

# Hogtown HomeGrown

Volume 8 Issue 4

April 2013

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Every day during May!



May 1-31, 2013

**The goal is to eat something locally-grown or produced as a part of every meal, every day during May!**

If you eat only local food for every meal for the entire month, that's fabulous and I want to hear from you! If you eat local foods as part of your meals, like putting locally-grown berries on your oatmeal, and only eat at locally-owned independent restaurants that source local food, you will still fulfill the Eat Local Challenge goal, as long as you do it *every day during May!*

**Be sure to register online [www.hogtownhomegrown.com](http://www.hogtownhomegrown.com)**

**Check out this year's Eat Local Challenge events —**

more chances to sign up in person, cooking demos and classes, an EcoTour, plus a Community Celebration held during ArtWalk at Blue Oven Kitchens with Sweet Dreams Ice Cream. You can't get more local than that!

Sat April 20	12:30-3pm	Info and signup	Meet the Fleet	Tioga
Sat April 27	8:30-11:30am	Signup and demo	ELC Signup	ACFM
Wed May 1	4-7pm	Signup, demo, music	ELC Kickoff	Union St
Sat May 4	8:30-11:30am	Info, demo	Kitchen Corner	Haile
Sun May 5	2-5pm	First Sunday Cooking Class—Reg \$25		BOK
Sun May 12	2-5pm	Mother's Day Garden Party/Tea—Ticket \$40		ACT
Thur May 16	6-8pm	Shalini's Indian Cooking Class—Reg \$20/30		BOK
Sat May 18	9am-12noon	EcoTour market/cooking class—Reg \$25		BOK
Sat May 18	3pm	Gainesville Food Swap—Fundraiser for BOK		ACFM
Wed May 22	6-7pm	Fourth Wed Healthy Kitchen Demo—Reg \$10		BOK
Fri May 24	6:30-8:30pm	Nana Pat's Mustard Class—Reg \$25		BOK
Fri May 31	7-10pm	Local Food ArtWalk	ELC Celebration	BOK

**Tioga**—Tioga Town Center, West Newberry Road **ACFM**—Alachua County Farmers Market, North 441 and 34th Street  
**Union St**—Union Street Farmers Market, Bo Diddley Plaza, Downtown Gainesville **Haile**—Haile Village Market, off Tower Road  
**BOK**—Blue Oven Kitchens, 1323 S Main Street, Gainesville **ACT**—Alachua Conservation Trust Lodge and Forge Farm

## What's Fresh Right Now?

**Beets**

**Bok Choy**—pak choi, tatsoi

**Broccoli**

**Brussels Sprout**

**Cabbage**—green, napa, savoy, red

**Carrots**—purple, orange, red

**Cauliflower**

**Chard**

**Citrus**—juices, oranges, tangerines, grapefruit

**Cucumbers**—mini seedless

**Fennel**

**Garlic**—chives, gar-leeks

**Greens**—escarole, collards, mustards, turnip, spinach, kale, sorrel, dandelion

**Herbs**—cilantro, parsley, dill, rosemary, spearmint, oregano, thai lime, lemon-grass, tulsi basil

**Honey**

**Kale**—tuscan, red russian, curly green

**Kohlrabi**

**Leeks**

**Lettuce**—arugula, buttercrunch, mix, red/green romaine, red/green leaf

**Microgreens**—assorted

**Mushrooms**—shiitake

**Nuts**—pecans

**Onions**—green/red scallions, yellow

**Peas**—sugar snaps, shoots

**Peppers**—red/yellow/green sweet bell, poblano, cubanelle, various hot

**Potatoes**—red, sweet

**Radish**—globe, daikon, french breakfast

**Shoots**—pea, sunflower, corn, mix

**Sprouts**

**Strawberries**

**Tomatoes**—red beefsteak, grape, green, cherokee purple, green zebra

**Turnips**

## Local and Fresh—

### Kale

Farmers markets are overrun with kale in all its myriad shapes and shades. This leafy green is packed with protein, vitamins and micronutrients. Our local farmers grow several varieties from winter to mid-spring.

The flat-leafed, blue-green Tuscan kale, known here as Dino or Lacinato Kale, is called Cavolo Nero in Italy and is good cooked or raw.

Uneven leaf edges and curled leaves are the hallmarks of Curly Kale, which includes Red and White Russian, as well as Green Kale. The Russian types are a little sweeter than Tuscan, but with a firmer texture. They taste good raw, but are wonderful in a stir-fry or sauté. Green Kale is the most assertive tasting kale with a texture that is best softened by long, slow cooking in liquids.

