

Hogtown HomeGrown

Volume 9 Issue 4

April 2014

Inside this issue:

Breakfast not included 1

What's Fresh Right Now? 2

Local and Fresh— Onions 2

Onion Jam with Sherry and Thyme 2

Vegetable Phyllo Strudel 3

Vegetable Phyllo Casserole 3

Coleslaw with Lime 3

Strawberry Pavlova 4

Breakfast not included

I love a good bed and breakfast and often look for hotels where breakfast is included in the price of the room. This can be hit or miss. Ever stay at a place that provided prepackaged frozen omelets they let you cook in a microwave? Were the “omelets” accompanied by sawdust-like instant grits? We know we’ll never forget the B&B whose much-touted home-baked goodies turned out to be a package of English muffins and a toaster.

Traveling with my Mom on two cruises has definitely shown me what a five-star life can be like. The hotels Holland America puts us in before and after the cruises are magnificent and well worth the E ticket price. Even though they don’t always include breakfast in their room charges, we have always found it to be worth the usually very high price. Besides, a good breakfast has been known to carry me through until dinner.

Venice’s Hotel Bonvecchiati serves tourists from many countries. Not only did we find American-style bacon, eggs and toast, but also German meats, cheeses and breads, sweet pastries to satisfy the breakfast tastes of other Europeans, plus fresh fruit and juices. At Hotel Melia in Barcelona, the breakfast was also an international delight, with specialties from many cultures, including Asian dishes like sushi and miso soup. As an added bonus they featured the local Catalan custom of toasted bread rubbed with fresh garlic and tomato, drizzled with olive oil and served with fresh cheese. We still talk about that breakfast!

During our recent trip to New Zealand and Australia, Mom and I stayed at Auckland’s Sky City Grand Hotel. Along with an international selection of cereals, ready-to-eat muesli, lovely frittatas and fresh pastries, they had some of my favorites – fresh butter (New Zealanders are fiercely proud of their butter), cured, smoked and baked salmon, crusty breads, cheese, jams, honey and honey comb (they are even prouder of their honey).

Added to this bounty were many seasonal fruits, since it was the end of the summer there! Blackberries, pineapple and cantaloupe all made it into my breakfast bowl, but it was the stewed spiced apricots and the roasted pears that had me coming back for more. The previously-dried apricots, stewed with star anise and other warm spices, dripped with juicy goodness. The pears were delectable, firm, sweet and juicy.

The restaurants at Sky City Grand are run by Sean Connolly, one of New Zealand’s celebrity chefs. A television star and cookbook author, he opened Grill in the hotel a few years ago and just opened GUSTO recently. He is in charge of both the design and menus, and obviously has affection for the locally-grown bounty. That bounty is incredibly generous due to the rich volcanic soil that created the entire North Island of New Zealand.

Connolly’s staff was wonderful to respond to my email request with the recipe for Maple Roast Pear, which I will happily share with you when our local pears are ripe and ready. Just a shopping hint—stock your pantry with brown sugar, real maple syrup and vanilla beans. Connolly used local bosc pears, but I know that our own Florida Sand Pears will have the perfect firm texture. I can’t wait for pear season!

2014 EAT LOCAL CHALLENGE May 1-31

The Challenge is all about eating locally-grown food either cooked at home or in your favorite locally-owned restaurant. Are you ready?

What's Fresh Right Now?

Beets

Bok Choy—ming, tat soi

Broccoli

Brussels Sprouts

Cabbage—green/red, napa, savoy, cone

Carrots—orange/white/yellow, red

Cauliflower—white, cheddar, purple

Celery

Citrus—grapefruit, sweet/sour oranges, tangerines, lime-quats

Cucumbers—mini seedless

Fennel

Garlic—chives, gar-leeks, green

Greens—chard, kale, collards, mustards, endive, escarole, turnip (with root), dandelion, sorrel, spinach

Herbs—parsley, cilantro, thai lime, dill, rosemary, oregano, assorted mint

Honey

Kohlrabi

Leeks

Lettuce—arugula, butter, green/red leaf, red/green romaine, frisky frill, mix

Microgreens—assorted

Mushrooms—shiitake

Onions—green, yellow, red

Parsnips

Peas—sugar snaps, snow, english

Peppers—red/green/yellow/orange sweet bell, poblano, jalapeno, variety hot

Potatoes—small red, white/orange sweet

Radish—globe, daikon, french breakfast

Shoots—pea, sunflower, corn, spring mix, broccoli, radish, arugula

Sprouts

Strawberries

Tomatoes—grape, green, red beefsteak, heirloom, cluster

Local and Fresh— Onions

April is the traditional time to ship the (almost local) sweet Vidalia onions. In our area, we have sweet onions, yellow, red and immature onions called green onions or scallions. Onions may make you cry, but they are really good for you and have some proven cancer-fighting properties. Buy firm globes, store at room temperature in a basket or mesh bag and cook lightly to retain maximum nutritional value.

