



Concrete Jungle

*A Foraged
Fruit Cookbook*

Written by
Jodi Cash

Designed by
Deegan Mundy

Recipes shared by the Concrete Jungle community

**Cover Photo by
Dessa Lohrey**

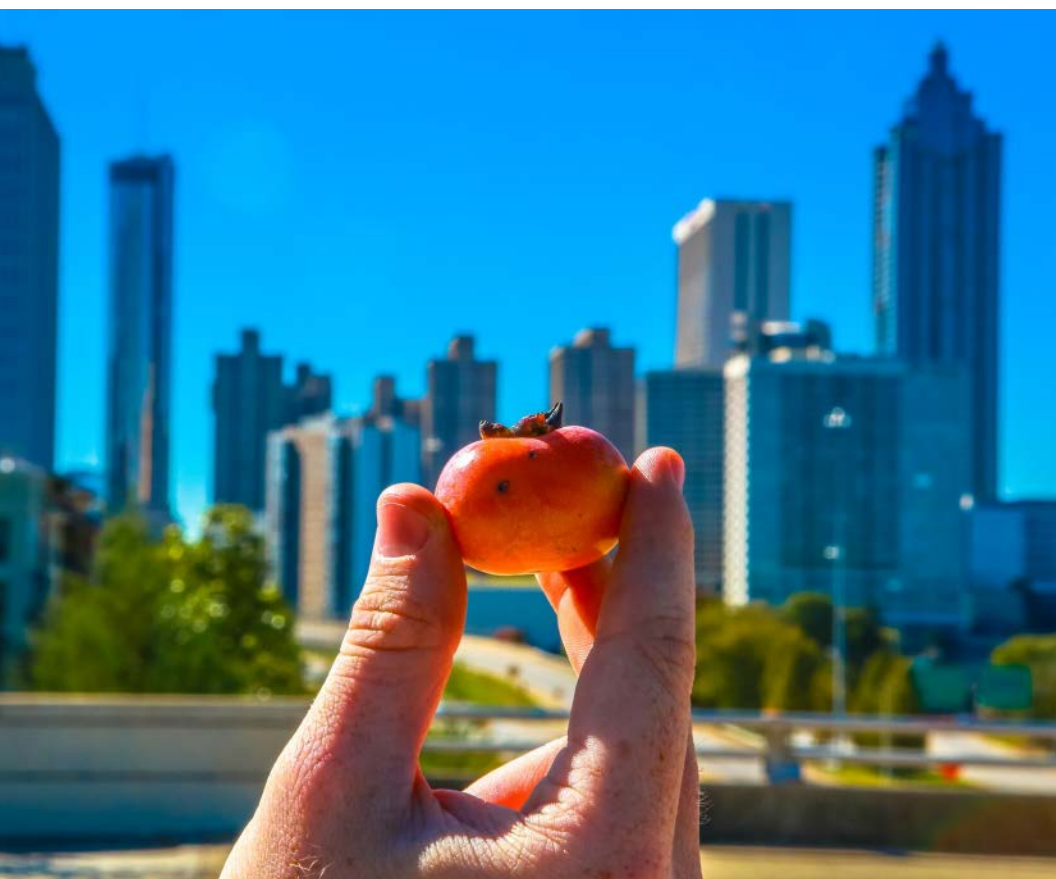


Photo: Jonathan Buie



Photo: Wyatt Roscoe

This book is dedicated to the people Concrete Jungle serves.

Our mission is to share dignified, abundant fruit that grows wild all over Atlanta in a way that uplifts, nourishes, and empowers fellow Atlantans in need. By purchasing this book, you're helping your neighbors take a step toward food security and vitality.

All proceeds will go toward our efforts to grow and forage more fresh produce for soup kitchens and food pantries around Atlanta and the state of Georgia.

We hope this book inspires you. Take note of the seasons and look closely at what's growing on your own street. Think about ways you could share your excess with someone in need and when you see a tree that's heavy with fruit, try making one of these recipes and sharing with your neighbors.



The creation of this book symbolizes the nature of Concrete Jungle's work. We began with only volunteers, and we continue to grow through their enthusiastic commitment and support. Likewise, this cookbook would not have been possible without the immense efforts of local photographers, chefs, PR agents, designers, editors, and volunteers who contributed time, money, and effort without asking anything in return. Thank you deeply.

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Photo: Maria Lioy



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Photo: Kate Blohm



Photo: Kate Blohm



Photo: Kate Blohm



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“Once you see an apple tree growing in the right-of-way between the sidewalk and the street, you realize that fruit can grow in the unlikeliest of places in Atlanta and you start to get hopeful, wishing to see fruit everywhere.” — Katherine Kennedy, executive director of Concrete Jungle



Photo: Jonathan Buell

The Story Of Concrete Jungle

As broke college students, Craig Durkin and Aubrey Daniels didn't expect that a gifted cider press would change their lives. At first, it merely prompted a party.

They planned to fuel the party with cider that they made themselves. But without the money to buy apples in bulk, they had to be resourceful. They looked to the trees lining yards and sidewalks in Atlanta.

"We'd knock on people's doors and ask if we could pick their apple trees, and they nearly always said yes," Daniels remembers.

After accruing a bounty that would have otherwise fallen from untended branches to rot, they pressed the apples and made cider. Their dream of a spectacular day party, known affectionately as Ciderfest, became reality.

Ciderfest turned into an annual event. And as the party grew in volume—of both cider and attendees—it began to glimmer with the promise of more.

In 2008, Durkin and Daniels picked over 3,300 pounds of apples. "Ciderfest became actual work," says Durkin. "Normally the party went from late morning until dark, but not in 2008: we had to keep going. Our apples had been sitting out and thawing all day, gathering bees and soon, mold. So we worked into the night and it wasn't that much fun."

With more than enough cider to serve their friends, they considered what they could do with the rest of the year's harvest.

"We started to think about donating our excess," Durkin says. "From there Concrete Jungle was born."

The two men got in touch with local homeless shelters and found that their fresh fruit offering could go to great use there. So they rounded up friends, who contacted friends of friends, and quickly, they inspired a wide circle of people to join together and pick fruit.

The fruit was given in increasing bulk to local shelters, orphanages, and food pantries, and the list of volunteers contributing to the effort grew in parallel.

The group became well-known as they filled a serious need. According to the 2014 Feeding America National Report, 1 in 8 Georgians gets their groceries from food pantries and meal service programs. Unfortunately much of the food donated to these agencies is shelf-stable food high in sugar, sodium, and preservatives. This is not ideal for food-insecure individuals, who are 2-3 times more likely to have diabetes, high blood pressure, and other diet-related chronic diseases.

As the operation grew, they needed more infrastructure. They formed an official nonprofit, named it Concrete Jungle, and continued to dream of ways to bring produce to the people.

Through a partnership with Georgia Tech, Durkin's alma mater, they created sensors which they placed in trees throughout the city to detect when fruit was ripe for the picking. They also created an online map showing the location of fruit trees throughout the city.

More and more, people became aware of the work Concrete Jungle was doing, and their impact and reputation spread.

Though it was powered exclusively by volunteer efforts for the first six years, they needed someone to give dedicated attention to the program.

In 2015, Katherine Kennedy was hired as Concrete Jungle's first official employee. With Kennedy at the helm, it was possible for Concrete Jungle to get more strategic about where and how they shared the fruit they collected. Their mission gained definition and the team became even more purposeful.



Photo: Jess Winchester

"It's a rare treat that food pantries, shelters, and soup kitchens have access to fresh fruits and veggies. If they are receiving produce, it's usually things that are about to expire," says Kennedy. "But Concrete Jungle fruits and vegetables were picked specifically for our partners, at their peak ripeness to guarantee the best flavor and maximum nutrition. We hope to communicate the message to the folks that we're serving that they deserve beautiful, healthy, dignified food—more than just the remnants from our excess."

In each year of their existence, Concrete Jungle has watched their annual produce donations increase. They work with over 1,000 volunteers annually who make it possible to harvest tens of thousands of pounds of fruit that would otherwise go to waste. As of 2018, they've donated 374,257 servings of fresh produce to those in need.

The founders and Kennedy have all seen personal transformations in the way they recognize and appreciate their city's uniquely rich resources (as well as how often those resources go untapped).

Photo: Jonathan Buie



"My background is in farming, so I know well the amazing abundance our Georgian climate and soil can produce," says Kennedy. "But I had never grown fruit trees before, so when I started helping on fruit picks, I was amazed by the diversity of fruits we can grow in ATL."

"We can grow citrus (flying dragon fruit), tropical fruit (pineapple guava), and crazy natives that taste like tropical fruit (pawpaw)." They've spread awareness among their vast fleet of volunteers, too. With most every volunteer experience, there's the opportunity to learn about what grows naturally, how to recognize it, what to cultivate, and when to harvest.

"Regular Concrete Jungle volunteers tell me all the time about how they're developing their fruit goggles and are starting to spot fruit trees all over the city," says Daniels. "An even higher number tell me about planting fruit trees in their yards. Volunteers definitely develop a sense of how easy it is to grow lots of fruit, as well as how unnecessary it is for good fruit to go to waste."

Aside from remaining resourceful and innovative, they've continued to value fun. But their perspective has matured, too.

"Dignity is another big part of what we do. The fruit that we pick might be neglected by its owners, but we're picking it specifically to give to people who need it—not to sell to a store and then have any unsold portion passed on to a food pantry as an afterthought. And frugality is a big part of Concrete Jungle. We're capturing something that would otherwise go to waste," he says.

Although the staff and volunteers at organizations where Concrete Jungle donates are enthusiastic about the fresh fruit and vegetables, the people served by those organizations are sometimes hesitant or unsure of how to incorporate it into their meals.

This creates a conundrum that's part of a larger systemic problem, common in food-insecure communities. Often, members of these communities face health issues caused and worsened by what they eat, due in large part to lack of access and exposure to nutritious food.

Concrete Jungle and their partners are tackling this challenge head-on with cooking classes and demonstrations to increase interest in the food they distribute.

Ernesta B. Ingram, executive director of the Southwest Ecumenical Emergency Assistance Center (SWEEAC), is a major advocate for better health for the people she serves.

"I have fresh produce available to give to our families because of the relationship with Concrete Jungle," says Ingram. "But this is a learning process, changing how this community eats. So when doing that, it's just getting people to understand eating healthier will make a difference. With time they're going to eat it and be happy that they are."