### Kale for a Crowd

#### INGREDIENTS

2 Tablespoon olive oil

3 cloves of garlic, thinly sliced

3 – 4 bunches of kale, stripped from stems

4 cups no-chicken or veggie broth

#### DIRECTIONS

Heat oil in a large pot over medium-high heat. Stir in garlic and sauté until it just begins to turn lightly golden.

Add kale to pot a handful at a time. Use long tongs to turn and coat with oil, until all the kale is in the pot. Sauté for 5 minutes, stirring occasionally. Remove from heat.

Spoon into crockpot and pour broth over kale. Cook 4-8 hours on low setting.

Serve kale hot with a small amount of broth. Cover and refrigerate leftovers.

**LEFTOVER RECIPE:** The leftover broth is filled with nutrients and a good way to get some of kale's goodness into someone who does not eat greens. The broth may be used in soups or as the cooking liquid for rice or barley.



**Union Street**

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Wednesdays 4-7pm

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Downtown Gainesville



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# Kale Salad with Peanuts

## INGREDIENTS

1 bunch tuscan or red russian kale, stripped from stems and torn into bite-sized pieces  
1-2 Tablespoons olive oil  
1 orange, zested, peeled and sectioned  
1 lemon, zested and juiced  
1/2 red sweet bell pepper, cut into thin strips  
2 green onions, sliced thinly  
1 Tablespoon each brown sugar and grated or minced ginger  
1/4 teaspoon salt  
1/3 cup roasted peanuts, without salt

## DIRECTIONS

In a large bowl, massage oil into kale pieces, until coated thoroughly. Set aside.

In serving bowl, combine all remaining ingredients and stir well until sugar dissolves. Add kale pieces and toss to combine completely.

Serve immediately for a crunchier salad or cover and refrigerate before serving.

Cover and refrigerate leftovers.

# Creamy Cabbage

## INGREDIENTS

1 large onion, sliced into thin half-rings  
2 Tablespoons olive oil  
1 Tablespoon butter  
1/2 green cabbage, sliced into thin strips  
1/8 teaspoon each salt and cayenne pepper  
1/2 cup sour cream

## DIRECTIONS

In a large heavy skillet, heat oil over medium heat and add onions. Stir to coat evenly with oil and cook 45 minutes until browned, stirring every few minutes. Add butter to pan and stir in cabbage, salt and cayenne. Cook for 15 minutes, stirring occasionally.

When cabbage is tender, top with sour cream (do not stir in), reduce heat to low and cover for 5 minutes or until ready to serve. This dish can wait over low heat for up to 30 minutes before serving.

Stir in sour cream and serve immediately. Cover and refrigerate leftovers.

## Tricks and Tips

Stripping and massaging kale is the key to a tender kale salad. After washing and drying, strip the leaves from the stems, tear into bite-sized pieces and place in a large bowl. Discard stems. When all the kale is stripped, add the oil and use your hands to gently massage each piece—every piece should be coated with oil.

## Tricks and Tips

Caramelizing onions is a labor of love. Take the time to do it right, since onions need at least 40-45 minutes of long slow cooking to become browned and sweet. Onions may be sliced or chopped before cooking. While some cooks use butter, salt and sugar to rush the process, using just oil and onions produces the best results

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# Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

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## Tricks and Tips

A pound cake does not have to be served in just the familiar ring shape of a tube pan. The batter is resilient and can be baked in a loaf pan, smaller cake pans or a bundt pan. Cooking times will vary, with the loaf pan taking the longest, sometimes up to 75 minutes. To determine doneness, lightly press the top of the cake or use a toothpick.

## Almond Pound Cake

### INGREDIENTS

1/2 pound or 2 sticks unsalted butter, room temperature, plus butter to prepare pan

1 can almond paste, broken into small pieces with your hands

1 cup sugar

4 eggs, room temperature

1 cup almond flour (you may substitute 1 cup unbleached all-purpose flour)

1 1/2 cups unbleached all-purpose flour, plus a little to prepare pan

1 teaspoon baking powder

1/2 teaspoon salt

2/3 cup whole milk

1 cup sliced almonds

### DIRECTIONS

Preheat oven to 350 degrees. Butter and flour a 10 inch springform pan.

Using a mixer, beat together butter and almond paste until fluffy. Add sugar and beat again. Beat in eggs one at a time.

Combine flours, baking powder and salt. Using the slow speed, alternate additions of flour and milk, gently mixing before adding more and ending with the flour mixture.

Spread into pan, smooth surface and press almonds lightly all over the top. Bake until center springs back, about 45-60 minutes. Remove from pan and cool before slicing.