

Hogtown HomeGrown

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ARE YOU READY FOR THE FOURTH ANNUAL CHALLENGE?

2011 Eat Local Challenge

May 1-31, 2011

The Challenge? Eat local, seasonal foods at home or locally-owned restaurants every day for the entire month of May

TWO PARTIES AGAIN THIS YEAR!

Sunday, May 1st—12 noon—Kickoff Party

Kumarie's Organic Garden

9133 NW 219th Place, Alachua

Sunday, May 29th—4pm—Community Celebration

Sweet Dreams Homemade Ice Cream

3437 West University Ave, Gainesville

For more information visit www.hogtownhomegrown.com

Challenge your friends and family to be part of this year's Challenge!



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



**High Springs
Farmers Market**
Thursday 2-7pm
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?

Arugula—regular, wild
Beets
Bok Choy—baby
Broccoli—green
Cabbage—green, savoy
Carrots—red
Cauliflower
Citrus—juices, oranges, grapefruit, tangelos
Cucumbers—mini seedless
Garlic—garleeks, bulb
Greens—collards, mustards, kale, chard, escarole, frisee, sorrel, cress, summerfest, rappini, treviso, dandelion
Herbs—rosemary, thyme, cilantro, parsley, oregano, dill, lime leaf
Honey
Kale—russian, tuscan, curly
Lettuce—leafy green/red, spring mix, romaine, bibb
Microgreens—red cabbage, arugula, radish, cress, mustard mix
Mushrooms—shiitake, oyster
Onions—red/green scallions, dry yellow
Peas—sugar snap, english
Peppers—green/red/orange sweet bell
Potatoes—red, sweet
Radish—microgreens, red/white globe, white (daikon)
Rutabaga
Shoots—pea, corn, sunflower, fenugreek
Spinach—green
Sprouts—alfalfa, clover, quinoa, wheat, adzuki, garbanzo, mung bean, french lentil, green lentil, radish
Starfruit
Strawberries
Tomatoes—red beefsteak, grape, cherry, purple cherokee
Turnips
Wheatgrass
Zucchini

Local and Fresh—

Sugar Snap Peas

What do you get when you cross a snow pea with a traditional green pea in a pod? A sweet sugar snap pea, complete with edible pod.

Popular on veggie platters, most sugar snaps are eaten raw, with or without dips. When cooked, they sauté quickly, mix well with other veggies and add a hint of sweetness to any dish.

Take the time to pick plump, yet small peas, since the larger ones can get tough. A quick snap of the stem will easily pull off the woody “string” that runs the length of the pea. For maximum sweetness, eat as soon as possible after harvest or purchase.

Sugar Snap Peas with Scallions and Shrimp

INGREDIENTS

2 Tablespoons olive oil
1 clove garlic, smashed and chopped
peel from 1/2 lime
2 cups sugar snap peas, halved diagonally
3 large scallions, cut into 1/4” x 2” strips
1 pound peeled shrimp
1 lime juiced, divided
salt and freshly ground pepper
3-4 Tablespoons cream (optional, but yummy!)

DIRECTIONS

Heat olive oil in a heavy skillet, add garlic and lime peel. Sauté until garlic just changes color. Discard garlic and lime peel.

Add sugar snaps and scallions to hot oil and stir to coat. Sauté for 3-4 minutes, until peas turn bright green.

Toss shrimp with juice of 1/2 lime, salt and pepper. Add to veggies in pan. Stirring constantly, cook until shrimp are pink and opaque. Top with remaining lime juice and cream. Stir to coat. Serve hot. Cover and refrigerate leftovers.

Sesame Veggie Roast

INGREDIENTS

2 cups sugar snap peas, stemmed and deveined
1 Tablespoon olive oil
1 Tablespoon tamari
2 teaspoons rice wine vinegar
1/2 teaspoon sugar
1 teaspoon sesame seeds
2 cups zucchini, 1/2 inch by 2 inch strips
3 green onions, 1/4 inch by 2 inch strips
1 teaspoon fish sauce
1 teaspoon orange zest
1/2 teaspoon sesame oil
1 Tablespoon green onion, finely chopped

DIRECTIONS

Preheat oven to 450 degrees.

Toss sugar snap peas and zucchini with olive oil. Arrange in one layer in roasting pan. If desired, season lightly with salt and pepper. Bake in preheated oven for 5 minutes.

Mix together tamari, fish sauce, vinegar, orange zest and sugar. Pour over partially roasted veggies and stir well to coat completely. Return pan to oven for an additional 5 minutes.

Remove pan from oven. Stir veggies and drizzle with sesame oil. Top with sesame seeds and finely chopped green onions. Return to oven for an additional 3 minutes.

May be served hot or at room temperature. Cover and refrigerate leftovers.

VARIATION: Toss sea scallops or tofu cubes in olive oil and roast with veggies.

Creamy Cauliflower Soup

INGREDIENTS

1 Tablespoon olive oil
1 cup chopped carrots
4 cups water
1 head cauliflower, broken into florets
3 green garlic OR 1 leek OR 1 garleek, sliced
1/2 cup cashew butter

DIRECTIONS

Sauté cauliflower in olive oil for 5 minutes. Stir in carrots and green garlic. Cook an additional 5 minutes. Pour in water and stir in half the cashew butter. Bring to a boil, stir well, reduce heat, cover and cook until veggies are tender.

Use a potato masher to coarsely mash veggies. Stir in remaining cashew butter and a dash of salt if desired. Simmer uncovered for 15 minutes. Serve hot. Cover and refrigerate leftovers.

Tricks and Tips

Sesame Veggie Roast can be done with any combination of veggies as long as their cooking times are the same. One way to ensure similar cooking times as well as a beautiful presentation is to cut veggies into similar shapes or sizes. Served atop brown rice or quinoa, this can be a complete meal. It also makes a great side dish and is perfect for potlucks since it can be served at room temperature.

Tricks and Tips

I laughingly call this my One-Armed Facebook Soup. I made it while my left arm was out of commission, but parents everywhere can relate to one-armed cooking. Ever make an entire meal with a baby or toddler wiggling on your hip? Why Facebook? Because I posted it and got lots of feedback. To answer the calorie question—75-100 calories per one cup serving.



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Acid: sour orange

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Tricks and Tips

There is something about Spring that makes me want to bake muffins—I'm not sure why.

This particular recipe was born of necessity—time to use up the older jars in the jam pantry.

The jam you choose will determine whether or not you will need honey. My jams are low-sugar, so I use a little honey for extra sweetness.

Oatmeal Jam Muffins

INGREDIENTS

1/2 cup thick cut oats

1 Tablespoon unsalted butter

1/4 cup honey (optional)

1 1/2 cups whole wheat flour

1/2 teaspoon baking soda

1 1/2 cups milk

3/4 cup chunky fruit jam

2 eggs

1 Tablespoon baking powder

1/4 teaspoon salt

DIRECTIONS

Preheat oven to 350 degrees. Prepare muffin tins or use paper muffin wrappers.

Mix oatmeal and milk together in a microwave-proof container. Cook on high in a microwave for 3 minutes. Stir and let cool slightly. Mix in jam and honey, then beat in the eggs until completely blended.

Mix together flour, baking powder, baking soda and salt. Stir dry ingredients into wet ingredients. Mix lightly, but completely, until no flour streaks remain.

Spoon batter into muffin tins—do not fill more than 3/4 of each cup. Bake immediately. Check after 18-20 minutes. Muffins are done when firm to the touch and golden brown.

Remove from oven and tilt muffins in pan. Cool completely before storing.