With each season, more hands reach into the city's trees and extend them with gifts for their neighbors. The premise is simple: to turn excess and unused food into a sustainable resource for those in need.

For today, they're keeping food from wasting on the sidewalk in a city where people still go hungry.

"Our most fundamental goal is always to harvest more fresh fruits and veggies to donate—whether from trees in the city, farms, and orchards in the country, or our own farm in Southwest Atlanta," says Kennedy. "And we hope those donations can have the maximum impact on the needs of those in shelters, soup kitchens, and food pantries, easing the diet-related health issues that come along with being food-insecure."



Photo: Maria Lioy



Mulberries

Morus

You know it's spring in the city when the streets and sidewalks turn purple as these delicious fruits rain down from their trees. A very vigorous plant, these trees thrive in almost any condition, even in cracks of the sidewalk!

“Fresh produce can be found, not just in straight cultivated rows, but all around us. Nature’s bounty is a gift for our use—no matter where it’s grown.”

— Jennifer Hill Booker



Photo: Dara Dyer

Fresh Mulberry Sorbet

Jennifer Hill Booker, Your Resident Gourmet

**8 cups fresh
mulberries**

½ cup water

**1 tablespoon
lemon juice**

**1 cup granulated
sugar**

**1 tablespoon
vodka or
Moonshine**

1. Smash the mulberries, water, and lemon juice together until the mixture is smooth.

2. Transfer the berries and juice to a large saucepan and stir in the sugar.

3. Bring the smashed berries to a boil and immediately remove it from the heat. (This mixture will thicken slightly as it cools.)

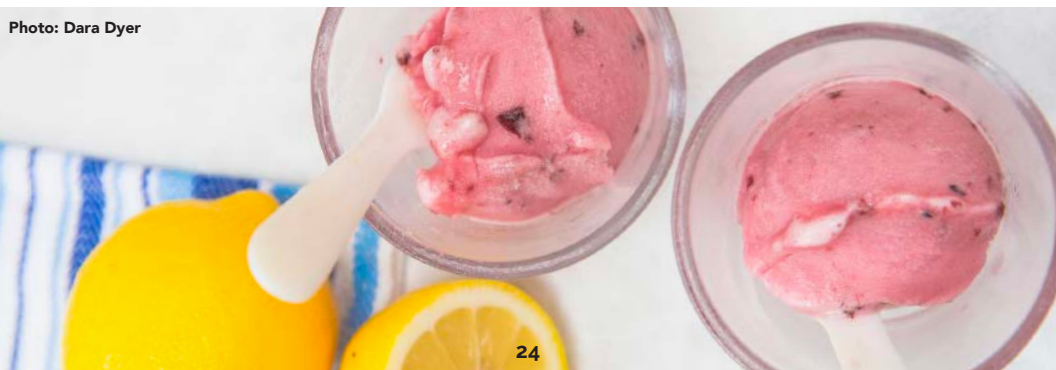
4. Allow the berry syrup to cool at room temperature and then press it through a double layer of cheesecloth or a fine mesh sieve.

5. Mix berry juice with the vodka.

6. Allow the mixture to cool and then freeze it in an ice cream maker according to the manufacturer's instructions or place in a shallow pan and place in the freezer, stirring every 30 minutes until sorbet is frozen.

Additional note: A tablespoon of vodka is added to the sorbet to produce an airy quality in the finished product. It can be omitted, but the sorbet will have a harder, chunkier texture as a result.

Photo: Dara Dyer



Foraged Mulberry Shrub

Erin Lebow-Skelley, Concrete Jungle volunteer

A shrub is a tart, drinkable vinegar that can be added to soda water or cocktails. The best part of making a shrub is playing around with different combinations of fruit, vinegar, and herbs or spices. For fruits with a more subtle flavor like blackberries or blueberries, use a white wine vinegar, while stronger flavored fruits like plums or strawberries go well with apple cider vinegar, balsamic vinegar, or a blend of the two.

**1 pound
mulberries (can
also use other
Atlanta foraged
fruits like plums,
persimmons,
peaches, and
muscadines)**

$\frac{3}{4}$ cup sugar

**$\frac{3}{4}$ cup white
wine vinegar**

**Optional: Herbs or
spices such as basil,
thyme, ginger, and
cinnamon**

1. Mix fruit and sugar in a glass or other non-plastic bowl, breaking apart or mashing the fruit to bring out its juices. Cover the bowl with plastic wrap and refrigerate for 24 hours.

2. Stir the mixture well, add vinegar and chill. The shrub can be strained and used at this point, but it will take on more of the characteristics of the fruit if it sits for a few days. When ready to use, stir well to make sure sugar is dissolved, then strain using a fine sieve, pressing the solids to get all of the juice.

3. Pour the mixture into a clean Mason jar or funnel into a glass bottle with a stopper or cork.

4. To prepare a drink, add 1 part shrub to 2 or 3 parts seltzer or ginger beer and serve over ice.

Alternative combination options:
Muscadine, rosemary, and white wine vinegar, or plum and apple cider vinegar.

Adapted from The New York Times





Mulberry Smoothie

Terrie Moseman, Intown Collaborative Ministries

**7 ounces plain
yogurt**

2 ice cubes

**1 cup frozen
mulberries**

**2 frozen bananas,
cut into 2-inch
chunks**

**3 ounces white
grape juice**

Add all ingredients to blender and blend until smooth.



S e r v i c e b e r r i e s

Amelanchier

Serviceberries were one of our first fruits we found when we expanded our scope beyond apples. With an insider tip from Ranger Robby Astrove and the guidance of Wikipedia, we started scouring the city for these beautiful, little, purple berries in May of 2011. Once we spotted the spindly trees with purple berries, we took a leap of faith, sampled the fruit, and have been enjoying serviceberries ever since! Many folks compare the flavor to blueberry with a hint of vanilla spice.



Serviceberry Agua Fresca

Silvia Medrano-Edelstein, Word of Mouth Cooking Club

This is a no-recipe recipe that can be doubled or halved. You need to adjust for the relative ripeness of the fruit and your own taste buds. Once you've tried this basic recipe (equal parts water to berry), feel free to add any natural sweetener like honey, stevia leaves, or even crushed sugar cane to the mix.

2 cups water

**2 cups
serviceberries**

**1 tablespoon
light agave
(or equivalent of
other sweetener
to taste)**

½ lime, squeezed

1 cup ice

1. In a blender combine water, berries, and agave. Puree until smooth.
2. Add ice to chill down and strain the entire mixture into a pitcher.
3. Do not leave ice in pitcher or it will dilute the drink.
4. Stir in lime juice.
5. Sweeten to taste and adjust with additional lime juice.

Serviceberry Chow Chow

Philip Meeker, Bright Seed

The term chow chow means a mix of things and can consist of any produce you find at the local farmers market and edible fruits coming off the trees around Atlanta. The most important part is to have the brine be at least 3% salt. Otherwise, feel free to play around.

Blender

Mason jar

**Weight to hold
down top of jar***

**1 cup
serviceberries**

**5 baby hakurei
turnips (quartered
or halved to make
smaller than one
bite)**

**2 shallots,
thinly diced**

**2 teaspoons yellow
mustard seed**

**1 teaspoon
fennel seed**

1. Put all ingredients but salt and water in a 1 quart Mason jar. They should come to a little below the level where the jar neck starts. If it is too low, add a few more turnips.
2. Blend salt and cold tap water together until salt dissolves. Try not to warm the water.
3. Pour water over ingredients until ingredients are covered. Make sure the water is not high enough to touch lid after you add the fermentation weight. You may or may not need less brine than the recipe provisions.
4. Put the weight on top of the ingredients to help keep them submerged. It's important to keep them submerged so that they don't rot.
5. Screw Mason jar lid on and leave the jar out at room temperature.
6. Check the jar every couple of days and when the chow chow tastes sour, the recipe is done.

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Photo: Dessa Lohrey

Serviceberry Chow Chow continued

**1 teaspoon
coriander seed**

**1 thumb sized
piece of turmeric
(cut in half)**

**500 milliliters
cold tap water (or
room temperature
distilled if you're
fancy)**

**15 grams kosher
salt (3% of weight
of water)**

Notes: While waiting for the chow chow to sour you will have to unscrew the jar from time to time to let the fermenting gases out.

This is so they won't bend the lid or break the jar under pressure. Alternatively, you can purchase a fermentation lid so that the gas can escape by itself. Once the chow chow is sour, store somewhere cool, preferably a fridge or cellar.

For this recipe I let the lactobacillus feast on the ingredients in the salt brine and the result was that they turned from sweet to sour. I like to serve chow chow with beef cheek, sweet potatoes, and cornbread but it can accompany any dish that needs a little brightening up. Also always remember, it is absolutely NOT necessary to follow this recipe exactly. Experiment!

**For weight you can use anything: a clean rock, a weight from an office supply store, a doorstop, as long as it fits the circumference of the mouth of the mason jar forcing the ingredients to remain submerged in their juices.*



Photo: Philip Meeker



Serviceberry Clafoutis

Stephanie Jaworski, Joy of Baking

¾ cup fresh or frozen serviceberries

1 cup milk (whole or 2%)

1 tablespoon melted butter

3 large eggs

½ cup all-purpose flour

⅓ cup plus 1 tablespoon granulated white sugar

¼ teaspoon salt

1 teaspoon pure vanilla extract

1 teaspoon freshly grated lemon zest

1. Preheat your oven to 350 degrees.
2. Butter a 9-inch pie pan.
3. Evenly place the serviceberries in the bottom of the pie pan.
4. Place the rest of the ingredients in your blender or food processor and process until combined (can also do this by hand with a wire whisk).
5. Pour over the serviceberries and bake for about 28-30 minutes, or until puffed around the edges and the center is just set (when a toothpick is inserted into the center of the clafoutis, it comes out clean).
6. Remove from oven and place on a wire rack.
7. Let cool for a few minutes, then sprinkle the top with powdered sugar.
8. Serve warm.

Notes: Excellent plain or with whipped cream, plain yogurt, or crème fraîche. If using frozen serviceberries, do not thaw and add an additional 2-5 minutes cooking time for the clafoutis.

Photo: Dessa Lohrey



P l u m s

Prunus

These stone fruits grow well in Atlanta, and our favorite variety is the native, Chickasaw. Trees Atlanta planted a massive Chickasaw plum orchard on the Eastside Beltline Trail, be sure to stop for a treat in June! They boast a beautiful yellow-reddish hue when ripe and their flavor ranges from tart to sweet.



