

Hogtown HomeGrown

Volume 4 Issue 4

April 2009

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ARE YOU READY FOR A CHALLENGE ?



May 1-31, 2009

Challenge yourself to eat local, seasonal foods at home or locally-owned restaurants every day for the entire month of May.

Track your eating to be eligible for prizes at the Community Celebration on May 31st.

Registration continues through April 30th.

Online registration available at www.hogtownhomegrown.com

Community groups and businesses are invited to participate and create a friendly competition between groups.

If your group has a “green” committee, eating local could become part of your activism.

Would your group like a speaker to explain the 2009 Eat Local Challenge and the local food scene?

Contact Stefanie Samara Hamblen 352 374-8561 or hogtownhomegrown@gmail.com

Be sure to register before April 30th!

Be part of the 2009 Eat Local Challenge!

Golden Cauliflower Soup

INGREDIENTS

- | | |
|---|-----------------------------------|
| 1 head cauliflower, broken into florets | 1 cup carrots, chopped |
| 1 onion, chopped | 4 cups water |
| 1/2 cup peanut butter without salt or sugar | 2 Tablespoons lemon juice |
| 1/2 teaspoon salt | 1 Tablespoon Red Thai Curry Paste |

DIRECTIONS

Cook veggies in water until tender. Puree veggies and water in blender with remaining ingredients. Serve hot or cold. Makes a great sauce for pasta or stir-fry veggies!



Tioga
Monday Market
 Mondays 4-7pm
 Tioga Town Center
 West Newberry Road



Union Street
Farmers Market
 Wednesdays 4-7pm
 Community Plaza
 Downtown Gainesville



High Springs
Farmers Market
 Thursday 2-6pm
 Downtown High Springs
 Corner Main St and 1st Ave
 farmersmarket.highsprings.com



Haile Village
Farmers Market
 Saturdays 830-12pm
 Haile Plantation
 off Tower Road



Alachua County
Farmers Market
 Saturdays 830-1pm
 5920 NW 13th Street
 www.441market.com

What's Fresh Right Now?

- Baby Bok Choy (Pak Choi)
- Beets—red, gold, chiogga
- Broccoli—traditional
- Brussel sprouts
- Cabbage—head
- Carrots
- Cauliflower
- Celery
- Citrus—grapefruit, tangerines, oranges
- Cucumbers—mini seedless
- Garlic—chives, garleeks
- Greens—spinach, curly mustard, turnip, collards, kale, chard, escarole
- Herbs—basil, spearmint, peppermint, parsley, dill, lemongrass, oregano, cilantro, rosemary, lime leaf
- Honey—gallberry, palmetto, orange blossom
- Kale—too many varieties to list
- Kohlrabi
- Lettuce—spring mix, red/green leaf, head, escarole, red/green romaine, oak leaf, frisee
- Onions—large red/green spring onions, scallions
- Peas—sugar snap, snow
- Pecans—in-shell, shelled
- Peppers—green/red sweet bell
- Pineapple
- Radish—globe, icicle, daikon
- Roots—rutabaga, turnips
- Strawberries
- Sweet Potatoes
- Tomatoes—beefsteak, grape, cluster, heirloom

How does your garden grow?

Get an easy start on your garden with the plant starts and seedlings of veggies, herbs and flowers available at the farmers markets. Look for locally adapted varieties to ensure a more successful harvest!

Local and Fresh— Cauliflower

A snowy white relative of broccoli and cabbage, cauliflower heads (known as curds), yield a mild, nutty flavored veggie loaded with Vitamin C, fiber and folate. If cooked too long, cauliflower releases sulphur compounds similar to cabbage, so cook it lightly or serve it raw. It is perfect to dip, makes a great base for sauces and has proven to be a tasty no-carb substitute for potatoes. When cooked and pureed, the texture becomes silky smooth and the flavor disappears in the presence of seasonings, making it the perfect “sneaky” vegetable to serve picky children.

Cauliflower—3 ways

INGREDIENTS

1 head cauliflower, broken into large florets

DIRECTIONS

Steam cauliflower either in a steamer basket or 1/2 inch of water. If you like it crunchy, remove from heat when a fork meets resistance at the center of each piece. If you like it cooked through, the fork should easily pierce the floret, but not break it apart.

Cauliflower au Gratin

Place cooked florets in shallow oven-proof dish. Mix together 1/2 cup bread crumbs, 1 tablespoon chopped parsley and 2 tablespoons olive oil or melted butter. Sprinkle over cauliflower and bake about 20 minutes at 350 degrees, until topping is crunchy.

Herbed Cauliflower

Sprinkle raw cauliflower with 1/2 cup chopped herbs or scallions before steaming as directed.

Mashed Cauliflower “Potatoes”

Mash hot cauliflower with 1/2 cup milk, 2 tablespoons butter, salt and pepper. Try mix-ins like chives or shredded cheese—stir into hot mashed cauliflower and serve immediately.

