more information about our community kitchen partnerships, opportunities, and facilities, email [robert@workingfood.org](mailto:robert@workingfood.org)

## Youth Gardens News

As summer programs come to a close, most of our gardens rest under cover crops and mulch, building a flourishing soil food web. But the Duval Youth Garden continues to share an abundance of okra and eggplant, while hummingbirds enjoy the pollinator plants and gulf fritillary caterpillars become butterflies in this bountiful space. In the heat of August, a stevia plant (natural sweetener) in the garden has grown as tall as our kids!

Even though the gardens are mostly resting in preparation for fall plantings, some of the most important work is happening above and below ground. We use the fallow time of late summer to plan for the year ahead, developing new partnerships with volunteers, interns, and community groups. We create our annual curriculum of more than 100 gardening, science, and cooking classes. And we're excited to start planning new blueberry gardens at a few of our sites, thanks to a wonderful collaboration with students from UF's department of Horticultural Sciences. It's a delight to add more perennial plants to our ever-growing and evolving youth gardens.

## Youth Gardens FUNdraiser!

As we work to prepare gardens, partnerships, and lessons for the fall, we're offering a special FUNdraiser this month to support blue butterfly pea projects with all our young gardeners. We'll work with these plants to teach about [building healthy soil](#), [basic plant chemistry](#), for [artmaking](#), and for [fun, yummy treats!](#)

This limited edition garden portrait by Working Food teammate Wendy Free is printed on [ESC certified paper](#) in an eco-friendly wood and glass frame (11" x 11") and comes with a packet of our blue butterfly pea seeds, as a thank-you gift for donations of \$100. Perfect for gift-giving and for treating yourself! If you're interested in contributing to this fundraiser, please [click here for details](#). Thank you for considering a donation to support kids growing, learning about, and creating with butterfly peas!

To learn more about more ways you can support our youth garden and culinary learning programs, email [jesse@workingfood.org](mailto:jesse@workingfood.org) for options and details.

## Seed Collective News

August's seed spotlight shines blue in honor of butterfly peas! This unique plant is native to Indonesia and is included on the [Slow Food Ark of Taste](#). You can purchase seeds from us [here](#).

Encourage butterfly pea seeds to sprout by making a tiny nick in their tough black seed coat (nail clippers work well for this). Then soak seeds in water for about 8 hours. The best time to plant them outside is when it's hot and rainy. With adequate rainfall (or watering) these plants are happy to clamber up a lightweight trellis or growing support. Clitoria ternatea – their scientific name based on flowers' shape - produce an abundance of lovely blue blooms and copious seedpods. Pollinators love them! These easy-to-grow plants thrive during times of the year when many other garden plants (and gardeners) give up. Flowers are harvested, dried, and made into tea. Their blue pigment is pH reactive, turning purple-pink when mixed with acidic ingredients (like lemon juice) and green when mixed with basic ingredients (higher pH, like baking soda) – wonderful for culinary and artistic projects!

Seeds are easy to harvest and save. Allow pods to dry on the plant, turning beige and leathery. You can pick pods early to avoid molding if it's raining a lot.

In the seed gardens, summer hours are spent cover-cropping, and cleaning, germination testing, and packaging seeds to be harvested in spring. We take care of our soil using burlap coffee sacks kindly donated by [Sweetwater Organic Coffee Co.](#) and [Strongtree Coffee Roasters](#) that are laid down over walkways and planting beds, then covered in hay or leaf mulch. This helps build organic matter, slows down aggressive weeds, and protects precious soil from washing away in rainstorms or getting scorched by intense sun and heat. If you'd like to volunteer to help us with our seed or garden work, please [email Melissa](#) who will be delighted to hear from you!

[Check out this short, soothing video](#) we compiled while processing seeds this summer.

Most of our seeds for [sowing in cooler months](#) are now available; more will be added as we complete germination tests. You can find our seeds at Ward's Supermarket, Auk Market, and Grow Hub in Gainesville, Mosswood Farm Store in Micanopy, and our [online store](#) where you can order seeds for local pickup and USPS delivery.

To find out how you can help support our seed collective, email [melissa@workingfood.org](mailto:melissa@workingfood.org)

### UF/IFAS Plant of the Month: [Green Beans](#)

Visit the [green bean page](#) for growing and cooking tips. Consider adding a beautiful blue butterfly pea flower garnish to your green bean dishes, or adding young, tender butterfly pea pods to green bean recipes for an extra special treat!

Working Food is a 501 (c)(3) non-profit organization that works to cultivate and sustain a resilient local food community in North Central Florida by offering collaboration, economic opportunity, education, and seed stewardship, since 2012. **To support our work, please [click here](#).** Donations are tax-deductible. Thank you!

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