Photo: Stephanie Eley



Photo: Stephanie Eley

Sour Plum Pop

Neil Ringer, King of Pops

**3 cups
plum puree**

**$\frac{3}{4}$ cup
agave nectar**

**1 tablespoon
lemon juice**

$\frac{1}{4}$ teaspoon salt

1. Remove pits from plums over bowl keeping all fruit, juice, and skin together.
2. Blend plums with blender or immersion blender until smooth.
3. Pass through wide strainer or colander to remove skin.
4. Add agave nectar, lemon juice, and salt, and blend until well combined.
5. Taste! Add more agave nectar for desired sweetness level.
6. Freeze according to mold instructions.

We made this pop with volunteers from Trees Atlanta and Concrete Jungle. Trees Atlanta planted plum trees along the Beltline by the Freedom Parkway Bridge. Volunteers picked the plums and brought a small portion to the King of Pops production kitchen where they got to process the plums and help with freezing the pops.

Rustic Brown Sugar Plum Galette

Sarah Dodge, Bread is Good

Flaky tart dough

**3 cups plus 2
tablespoons all
purpose flour**

1 teaspoon salt

**1 cup plus 5
tablespoons cold
unsalted butter**

**$\frac{2}{3}$ cup very
cold water**

Filling

4 plums

**2 lemons
(juice and zest)**

**$\frac{1}{2}$ - $\frac{3}{4}$ cup light
brown sugar**

**1 teaspoon
cinnamon**

**$\frac{1}{2}$ teaspoon
nutmeg**

1. Whisk together flour and salt.
2. Put into food processor. Pulse butter into flour mix until you have some butter bits the size of peas, with some being bigger and some smaller. It's about 5 to 6 pulses. Do not overmix. (You can also do this by hand, making sure you work quickly so butter does not get overheated.)
3. Slowly pour in cold water, until dough comes together in a ball.
4. Wrap in plastic wrap and chill for at least an hour (overnight is best).
5. Meanwhile, slice 4 plums into equal sized thin slivers, and place in mixing bowl making sure not to add the center stone.
6. Add the juice and zest of 2 lemons, $\frac{1}{2}$ cup to $\frac{3}{4}$ cup light brown sugar (to your taste), 1 teaspoon of cinnamon, $\frac{1}{2}$ teaspoon nutmeg. Mix well and let macerate for about 15 minutes.
7. Roll out flaky dough into a 9-inch circle.
8. Fold up the edges to create a little bowl for your plums.
9. Fill tart with plum mixture and put in the freezer until ready to bake. It is best to let it sit in the freezer for at least 20 minutes before baking, but it can stay in there overnight as well.

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Rustic Brown Sugar Plum Galette continued

Egg Wash

2 eggs

**1 tablespoon
heavy cream**

Pinch of salt

10. Whisk egg wash ingredients together.

11. Spread egg wash over edges of dough with a brush once it has filling.

12. Bake at 350 degrees for 25-30 minutes or until golden brown on the outside and fruit is cooked and bubbly on the inside.



Photo: Kenan Hill



"As a chef and baker, I have no problem believing the studies that up to 40 percent of food is wasted.

As a supporter of Concrete Jungle, it's been amazing to witness a local organization help to solve this problem by utilizing what naturally grows and dispersing it to those that really need it in the Atlanta community. Through their mission, Concrete Jungle has continuously served as a constant reminder to me to be a more vigilant participant in the local food scene." —Sarah Dodge



P e a c h e s

Prunus persica

Despite over 60 streets in the city taking their name from this juicy symbol of our state, peach trees in Atlanta rarely make fruit. Consider yourself lucky when you find a productive tree!



Peach Raspberry Jalapeño Frozen Cider Cocktail

Jessica Smith, Urban Tree Cidery

1 fresh peach,
sliced

2 ounces Goza
Tequila Blanco

3 ounces
housemade
raspberry
jalapeño rich syrup

1 ounce
fresh squeezed
lime juice

1½ cup ice

1½ ounces Urban
Tree Original Cider

Raspberry Jalapeño Rich Syrup

1 pint
of raspberries

1 cup of water

2 cups of sugar

1 jalapeño (amount can vary
depending on desired spice level), diced

1. Pour cider into a cocktail glass and set aside.

2. Place remaining ingredients in a blender with ice on top.

3. Blend until smooth and pour into the cocktail glass with cider.

Raspberry Jalapeño Rich Syrup

1. Put all ingredients into a pot on the stove over medium heat.

2. Stir until sugar is dissolved and clear.

3. Turn off heat, and let cool to room temperature.

4. Strain the syrup into a clean bottle.

5. Store in the refrigerator up to 90 days.

Roasted Peach Salad

Mimi Maumus, home.made

This salad is best when peaches and vidalias are in season and tastes like summer on a plate.

**2 peaches, washed
and sliced into
1-inch wedges
(skin on)**

**½ small vidalia
onion, julienne
sliced into
¼-inch pieces**

**¼ cup
toasted pecans**

**10 small
basil leaves**

**¼ cup crumbled
feta cheese**

6 cups lettuce

1. Toss the peaches in olive oil, sprinkle with salt and pepper.
2. Separately toss onions in the same.
3. Roast in a 475-degree oven for 10 minutes or until the peaches and onions are beginning to get a slight char around the edges.
4. Allow to cool to room temperature.
5. Arrange the lettuce onto 2 plates or bowls.
6. Top with the roasted onion and peaches.
7. Top with the crumbled feta and toasted pecans.
8. Scatter the basil leaves on top.
9. Serve with your favorite vinaigrette—we love a simple lemon vinaigrette or balsamic vinaigrette with this salad.

“We like to make a magnolia vinaigrette for the salad. Magnolias are easily found right around peach season and make a delicious gingery brine when pickled—lending themselves perfectly to a complementary vinaigrette for this salad.” —Mimi Maumus



Peach and Brie Flatbread

Scotley Innis, 5Church Atlanta

Glaze & Dressing

6 ounces balsamic vinegar

2 ounces honey

3 ounces lemon juice

1½ ounces extra virgin olive oil

Salt and pepper to taste

Flatbread

½ ounce instant yeast

8 ounces all-purpose flour

¼ ounce salt

6 ounces water

Extra virgin olive oil to drizzle

1. For the glaze, reduce balsamic vinegar with honey in a small saucepan for 20 minutes, stirring constantly. When the mixture thickens until it coats back of spoon, turn off heat and set aside to cool.

2. For the dressing, pour lemon juice into a blender and blend on high, while drizzling in the olive oil. Season with salt and pepper to taste and set aside.

3. For the flatbread, combine yeast, sugar, flour, and salt in the bowl of a food processor, and pulse to combine.

4. With the food processor on, add water in a steady stream until the dough begins to form a ball.

5. Turn onto a lightly floured surface and knead until the dough is smooth and elastic.

6. Place the dough in a bowl and cover in a damp cloth. Let rise in a warm spot until doubled in size, about an hour.

7. After the dough has risen, punch down and knead lightly into a small bowl.

8. Cut into baseball size pieces and roll flat to form 5- to 6-inch circles.

9. Preheat a grill or grill pan and cook flatbread for 1 or 2 minutes on each side (until puffed).

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Peach and Brie Flatbread continued

Toppings

**2 peaches, washed
and quartered**

**½ cup baby arugula,
washed and dried**

**1 medium yellow
onion, thinly sliced**

2 ounces butter

**4 ounces Brie
cheese, thinly sliced**

10. Toss the peaches in olive oil, then grill them for 2-3 minutes on each side.

11. For the toppings, melt 2 ounces butter in a medium skillet and add in onions. Cook down and stir constantly for 20 minutes until lightly brown. Set aside to cool.

12. To assemble, cover a grilled flatbread with a thin layer of caramelized onions.

13. Top with slices of Brie cheese and grilled peaches, and bake in the oven at 350 degrees for 5-6 minutes until bottom is crisp.

14. Meanwhile, toss baby arugula with lemon vinaigrette dressing and place on top of flatbread when it is out of the oven. Drizzle with balsamic glaze and serve immediately.



Georgia Peach and Fresh Corn Hoe Cake

Deborah VanTrece, Twisted Soul Cookhouse & Pours

**2 cups cornmeal,
self-rising**

1¼ cups milk

**2 tablespoons light
brown sugar**

**Pinch of house
seasoning (salt and
pepper), to taste**

1 large egg

**Ear of corn (cut the
kernels from the
cob)**

**2 peaches, diced
(or 1 cup)**

**2 tablespoons red
pepper, diced small**

**1 tablespoon green
onion, chopped**

**1 tablespoon
cilantro, chopped**

Oil as needed

1. Heat a medium sauté pan with a little oil.
2. Sauté corn and red peppers.
3. Add in the peaches, season with a pinch of house seasoning, and set aside to cool.
4. Mix together cornmeal, milk, egg, brown sugar, and house seasoning to taste in a large mixing bowl.
5. Fold in sautéed items, add green onion and cilantro.
6. In a large skillet, add 2 tablespoons of oil. When the oil is hot enough to see ripples, add 2 tablespoons of batter for each hoe cake. Do not overcrowd the pan.
7. Cook on medium-high heat until you begin to see bubbles forming and the other side is golden brown.
8. Cook evenly on each side.
9. Cook hoe cakes in batches, adding additional oil as needed.
10. Place finished cakes on a cooling rack or paper towels. If made ahead of time, warm on sheet pan before serving.



A p p l e s

Malus

Ah, apples — Concrete Jungle's raison d'être. Apples were our very first harvest and they still make up the largest percentage of fruit we donate each year. The apples that grow in the city don't look quite like their cousins at the grocery store, what with their small size and splotches, but they're crisper and more flavorful than any grocery store apple! You can find apples ripening all over Atlanta in July and August.



Rustic Apple Galette

Regina Mandell, Forged & Found

**1 stick of butter
cut into $\frac{3}{4}$ and $\frac{1}{4}$**

1 cup of flour

**$\frac{1}{2}$ teaspoon
coarse salt**

**2-3 tablespoons
of chilled water**

Lemon juice

**3-4 apples peeled,
cored, and sliced**

$\frac{1}{4}$ cup sugar

**$\frac{1}{4}$ cup of brandy,
rum, or red wine**

**3 tablespoons
of raw sugar**

1. Start with the pastry dough. Mix together the flour, salt, and 1 teaspoon of sugar (optional for a sweet crust).

2. Using a pastry cutter (or food processor) add the butter one tablespoon at a time until the mix becomes coarsely crumbled.