Spaghetti with “Meatballs”

INGREDIENTS

1 Tablespoon olive oil
4 cloves garlic, smashed and chopped
1 Tablespoon each fennel seeds, oregano and basil
8 cups marinara or tomato sauce
16 ounces whole wheat spaghetti, cooked and drained

8 cups fresh baby spinach leaves
1/2 onion, chopped finely
1/2 teaspoon red pepper flakes
1 package prepared soy meatballs
Parmesan cheese or nutritional yeast

DIRECTIONS

Heat oil in large saucepan, add spinach and stir until just wilted. Add garlic, onion, fennel seeds, oregano, basil and red pepper flakes, stir well and let cook over low heat until onion is translucent. Stir in marinara, cover and cook over medium heat until bubbly. Add meatballs to sauce and simmer covered for at least 10 minutes, stir occasionally but gently to avoid breaking meatballs. Serve over hot pasta with grated parmesan or nutritional yeast. Cover and refrigerate leftovers. Tastes great the next day too!

Tricks and Tips

Try replacing part of the marinara with oven-roasted fresh tomatoes. Just bake tomato halves, drizzled with olive oil, for about an hour, and mix hot tomatoes into the spinach, then continue with the recipe.

Crunchy Spring Salad

INGREDIENTS

8 cups lettuce, mixed colors and textures
1 cup carrots, sliced
1/2 cup celery, chopped
1/2 cup green onions, chopped
Dressing of your choice

1 cup raw cauliflower florets
1/2 cup radishes, sliced
1/2 cup cabbage, sliced
1/2 cup kohlrabi, julienned
Salt, pepper, nutritional yeast

DIRECTIONS

Tear lettuces into bite-sized pieces and refrigerate in a covered container until time to serve. Submerge all remaining prepared vegetables in ice and water and refrigerate until just before serving. Drain veggies well and mix with lettuces. Toss with dressing until thoroughly combined. Taste for seasoning, add salt and pepper as needed, and nutritional yeast to taste. Serve immediately—leftovers do not store well, since the dressing will make the greens limp. Instead of dressing, this also tastes great with plain yogurt or cottage cheese.

Tricks and Tips

Are you familiar with nutritional yeast? The powdery, yellow flakes can add flavor and vitamins to lots of dishes. In our house, popcorn is not complete without it! Find it in the bulk food bins.

Creamy Yogurt Salad Dressing

INGREDIENTS

1 cup plain yogurt
1 Tablespoon mayonnaise
1/2 teaspoon salt

1/4 cup scallions or herbs, chopped
2 Tablespoons lemon or lime juice
black pepper, to taste

DIRECTIONS

Mix together all ingredients—use a food processor if you like a smooth dressing. Cover and refrigerate one hour to blend flavors before serving. Refrigerate covered up to 3 days.

Tricks and Tips

Use plain yogurt to make Thousand Island Dressing. Just mix 1/2 cup of yogurt with ketchup and relish for a full-flavor knock-off that's full of calcium.

Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More
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Tricks and Tips

The easiest way to preserve spring's bounty? Your freezer! Prepare strawberries—wash, remove leaves, dry well, trim tops. Pack in zip-top freezer bags, freeze flat in a single layer. Use frozen berries in smoothies and baked goods. Kids love to nibble partially defrosted berries and, if you have a juicer, frozen strawberry "ice cream" can be yours in minutes.

Strawberries Preserved—Two Ways

Canned Strawberries

INGREDIENTS

1 quart strawberries 1 cup sugar

DIRECTIONS

Prepare strawberries—wash, remove leaves, cut out stem and any white top. Place strawberries in a deep saucepan and cover with sugar. Let strawberries sit, covered, for two hours. Bring to a boil, boil hard for 5 minutes, then turn off heat and let sit overnight. The next day, bring to a boil, divide evenly into hot, sterilized jars, apply lids and process in a boiling water bath.

Variation—pack all the strawberries together, with just a little syrup, strain the remaining syrup, and can it separately. The syrup is good on pancakes, oatmeal and makes a tasty pink lemonade.

Strawberry Jam

INGREDIENTS

6 cups strawberries 3 cups sugar

DIRECTIONS

Prepare strawberries—wash, remove leaves, cut out stem and any white top. Place strawberries in a deep saucepan and mash with a potato masher, until pulp is as fine as you want it for jam.

Cook over medium high heat, uncovered, until juice begins to thicken—about 15 minutes, stirring often. When juice is thickened, add sugar gradually, stir continuously and bring to full boil. Cook this way for 20 minutes, until very thick and bubbly. Ladle into hot, sterilized jars, apply lids and process in boiling water bath.

NOTE: This is not a thick, solid jam—because it's lower in sugar, it's very easy to spread. Try using pectin if you like thicker jam—follow the directions on the package.