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IN THE NAME OF LOCAL

Don't Pour Some Sugar On Me BY SHANNON FINNELL

Local meat, local eggs and local berries are neighborhood celebrities at farmers' markets and grocery stores. Some restaurants and bakeries make their products with as many local ingredients as they can. But what about Eugeneans who want to bake at home for themselves? Must they resort to setting up greenhouses in their back yards to produce homegrown sugar cane?

Nope. I checked with my favorite source on baking with local ingredients — my mom — and learned that sugar can be removed from many recipes and replaced with honey. Local beekeepers distribute their gooey deliciousness at most grocery stores and farmers' markets; reading the label provides a nice small-town Oregon geography test. With recipes calling for less than one cup

of sugar, sub the equivalent volume of honey. As the amount of sugar in the recipe increases, slowly decrease the ratio of honey used. One part honey to two parts sugar is the most decreased-from-the-original ratio recommended.

Yeast can be another problem for locavore purists, but by maintaining a sourdough starter that can be swapped for yeast in bread recipes, your food source is right there in your kitchen. Generally, a cup of starter is subbed for an ounce of yeast called for in a recipe. To account for the additional flour and water added from the starter, mom says to reduce the amounts of flour and liquid in the rest of the recipe by a little less than a cup. Sourdough starters usually rise too slowly for bread machines, so the oven route is best.

Flour made from local crops can be found in grocery stores, but it's harder to locate than other fresh produce. I

found Kiva carries stone-ground hard red wheat flour from Junction City. Market of Choice stocks flour from Eugene's Glorybee Foods. Sundance Natural Market reports that they will receive a first batch of locally sourced flour just as this *Chow* goes to press. Local flour can sometimes be found at the Saturday Market.

In the end, even hardcore locavores make exceptions. Salt could be processed from the sea at the Oregon coast, but producing it in this cool, moist climate consumes a lot of energy, defeating the ecological benefits of short transport. The same exception is often made for baking powder.

Have more ideas for substitutions or know where to find great local products? Want to see a few locally adapted recipes? Join us at blogs.eugeneweekly.com to share ideas and suggestions. ■

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