3. Add the chilled water one teaspoon at a time and blend in until the dough forms into a smooth ball.

4. Press it into a disc shape, wrap in plastic, and place in the freezer for 15 minutes (or in the fridge for anywhere from an hour to overnight).

5. Next get to peeling, coring, and slicing your apples.

6. Place your sliced apples aside in a bowl of water with lemon juice in it to prevent them from turning brown.

7. Add the cores and skins to a pot with $\frac{1}{4}$ cup of sugar and the spirit/wine of your choice. Add water if needed to just cover the peels.

8. Bring to a boil. Let this reduce down for about 30 minutes until it thickens into a syrup.

9. Strain out fruit and reserve syrup.

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"This is one of my favorite go-to recipes because once you have the hang of the pastry dough it is extremely easy and so adaptable. This can easily be filled with herbs, cheese, and vegetables and turned into a delicious savory tart. Also, the beauty of a galette is the rustic imperfection of the way it looks."

—Regina Mandell



Rustic Apple Galette continued

10. Once the dough has chilled, roll the dough out flat on a floured surface to about a 16-inch rough circle shape and keep the thickness as even as possible.

11. Transfer the pastry to a parchment-lined baking sheet and then, starting in the center, lay out the apple slices going in a spiral shape.

12. After the slices are all fanned out, roughly fold over the edges of dough.

13. Slowly drizzle the slices with the reserved apple syrup.

14. Brush the remaining 2 tablespoons of butter (melted) over the tops of the apples and edge of the pie crust and finish with a sprinkling of raw sugar all over the top of the galette.



Skillet Apple Crisp

Joy Goetz, Atlanta Community Food Bank

Many people enjoy apple pie as a traditional holiday treat. Apple pie is delicious, but is high in saturated fat, added sugars, and calories.

Store-bought pies contain harmful trans fat, as well. This recipe uses 100 percent apple juice instead of sugar, and a thin layer of crumb topping instead of a double crust, which reduces the saturated fat and calorie content of the recipe and saves you a lot of time in the kitchen.

Nothing compares to fresh fruit picked right off the tree!

**2 pounds apples
(about 6)**

**1 tablespoon
vegetable oil**

½ cup apple juice

**2 tablespoons
butter, melted**

**2 tablespoons
maple syrup**

½ cup rolled oats

**¼ cup walnuts,
chopped**

1. Set oven rack to the top rack and preheat oven to broil.

2. Peel apples and slice into ¼-inch wedges.

3. Heat oil in a cast iron or stainless steel skillet over medium heat. (Be sure to use a skillet with no plastic parts as plastic will melt in the hot oven.)

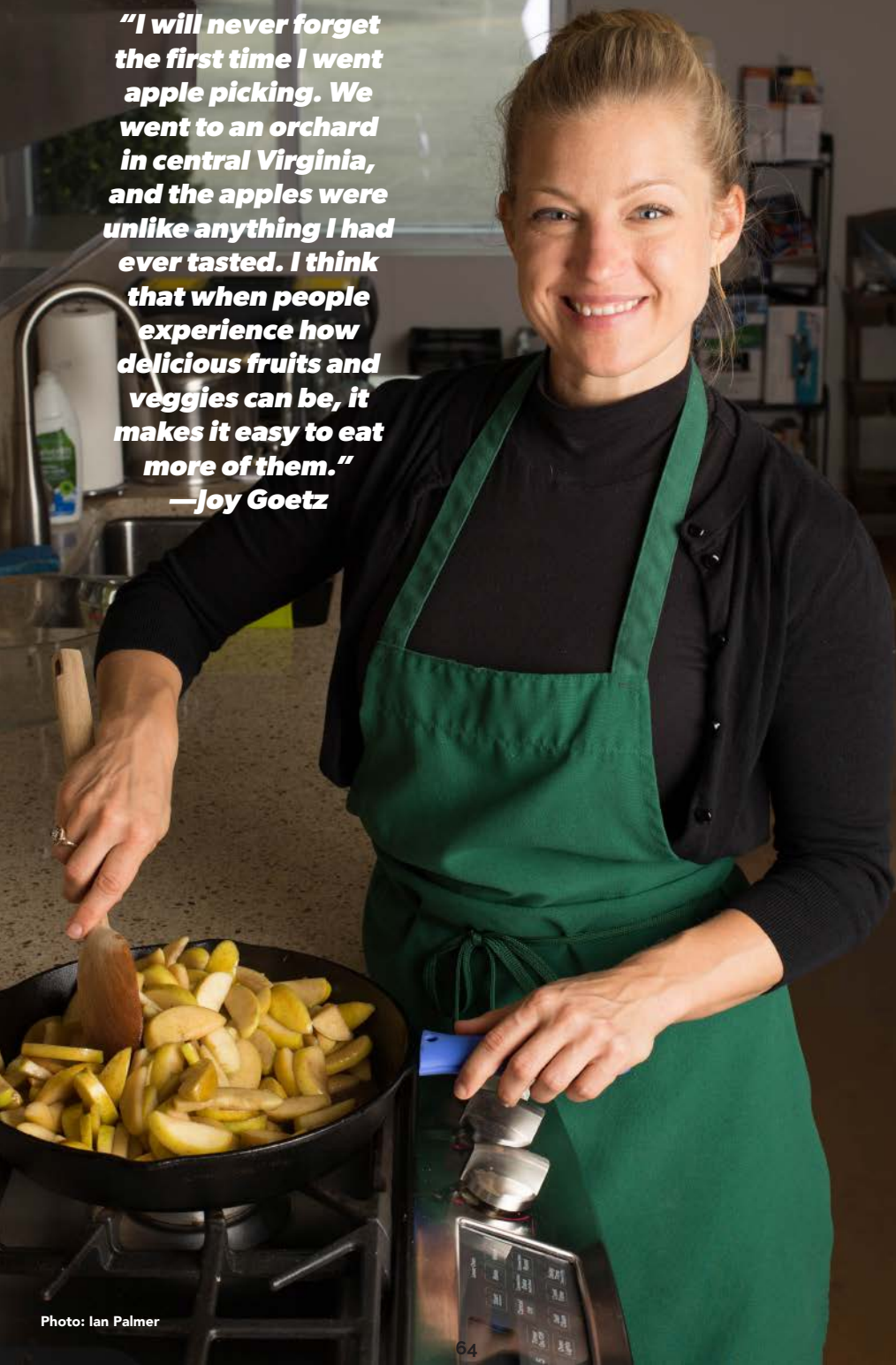
4. Add apples, juice, and half of the cinnamon and nutmeg. Cook for several minutes until apples begin to soften.

5. Reduce heat to low and simmer, uncovered, so that the liquid continues to evaporate.

6. While the apples cook, combine the remaining ingredients in a medium-sized bowl. Stir with a fork to make crumbs.

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"I will never forget the first time I went apple picking. We went to an orchard in central Virginia, and the apples were unlike anything I had ever tasted. I think that when people experience how delicious fruits and veggies can be, it makes it easy to eat more of them."
—Joy Goetz



Skillet Apple Crisp continued

**2 tablespoons
whole wheat flour**

**½ teaspoon plus
½ teaspoon
cinnamon**

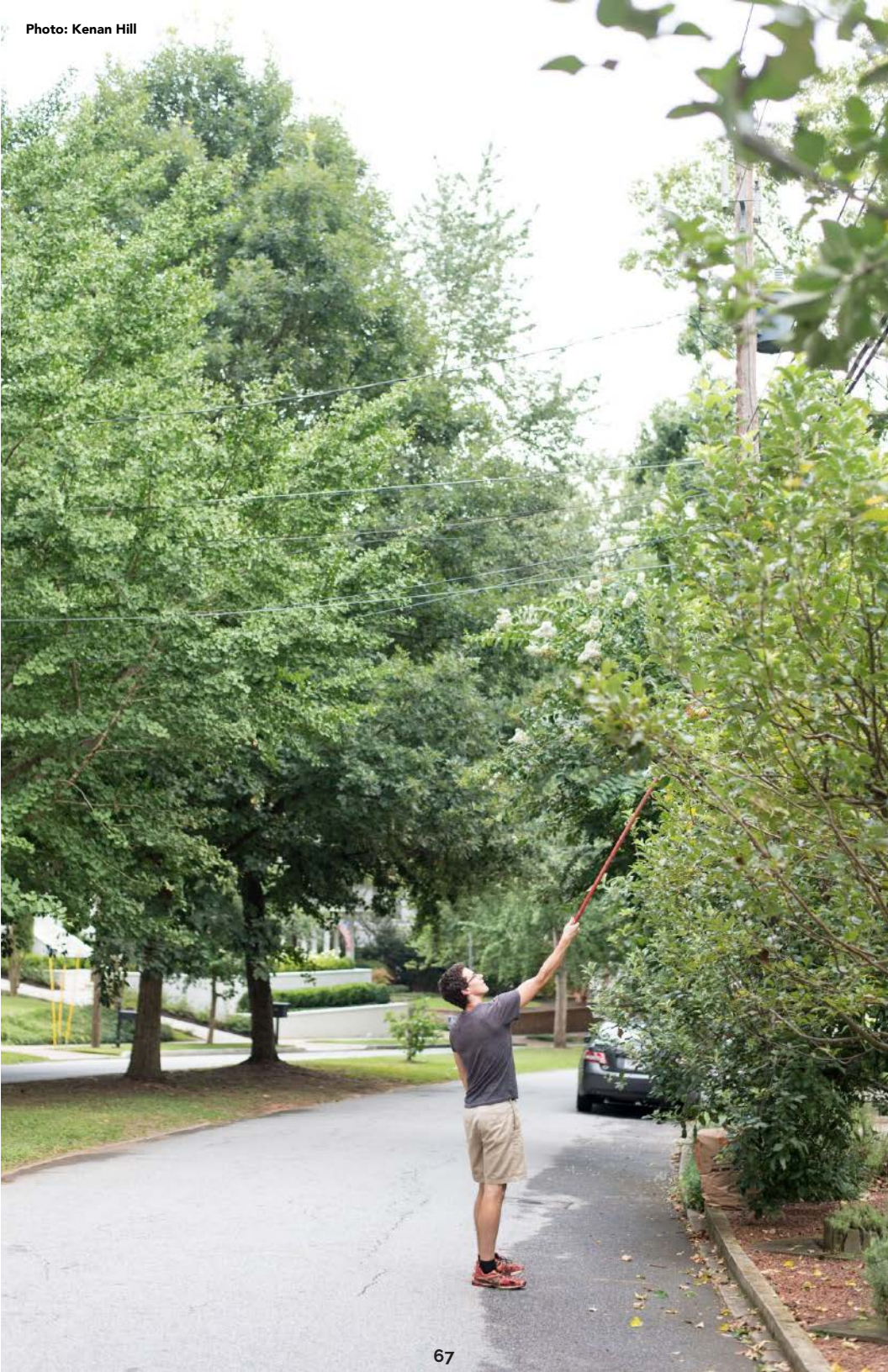
**¼ teaspoon plus ¼
teaspoon nutmeg**

7. When apples have reached your desired softness and the juice has thickened into a syrup, sprinkle the crumb topping over the apples.

8. Broil in oven for 1-2 minutes to brown the top of the crisp.

9. Remove from the oven and allow to cool for at least 10 minutes before serving.





Apple Butter

Terry Koval, Wrecking Bar Brewpub

**4 cups
granulated sugar**

2 cups water

**12 Georgia
apples, peeled
and diced**

2 onions, diced

**2 tablespoons
minced ginger**

**2 cups brown
sugar**

**2 cups apple
cider vinegar**

**2 tablespoons
ground cinnamon**

**2 teaspoons
allspice**

1. Combine granulated sugar and water in a medium sized heavy pot.
2. Bring to a boil over high heat.
3. Add ingredients, bring to a boil, then reduce to a simmer for 20-25 minutes.
4. Puree.

Grandma Margaret's Apple Dumplings

Sharon Lewis, Concrete Jungle volunteer

Food Processor Pie Pastry

**1 cup all-purpose,
unbleached flour**

**6 tablespoons
unsalted butter,
chilled and cut
into several
pieces**

½ teaspoon salt

**3-5 tablespoons
ice water**

To make the pastry dough:

1. In your food processor, pulse the cold butter, flour, and salt until the mixture resembles fine crumbs.
2. Add in the ice water, a little at a time as you pulse the processor, until the dough begins to form a ball. You'll know you've added enough water when you take a bit of the dough and lightly squeeze it in your hands—it should stick together and not crumble apart.
3. Lightly form the dough into a ball and roll out onto a non-stick surface with a floured rolling pin or (a cleaned and de-labelled) wine bottle.
4. Keep the pastry cold until ready for use.

To compose the apple dumplings:

1. Preheat the oven to 400 degrees.
2. Butter a baking dish large enough to comfortably fit all 5 apples.
3. Wash and core (do not peel) the apples and place about a tablespoon of salted butter into each core.
4. Sprinkle about 2 tablespoon of brown sugar and a shake or so of cinnamon over each apple.

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Grandma Margaret's Apple Dumplings continued

Apple Filling

5 tart apples

**5 tablespoons
salted butter**

**10 tablespoons
brown sugar**

**Cinnamon
(to taste)**

5. Divide the pastry dough into 5 equal portions.

6. Roll out each portion of dough onto a non-stick surface (silicone mat or waxed paper). You are aiming for a circle that will envelop each apple entirely. If you have any extra dough left over, you can make pastry "leaves" with which to decorate your apples.

7. Wrap each apple in the pastry, crimping the pastry at the top and adding any pastry decorations you might have made. You can use a little water to help seal the tops of the dumplings and to stick on the pastry decorations.

8. Place the dumplings in the baking dish. You want them to just fit, but not touch each other.

9. If desired, you can brush the tops of the dumplings with an egg wash prior to baking. (Egg Wash: 1 egg, pinch of salt, 1 tablespoon water)

10. Bake on a middle rack in your oven for about an hour or until the tops are golden brown and the apples are cooked through.

11. Drizzle with the slightly cooled Brown Sugar Hard Sauce.

continued on next page...

Grandma Margaret's Apple Dumplings continued

Brown Sugar Hard Sauce

**1 cup dark or
light brown
sugar**

**1 stick salted
butter**

**½ cup heavy
whipping cream**

⅓ cup rum

**1 teaspoon
vanilla extract**

To make the brown sugar hard sauce:

1. Bring the brown sugar and butter to a boil in a small saucepan over medium heat.
2. Add the rum and the cream (carefully, as the mixture will splatter when you do this).
3. Cook for a few more minutes, stirring to prevent scorching. Take the pan off the heat and stir in the vanilla extract.
4. The mixture will be very hot and will thicken as it cools. Let it cool slightly prior to use.
5. Drizzle over the apples once they've cooled slightly out of the oven.





Photo: Pocket Size Pictures

Apple Lemon Bars

Jabari Boatwright, Mercy Community Church

Crust

**2 sticks room
temperature
butter**

$\frac{2}{3}$ cup sugar

2 cups flour

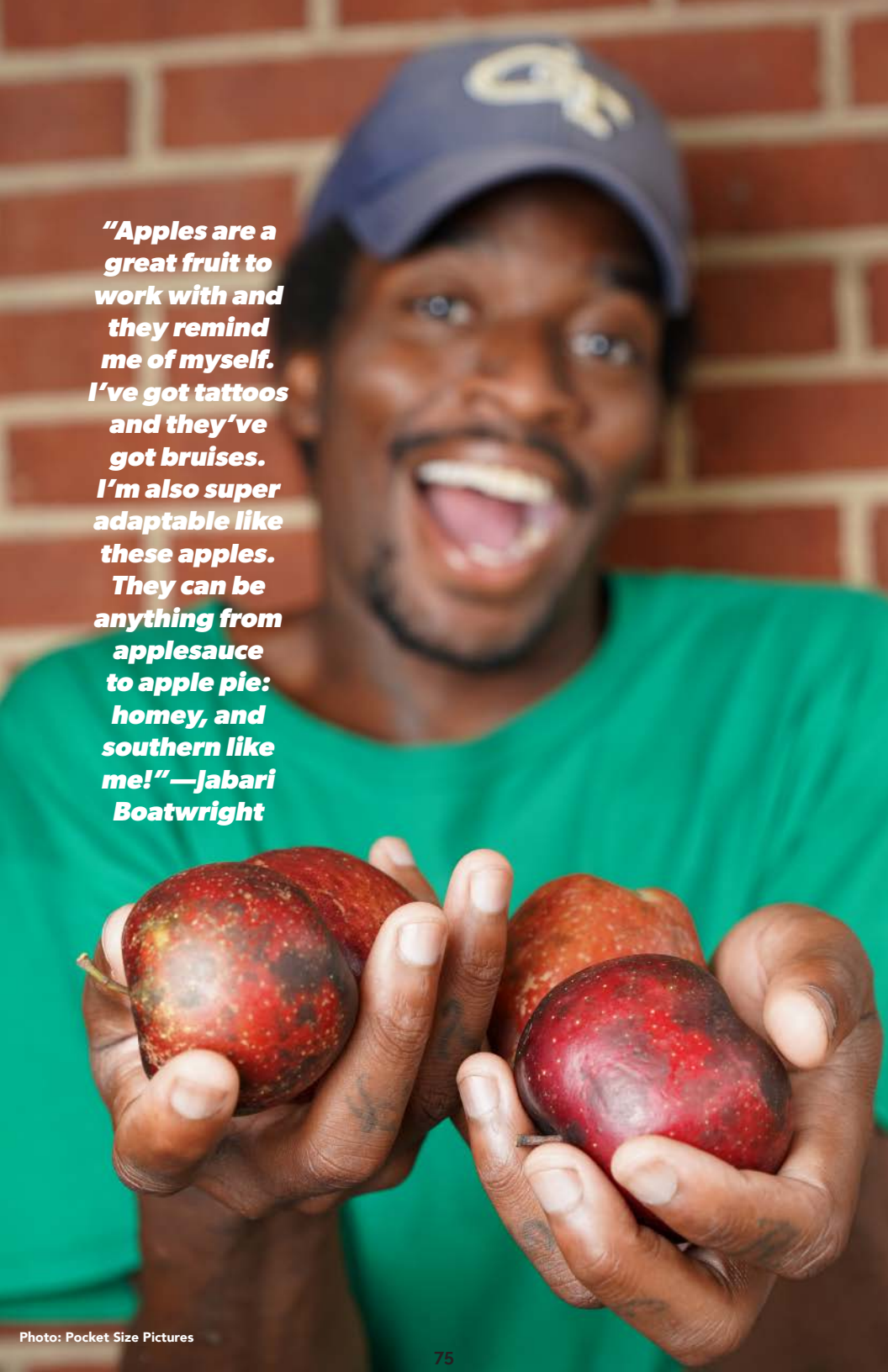
**$\frac{1}{2}$ teaspoon
cinnamon**

Pinch of salt

To make crust:

1. Preheat oven to 350 degrees.
2. Grease 8x11 baking pan.
3. In a mixer, beat butter and sugar until smooth and combined.
4. Slowly add flour, cinnamon, and salt to butter and sugar and beat until combined and a dough begins to form.
5. Once combined, add dough into baking pan and press down into pan evenly.
6. Place crust in oven and bake for 10 minutes.

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"Apples are a great fruit to work with and they remind me of myself. I've got tattoos and they've got bruises. I'm also super adaptable like these apples. They can be anything from applesauce to apple pie: homey, and southern like me!"—Jabari Boatwright

Apple Lemon Bars continued

Filling

**4 medium apples,
peeled and thinly
sliced**

4 eggs

½ cup honey

**¾ cup cup apple
cider**

2 lemons, juiced

**2 teaspoons apple
cider vinegar**

⅓ cup flour

**½ teaspoon
baking powder**

To assemble bars:

1. Peel and thinly slice apples. Set aside.
2. In a small saucepan, reduce 1 cup of apple cider down to ½ cup and cool.
3. Meanwhile beat eggs well for 2-3 minutes on medium (with hand mixer).
4. Add honey, reduced apple cider, apple cider vinegar, and lemon juice to eggs and combine another minute.
5. Slowly add flour and baking powder while continuing to mix.
6. Combine on medium speed until well incorporated.
7. Once done, remove crust from oven.
8. Lay thinly sliced apples on crust in one layer.
9. Pour apple filling over crust and bake for 30 minutes.
10. Let apple bars cool for at one hour.
11. Use pizza cutter to cut bars into squares and serve.



K u d z u

Pueraria montana

When we received our farm land in 2012, it was nothing but a kudzu jungle. With the help of a lot of enthusiastic volunteers, we were able to cut back the kudzu enough to open up a growable piece of land. We have never harvested kudzu, but with medicinal properties and fragrant flowers that go well in cocktails and herbal tinctures, we might should reconsider. Keep your nasal passages clear in August and September to catch the incredibly sweet, almost bubble gum-like scent of kudzu flowers.

Kudzu Lemonade

Mimi Maumus, home.made

Kudzu Simple Syrup

2 quarts kudzu
flowers, pulled
from stem

2 quarts simple
syrup (1 quart
sugar dissolved in
1 quart hot water)

Kudzu Lemonade (for 1 serving, though the ratio can be scaled)

2 ounces kudzu
simple syrup

2 ounces
lemon juice

Splash of sparkling
water (to taste)

1. Bring the simple syrup to a boil.
2. Remove from heat.
3. Steep flowers in water for 10 minutes.
4. Strain.
5. The syrup will be greyish (sometimes bluish/greenish).
6. When you add lemon juice, the syrup will turn a bright fuchsia.
7. To make 1 glass of lemonade, add 2 ounces kudzu simple syrup to 2 ounces lemon juice and top it off with some sparkling water.





Kudzu Hangover Tea

Kelly Ridenhour, Concrete Jungle volunteer

Kudzu gets a bad rap but it really has a lot to offer. Plus, the flowers smell like straight up grape soda. Seriously, stick your nose in one of those babies next time.

Simple tip: use the fresh young leaves (that haven't been sprayed with herbicide) as a substitute in any recipe that calls for spinach.

Another way to use it is in a tea. Kudzu root has been used in Chinese Medicine to treat alcoholism since 600 AD. Recent studies published by the National Center for Biotechnology Information concluded that "kudzu extract may be a safe and effective adjunctive pharmacotherapy for alcohol abuse." In studies, it has proven effective at helping folks drink less when consumed prior to a night of drinking and as a helpful remedy after a night of too much.

You can make this tea from kudzu root, kudzu flowers, and kudzu leaves.

The root is the most effective but I prefer whole plant teas (meaning just add a little bit of all three together). You can make this from dried herb or fresh herb. Just avoid eating kudzu pods, seeds, and thick vines. Please do not mistake this for poison ivy either, kids.

Dried Herb

**1 tablespoon of
dried plant for
every 8 ounces
of water**

Fresh Herb

**2 tablespoons of
fresh plant for
every 8 ounces
of water**

Infusion Method: Makes 1 quart

The easiest way to do this is to place 4 tablespoons dried or 8 tablespoons fresh (1/2 packed cup — one full handful) of your dried herb in a quart Mason jar and cover with almost-boiling water. Cap the jar (or cover with a plate) so you keep all the goodness in. Let sit for 30 minutes to one hour. Strain the herb and drink. Mmm good.

*Alternatively, if you are going out and know you will be doing some drinking, get a head start and just add cold water and let the jar sit overnight. Then, simply strain out and heat it up in the morning (or drink cold).

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Kudzu Hangover Tea continued

Decoction Method: Root Only

Place 4 tablespoons of dried root or ½ cup of fresh root in a medium saucepan. Add one quart of cold water and turn the burner on medium to bring to a boil. Then turn down to a simmer for 30 minutes. Strain and serve. Also: mmm good.

Add honey to sweeten as desired. The flavor is mild, slightly starchy/sweet from the root and sort of fruity if you have more flower. You can add a little grated fresh ginger for flavor, kicking up digestion, and for nausea (depending on how bad you feel). Add mint to get your energy going or a squeeze of lemon to brighten it up.



Photo: Erin Wilson



F i g s

Ficus

A fig tree in your yard is a telltale sign of a Southern home, issuing a warm "Welcome, y'all!" to everyone who passes. You can find fig trees bursting with fruit on most blocks in Atlanta in August. Once picked, they need to be eaten or processed almost immediately.

Goat Cheese Stuffed Fresh Figs

Joy Goetz, Atlanta Community Food Bank

**1 pint ripe
fresh figs**

**2 ounces
goat cheese**

**1 ounce pecan
halves, toasted**

**Honey, for
drizzling**

1. Wash figs and gently pat dry or allow to dry on a soft towel.

2. Using a sharp knife, remove the stems from figs and cut in half lengthwise so that you have two symmetrical, pear-shaped halves.

3. Arrange figs cut side up on a plate or serving platter. Scoop ½ to 1 teaspoon of goat cheese on top of each fig (you can use more cheese for larger figs and less for smaller figs).

4. Gently press a pecan half on top of each fig.

5. Drizzle with honey and serve immediately.

Make sure figs are quite ripe. Tastes best when served at room temperature.



Roasted Fig and Ricotta Toast with Honey, Baby Sorrel, and Urfa Chili

Pat Pascarella, The White Bull

**4 whole figs,
cut in half**

½ cup ricotta

1 teaspoon honey

**15 baby
sorrel leaves**

**Pinch of Urfa
chili flakes**

Sea salt

**Extra virgin
olive oil**

**¾-inch slice of
Italian bread**

1. Preheat oven to 450 degrees.
2. Toast bread in a hot pan or toaster.
3. Roast figs for 7 minutes.
4. Spread ricotta cheese on toasted bread and top with the roasted figs.
5. Drizzle with honey, and season with sea salt.
6. Garnish with sorrel leaves, a drizzle of extra virgin olive oil, and a pinch of Urfa chili flakes.

Curried Fig Jam

Hugh Acheson, Empire State South

2 lemons

**4 pounds ripe,
fresh figs, stems
removed, cut into
½ inch pieces
(about 9 cups)**

**¼ cup curry
powder**

4 cups sugar

½ cup brandy

**½ teaspoon
kosher salt**

**½ teaspoon
cracked pepper**

1. Using a peeler, remove peel from lemons in long strips, then cut lemon peel strips into matchstick-size strips.

2. In a large, heavy bottom saucepan, combine lemon peels, figs, curry powder, sugar, brandy, and kosher salt.

3. Stir to combine, and let sit at room temperature on the counter for 1 hour, stirring occasionally.

4. After 1 hour, bring fig mixture to a boil over medium-high heat, stirring until the sugar dissolves.

5. Reduce heat to medium, and let jam continue to cook at a low boil until the jam begins to thicken.

6. Stir frequently with a mixing spoon, mashing down the mixture on occasion to crush large fig pieces.

7. After 30-35 minutes, the fig jam will have reduced to about 6 cups.

8. Remove from heat and let cool.

9. Once cool, eat. Or store in jars in the refrigerator for up to two months.



P a w p a w

Asimina triloba

Known by many colorful names such as the “Indiana banana,” “custard apple,” and “Quaker delight,” the pawpaw is a rare, native plant that is surprisingly tropical in flavor. Think about the perfect blend of a banana and a mango, and you’ve got a pawpaw!



Pawpaw Ice Cream

Craig Durkin, Concrete Jungle co-founder

**2 cup
pawpaw pulp**

1 cup sugar

2 cups cream

2 cups milk

**1 teaspoon
vanilla extract**

1. Cut pawpaws in half, remove seeds and scoop out flesh. Throw away skin.

2. Blend the sugar and pawpaw together.

3. Whisk in the cream and milk.

4. Chill the mixture for 2 hours and then add to your ice cream maker. Follow the maker's instructions.



P e a r s

Pyrus

A holdover from Atlanta's agrarian past, "baking pear" trees are commonly found in backyards and subdivisions developed from old farm land. The heavyweight champion of the fruit tree world, pear trees can produce up to 1,000 pounds of fruit on one tree in August and September. Don't be intimidated by their tough skin—the flesh of a baking pear is just as sweet and crisp as its Asian pear cousins commonly found at the grocery store.

Pear Chutney

Jabari Boatwright, Mercy Community Church

Use this chutney as a funky relish on hot dogs or pair with any type of sausage dish.

**4 ripe pears,
peeled and
chopped into
small cubes**

**½ cup chopped
white sweet onion**

¾ cup sugar

**2 tablespoons
apple cider
vinegar**

**1 tablespoon
grated ginger**

**2 tablespoons
cooking oil**

1 teaspoon cumin

½ inch cinnamon stick

Pinch salt

Pinch chili flakes

1½ tablespoons raisins (optional)

4 cardamom pods (optional)

1. Heat oil on low to medium heat in a heavy bottomed pan.

2. Add cumin, cinnamon, and cardamom.

3. Add chopped pears, onions, pinch of salt, and 2 tablespoons of water.

4. Mix, cover, and cook on low heat. When pears become soft, add grated ginger, raisins, sugar, and chili flakes. Mix gently (no need to mash pears).

5. Simmer until it thickens slightly.

6. Add vinegar and heat to a boil.

7. Cool and store in a glass bottle. It will keep in the refrigerator for a week.





Photo: Dessa Lohrey

Pear Slaw

Sweet Auburn BBQ

1 cup mayo

2 ounces fresh pears

**1 teaspoon Coleslaw
Spice (recipe below)**

**2 tablespoons
apple cider vinegar**

**¼ cup plus 2
tablespoons sugar**

**1 pound shredded
cabbage mix**

Salt and pepper to taste

1. Boil fresh pears in 4 cups of water with 2 tablespoons of sugar until pears are tender.
2. Strain, set aside, and allow to cool.
3. Combine all other ingredients and puree with an immersion blender.
4. Season with salt and pepper.
5. Mix sauce with shredded cabbage mix.

Coleslaw Spice

½ teaspoon salt

1 teaspoon sugar

¼ teaspoon paprika

½ teaspoon turmeric

½ teaspoon onion powder

½ teaspoon garlic powder

1 teaspoon celery seed

Grilled Pear and Burrata Salad

Akeem Peele, Bellina Alimentari

1 foraged pear, diced

1 ball burrata cheese

**3 slices
aged prosciutto**

**2 thin slices of
toasted Italian bread,
preferably warm**

1 cup arugula

**Aged balsamic
vinegar**

Extra virgin olive oil

Salt and pepper to taste

Vinaigrette

½ teaspoon Dijon mustard

½ teaspoon honey

1 tablespoon flying dragon fruit or lemon juice

1 teaspoon champagne vinaigrette

3 teaspoons extra virgin olive oil

Salt and pepper to taste

1. Whisk together vinaigrette ingredients, set aside.

2. Halve one ball of burrata on a plate.

3. Drizzle extra virgin olive oil on the cheese and season with salt and pepper.

4. Place diced pear on the burrata.

5. Add vinaigrette to arugula and place on top of the cheese.

6. Add warm crostini and slices of aged prosciutto.

7. Drizzle with aged balsamic and enjoy!



Photo: Ian Palmer



Photo: Ian Palmer



Flying Dragon Fruit

Poncirus

Flying dragon fruit derives its name from the shadow it casts on the ground in winter once all the fruit and leaves have fallen off the tree. With its ominous thorns, the flying dragon fruit tree resembles the mythical predator with its sharp scales and claws out.

This is the only cold-hardy citrus you can grow in Atlanta. Many landscapers plant it as an ornamental, but its floral, sour flavor is a lovely addition to a cocktail or salad dressing. You can find the fruit in September.



Photo: Ian Palmer

Paper Plane

Bethany Thompson, Bellina Alimentari

**$\frac{3}{4}$ ounce
Four Roses
bourbon**

$\frac{3}{4}$ ounce Aperol

**$\frac{3}{4}$ ounce
Amaro Nonino**

**$\frac{3}{4}$ ounce flying
dragon fruit juice**

1. Shake all ingredients together.
2. Double strain into a coupe glass and garnish with microplaned dragon fruit rind.



Preserved Flying Dragon Fruit

Philip Meeker, Bright Seed

These little gems are the one citrus that I know grows in Atlanta, and they are excellent preserved in salt the same way you would lemons.

**Grey or
kosher salt**

**Approximately
12-15 flying
dragon fruit**

1. Quarter the dragon fruit length-wise.
2. In a quart Mason jar, add a ½ centimeter layer of salt, one layer of dragon fruit, a layer of salt, and another layer of dragon fruit until you reach the neck of the jar.
3. Put the lid on the jar, leave it out at room temperature, making sure to shake it daily until it becomes liquidy.
4. Store in the fridge or in the cellar, and they will keep for approximately one year.



Photo: Philip Meeker



Limbu Pani (Indian Lemonade or Flying Dragon Fruit-Ade)

Rutu Chaudhari, All Life is Yoga

This drink is a staple in India during the warmer climate. It's traditionally made with lime, but flying dragon fruit is a great substitute. The recipe calls for Indian Black Salt, or what we call Sanchar in Gujarati. Black Salt is high in minerals, it's cooling, it aids digestion, and it relieves constipation. It supports joint health and prevents osteoporosis. Black Salt is delicious, but has a high sulfur taste, so for some that smell can be off-putting. You can use Himalayan rock salt as a substitute.

**12 flying
dragon fruit**

**6-8 tablespoon
pure maple syrup**

**1½ teaspoon
Himalayan Rock
Salt
or Indian Black Salt**

**8 cups filtered
water**

Holy Basil

1. Remove the seeds and squeeze the juice of the flying dragon fruit.
2. Add water, maple syrup, and salt.
3. Stir until salt dissolves.
4. Add ice.
5. Garnish with holy basil and enjoy!



Flying Dragon Limoncello

Craig Durkin, Concrete Jungle co-founder

There are basically two steps to this recipe, but they are spaced a month apart, and both steps require fresh flying dragon fruit. Because of this, you may wish to start this recipe early in the season (early/mid September in Atlanta) to ensure you can access fresh fruit.

**1 750 milliliter
bottle of vodka**

**5 medium-sized,
fresh flying dragon
fruit for infusing**

**4 medium-sized,
fresh flying dragon
fruit for zest (one
month later)**

**Cheesecloth or
a nut milk bag**

**1½ cups of
simple syrup
(50/50 mix of
sugar/water
by weight)**

Twine

**Large sealable
glass jar**

1. Pour the vodka into the glass jar.
2. Wrap the flying dragon fruit in cheesecloth and suspend over vodka (using the twine to secure them). The bag of fruit does not make contact with the vodka, but is suspended over it inside of the jar.
3. Seal tightly, and let the jar sit undisturbed in a cool, dark place for one month.
4. After one month, discard the flying dragon fruit, then add the simple syrup and the fresh zest of the 4 remaining flying dragon fruit. The rind of flying dragon is thin and the zest is especially bitter, so it is important to be precise in this step.
5. Let sit for 15 minutes, and strain through a fine mesh sieve (or the cheesecloth/nut milk bag).
6. Chill and serve.

Adapted from Franny's of Brooklyn



M u s c a d i n e s

Vitis rotundifolia

Muscadines are a quintessentially Southern fruit. These super-sweet, thick-skinned grapes explode with flavor and juice when you pop them in your mouth. Many of us spit out the skin and seeds, but those with a tolerance for bitter flavors may not mind them. You can find them growing wild around Atlanta in August and September in both their purple muscadine and green scuppernong varieties.

Spiced Muscadines

Robert Lupo, Atlanta Neighborhood Charter School

**1 pound
muscadines**

2 cups sugar

**2 tablespoons
champagne
vinegar (or white
balsamic vinegar)**

1 cinnamon stick

½ teaspoon mace

**¼ teaspoon
allspice**

1 clove

1. Wash and crush muscadines.
2. Cook muscadines on medium-high heat for 2-3 minutes.
3. Strain through colander to remove seeds.
4. Return pulp and skins to pot. Cook for 15 minutes on medium heat.
5. Add sugar, turn heat down to low, and cook until thick (about 20 minutes).
6. Add vinegar and spices.
7. Cook for another 15-20 minutes on low until thick and gel-like.
8. Remove from heat and allow to cool.
9. Once cool, remove clove and cinnamon stick, discarding both.
10. Refrigerate until needed. Serve cold, warm, or room temperature.

Note: Good with grilled meats, heavier style breads, and stronger cheeses.



Photo: Maria Lioy



Photo: Maria Liroy

Fall Scuppernong Cocktail

Corey Phillips, Hampton + Hudson

This cocktail blends the flavors of scuppernong juice and two different types of amaro: Amaro Montenegro, which is sweeter and more balanced, and Varnelli's Amaro dell'Erborista, which is a smokier, more bitter amaro from the Sibillini Mountains of Italy. It is served in a rocks glass with shaved ice and garnished with fresh whole scuppernongs.

**1 brown sugar
cube (or 1
teaspoon)**

1 lime wedge

**$\frac{3}{4}$ ounce
scuppernong juice**

**$\frac{1}{4}$ ounce
Varnelli Amaro
dell'Erborista**

**$1\frac{1}{2}$ ounce Amaro
Montenegro**

**2 whole
scuppernongs**

1. Juice scuppernongs (I use an Omega Juice Extractor—I just throw them in whole with seeds and skin and it spits out the juice).

2. Muddle brown sugar cube, lime wedge, and scuppernong juice in cocktail rocks glass.

3. Add a heaping bit of shaved or crushed ice to glass.

4. Add both amaros and use a spoon to mix all the ingredients together in the glass.

5. Add more shaved ice on top and garnish with 2 whole scuppernongs.

We do this scuppernong cocktail in the fall, when the fruit hits its peak. I love scuppernongs because they are a taste of the South, and they bring back so many great memories. I remember walking down the streets and through the old lots of Forest Park with my Paw Paw Harry and picking these off of the vines. We'd collect them in baskets, take them home, and eat them on the porch.

Chipotle Muscadine Grape Chili Jam

Cameron Thompson, Farm Burger

**10 pounds purple
muscadines,
seeded**

2 cups pinot noir

**2 teaspoons
chipotle powder**

½ cup sugar

1 teaspoon salt

1. Put seeded grapes in a hot pot and slightly caramelize the grapes.

2. Add remaining ingredients to pot. Reduce until almost dry.

3. Spread on a sheet pan to cool.

4. Place in Mason jars and process if you'd like to preserve jam for later use.





P e c a n s

Carya illinoensis

Long ago, Concrete Jungle stopped adding pecan trees to our map because you can find at least one on every street and our map would be a mess of brown dots. Just pick a street, any street, in August and September and you're likely to find pecans on the ground. Due to Atlanta's agrarian history, many of these trees were planted on once-present pecan farms.

Cinderella's Carriage

Emily Carroll, King + Duke

The inspiration for this cocktail came about because of my love for fall. I challenged myself to create a cocktail that embodied all the flavors I love about this season: pumpkin, cinnamon, cloves, pecans, and ginger. The end result is a well-balanced cocktail with a myriad of flavors—yet no single ingredient overpowers the others. They all work together to create a drink perfect for sipping on a crisp fall day.

Pecan-infused Purity Vodka

**2 cups Georgia
pecans**

¼ teaspoon salt

**¼ teaspoon
black pepper**

**¼ teaspoon
cayenne pepper**

For Pecan-infused Purity Vodka:

1. Soak pecans in water for 30 minutes.
2. Strain and mix in spices.
3. Spread on sheet pan and roast at 300 degrees for 20 minutes.
4. Combine with one bottle of Purity Vodka.
5. Let rest for five days, shaking daily.
6. Strain and bottle for use.

Chai tea-infused dry vermouth

**1 750 milliliter
bottle dry
vermouth**

**8 bags of
chai tea**

For Chai tea-infused dry vermouth:

1. Combine bottle of vermouth with bags of chai tea for 20 minutes, stirring occasionally.
2. Remove tea bags and re-bottle.

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Cinderella's Carriage continued

Pumpkin syrup

**1 15-ounce can
of pumpkin**

15 ounces water

Sugar

Cinderella's Carriage

**1 ounce
Pecan-infused
Purity Vodka**

**1 ounce chai
tea-infused dry
vermouth**

**½ ounce
pumpkin syrup**

**¼ ounce fresh
lemon juice**

**¼ ounce
manzanilla sherry**

For pumpkin syrup:

1. Bring can of pumpkin and water to a simmer for 10 minutes.
2. Remove from heat and allow to cool slightly.
3. Fine strain through a chinois or using fine mesh and a funnel.
4. Add equal parts white sugar by volume (i.e. 1 quart of liquid to 1 quart of white sugar).
5. Whisk aggressively until all sugar has dissolved.

For Cinderella's Carriage:

1. Combine all ingredients in a shaker.
2. Shake to combine for 12 seconds.
3. Strain and serve up in a coupe glass.



Pecan Pancakes with Homemade Whipped Cream

Don Carter, a.k.a. Hollywood Don, Intown Collaborative Ministries

Pancakes

1 cup chopped pecans

1 cup cottage cheese

$\frac{3}{4}$ cup flour

4 large eggs, yolk separated from white

$\frac{1}{2}$ teaspoon cinnamon

Tiny dash of nutmeg

$1\frac{1}{2}$ tablespoons maple syrup

1 teaspoon baking powder

$\frac{1}{2}$ teaspoon salt

For pancakes:

1. Mix everything together except egg whites.
2. Beat the egg whites in cold metal bowl until stiff, then fold them into batter.
3. Scoop pancake batter with a small ladle onto a heated pan with butter already melted. Once pancake has bubbles and starts turning from shiny to matte, flip the pancake.
4. Serve with maple syrup, butter, or homemade whipped cream.

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***"I've eaten pecans all my life. My grandmother always had them around the dinner table and made candied pecans from scratch."
—Don Carter***

Pecan Pancakes with Homemade Whipped Cream continued...

Homemade Whipped Cream

**1 cup cold heavy
whipping cream**

**2 tablespoons
sugar, honey, or
maple syrup**

**½ teaspoon
vanilla extract**

**¼ teaspoon
pecan extract**

For whipped cream:

1. Mix all items together.
2. Beat until fluffy with electric mixer, making sure to turn the bowl and move the mixer around the outer edge of the bowl.
3. As soon as it's fluffy (when you can tilt the bowl and the whipped cream doesn't run out), stop mixing.

Grandma Muhlke's Holiday Pecan Candy

Jack Van Brannen, RADDISH

**1 pound butter (or
sub Earth Balance
for vegan version)**

**1 pound
dark brown sugar**

**1 teaspoon
white vinegar**

Pinch baking soda

**1/2-3/4 pound
of pecans, halved**

1. Bring the first four ingredients, except for a reserve of about 2 tablespoons of the butter, to a boil, then reduce to medium heat. Continue heating until very dark brown, do not stir too much.

2. Fill a bowl or cup with water and add a drop of the mixture to it. If it immediately solidifies and falls to the bottom, the mixture is done (this testing technique is called the water drop test).

3. Use the remaining butter to generously grease a baking sheet. Spread pecans evenly on the sheet and top with the mixture.

4. Let the baking sheet harden to room temperature, then break with a hammer and serve.

Note: You don't have to use a hammer, but it's way more fun and looks way cooler if you have an audience.





P e r s i m m o n s

Diospyros

It's not uncommon to find yourself stepping around the orange and purple persimmon goo littering the streets of Atlanta in early October. Don't forget to look up or else you'll miss the beautiful spindly persimmon tree producing this delicious fruit, often compared to orange Jell-O.

Warm Persimmon Sauce

Lauren Cox, Concrete Jungle program manager

American persimmons are very common in Atlanta but can be tricky to eat. They are astringent unless they are very ripe, so make sure to wait until your American persimmons are turning brown and becoming mushy before you use them.

**7 very ripe
American
persimmons,
peeled (using
just the pulp)**

½ lemon, juiced

**1 tablespoon
butter**

**Honey or sugar
to taste**

**½ cup orange
juice, if needed
to thin the sauce**

1. Combine persimmon pulp, butter, and lemon juice in a small saucepan, bring to a boil and let simmer over low heat until warmed all the way through.

2. For a sweeter sauce, add sugar or honey to taste. For a thinner sauce, add orange juice in small amounts until the sauce reaches the consistency you desire.



"Identifying and understanding fruit trees is a type of knowledge we've moved away from in the past but are now, finally, coming back to. It has the power to connect us to our ancestors, the history of our city, and our present day surroundings. But what intrigues me most is that it can be used as tool of empowerment and freedom from a broken system."

—Lauren Cox



Persimmon Pudding

Craig Durkin, Concrete Jungle co-founder

1½ cups sugar

½ cup butter

2 eggs, beaten

¾ cup buttermilk

¾ cup flour

**2 cups persimmon
pulp (a food mill
is easiest for this)**

**1 teaspoon
baking soda**

1 teaspoon salt

**1 teaspoon
cinnamon**

1. Preheat oven to 350 degrees.
2. Cream the sugar with the butter. Add eggs and buttermilk. Mix well.
3. Sift all of the dry ingredients together and add to the wet mix.
4. Add persimmon pulp and mix well.
5. Pour mixture into a greased baking pan and bake for 60 minutes or until the pudding is firm in the center and a knife inserted in the center removes cleanly.

Photo: Kate Blohm



Ginger Persimmon Scone

Leah Kelly, Concrete Jungle volunteer

**2 cups all-purpose
flour plus extra**

**3½ tablespoons
granulated sugar**

**1 tablespoon
baking powder**

**½ teaspoon
kosher salt**

**5 tablespoons
unsalted butter,
chilled, cut into
¼-inch dice**

1. Preheat your oven to 450 degrees.
2. Using your food processor, add the flour, sugar, baking powder, salt, and cinnamon and pulse about 6 times until the dry ingredients are combined.
3. Add diced butter pieces to the mixture and pulse until you have a coarse cornmeal texture, 12-15 pulses.
4. Add the diced persimmon and pulse just once to combine.
5. Transfer the dough to a large bowl and stir in the half-n-half (or cream) with a spatula until a dough begins to form, about 20-30 seconds.
6. Sprinkle your work surface with flour and transfer your dough onto it.

Adapted from Lemons and Anchovies

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Photo: Maria Lioy

Ginger Persimmon Scone continued...

**1 cup half-n-half
(or cream) plus
more
for brushing**

**2 teaspoons
ground cinnamon**

**1 cup persimmon,
peeled and diced**

**1 tablespoon
grated ginger**

**Turbinado sugar
(for sprinkling over
scones)**

7. Knead the dough until you have a rough, slightly sticky ball, just a few seconds (I rub flour on my hands to make this task easier).

8. Roll the dough out to form a 9-inch square.

9. Cut dough into 8 wedges. Place the wedges on a baking sheet.

10. Brush the tops with half-n-half and sprinkle liberally with turbinado sugar.

11. Bake for about 15 minutes or until the tops are crisp and cracked.

Adapted from Lemons and Anchovies



PERSIMMON PRESERVES ON TOAST

Ingredients

- 2-1/2 cups ripe, soft persimmons
- 1/4 cup lemon juice
- 3-4 slices fresh ginger (optional)
- 1/2 cup honey
- 1/4 cup water
- salt and pepper
- toasted almonds
- fresh cheese (goat, feta, ricotta, whatever you like)
- thick rustic bread

Directions: Simmer persimmons, lemon juice, and ginger in water for 10 minutes. Add honey and salt to taste. Stir in almonds and cheese. Serve on toast.



Pomegranates

Punica

Native to the arid climate of the Middle East, some summers we're able to grow these beautiful, seedy treats here in Atlanta, when the humidity isn't too oppressive. The nutrients packed in these little seeds make the hassle of removing them from their skin well worth it.

Pomegranate Salsa

Peter Dale, The National

**2 tablespoons
shallot, finely
diced**

**2 teaspoons
lemon juice**

**¼ teaspoon
kosher salt**

**1 tablespoon
pomegranate
molasses**

**⅓ cup extra
virgin olive oil**

1 cup pomegranate seeds

**1 tablespoon
Italian parsley,
finely chopped**

**1 tablespoon
mint leaves,
finely chopped**

**Freshly ground
black pepper and additional
salt to taste**

1. Combine shallots with lemon juice and salt in a bowl, let sit for 10 minutes.

2. Whisk in pomegranate molasses and olive oil.

3. Stir in pomegranate seeds, parsley, and mint.

4. Season to taste with black pepper and salt.

Note: Store refrigerated in an airtight container for up to three days.

This salsa is great with grilled meats and fish such as lamb, salmon, or chicken, or spoon it over hummus or Greek yogurt and serve with warm pita.



Photo: Hilary Lew

Roasted Cauliflower, Hazelnut, and Pomegranate Seed Salad

Nikki Holzberg, Concrete Jungle Board Member

**1 head cauliflower,
broken into
small florets**

**5 tablespoons
olive oil**

**1 large celery
stalk, cut into
angled slices**

**5 tablespoons
hazelnuts**

**1/3 cup small
flat-leaf parsley
leaves, picked off
stalk**

**1/3 cup pomegranate
seeds (approximately
1/2 pomegranate)**

**1/2 teaspoon
ground cinnamon**

1. Mix the cauliflower florets with 3 tablespoons of olive oil, 1/2 teaspoon of sea salt, and some ground black pepper.

2. Spread onto a thick roasting pan and roast at 375 degrees on the top oven rack for approximately 30 minutes, until cauliflower is golden-brown and crisp.

3. Transfer to large mixing bowl and let cool.

4. Reduce oven temperature to 300 degrees.

5. Spread hazelnuts onto baking sheet lined with parchment and roast for 15-20 minutes.

Adapted from Ottolenghi

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Roasted Cauliflower, Hazelnut, and Pomegranate Seed Salad continued...

**½ teaspoon
ground cumin**

**1 tablespoon
sherry vinegar**

**1 teaspoon
maple syrup**

Sea salt

**Freshly ground
pepper**

6. Allow nuts to cool, then coarsely chop and add to the cauliflower.

7. Add 2 tablespoons of oil and the remaining ingredients.

8. Mix well, add more sea salt and pepper to taste.

Adapted from Ottolenghi



Pomegranate Parfait

Jeanie Driscoll, Southwest Ecumenical Emergency Assistance Center

"You don't see pomegranate trees around here very much but I grew up in Anaheim, California and pomegranates were everywhere. When I was a kid our family used to have a tree in the front yard. My mother hated it, because every day we would come into the house and there would be red just everywhere."

— Jeanie Driscoll

3 cups Greek yogurt (plain, vanilla, or banana flavor)

3 bananas, sliced

1½ cups pomegranate seeds

¼ cup honey

1 cup granola clusters (optional)

Chocolate chips (optional)

1. Using four 16-ounce glasses, spoon 1/3 cup of the yogurt into each glass.

2. Top with a handful of banana slices, 1 tablespoon of pomegranate seeds, granola clusters, and chocolate chips (to desired quantity) and drizzle with honey.

3. Repeat the layering process again with the remaining yogurt, pomegranate, banana, granola, chocolate chips, and honey until all four jars are filled.

4. Serve immediately.

Feel free to add nuts, hemp seeds, and/or nut butter.

Additional note: To de-seed a pomegranate, first roll the pomegranate around on a table, pressing down on it at the center. Then score the pomegranate around the middle and slowly pull it apart into 2 halves. Scoop out with a spoon or your finger into a bowl.

*Thank you from the bottom
of our hearts for supporting
Concrete Jungle. To find fruit
trees near you or to get involved
with Concrete Jungle, please
visit our website.*