Onion Jam with Sherry and Thyme

INGREDIENTS

2 1/2 pounds yellow onions, about 8 cups sliced
2 Tablespoons olive oil
6 sprigs thyme
1/2 cup fino sherry
4 Tablespoons demerrera sugar
2 Tablespoons sherry vinegar
pinch salt (optional)
pinch red pepper flakes (optional)

DIRECTIONS

Peel onions, halve lengthwise and slice into very thin crescents.

Heat oil in heavy-bottomed pan over medium heat. Stir onions well to coat with oil. Reduce heat, add thyme and sauté until onions start to brown, stirring occasionally. This will take 30 minutes and should not be rushed.

Add sherry and sugar, stir and cover. Cook covered for one hour, until onions are completely cooked and have released their water. Uncover and continue to cook, stirring once in a while, until liquid is reduced. Remove thyme stems. Add vinegar, stir and cook additional 15 minutes. Remove from heat, taste and season if desired.

Store refrigerated in glass jars for up to two weeks. To freeze place 1/4 cup sized dollops on a parchment covered cookie sheet, place in freezer until hard, then remove dollops from cookie sheets and store in freezer bags. Thaw at room temperature or in the microwave.

Vegetable Phyllo Strudel

INGREDIENTS

1 Tablespoon olive oil
1 cup peeled, diced sweet potato
1 small shallot, minced
5-6 sprigs fresh thyme
1 cup frozen artichokes, defrosted
salt and freshly ground pepper, optional
6 sheets phyllo dough, defrosted and covered with a towel
1/2 stick unsalted butter, melted
1/3 cup onion jam, tomato jam or savory pepper jelly
1 1/2 cups grated cheese (I used an aged gouda from Cypress Point Creamery)

DIRECTIONS

Heat olive oil in a large lidded pan. Add sweet potatoes and stir to coat with oil. Sauté 3-5 minutes, then stir in shallot. Cover and cook 5 minutes. Add thyme and artichokes, stir, cover and cook until potatoes are tender. Remove thyme stems. Taste and season if desired.

Preheat oven to 400 degrees. Line cookie sheet with parchment paper.

On a large flat surface, lay out one sheet of phyllo, brush with melted butter, lay another piece directly on top, brush with butter, repeat until all sheets are used, ending with butter. With the long side facing you, place the cooked sweet potato-artichoke mixture in a wide line about three inches away from and parallel to the long side. Spread jam across filling. Sprinkle cheese generously on top of jam and lightly across the phyllo.

Roll from the bottom, bringing the long side up over the filling and snugging it up tight. Continue to roll and brush butter over the outside surface. Roll onto parchment-covered cookie sheet, with seam side down if possible.

Bake 20-30 minutes in preheated oven, until golden brown. Cool before cutting.

Coleslaw with Lime

INGREDIENTS

1/4 cup each olive oil and apple cider vinegar
1 Tablespoon sugar
1 lime, zested and juiced
1/2 teaspoon salt
freshly ground black pepper or red pepper flakes to taste
6-8 cups finely shredded cabbage and carrots

DIRECTIONS

Mix together dressing ingredients in large bowl, reserving lime juice. Stir in cabbage and carrots, cover and set aside. Stir in lime juice just before serving. Cover and refrigerate leftovers.

Tricks and Tips
Working with phyllo dough takes a light touch, a towel for cover (air dries phyllo dough out, making it brittle) and lots of melted butter generously applied with a soft-tipped brush. Making a strudel is an easy way to start, but layering phyllo into a casserole is a little trickier, since you need to rotate the layers with large sections left outside the pan to fold over the filling. Don't worry about broken pieces, just patch and butter.

Vegetable Phyllo Casserole

Layer 6 sheets in an 8 x 8 pan, top with the filling, jam and cheese (try replacing gouda with crumbles of chevre). Fold phyllo over filling. Top with two more buttered sheets, creating a smooth top. Tuck in edges with buttered brush. Bake 30 minutes, until crisp and golden brown. Cool before cutting.

Ward's Supermarket

We Make it Easy to Eat Local



Monday - Saturday 8am-8pm
Sunday 9am-7pm

515 NW 23rd Avenue 352 372-1741

TEMPO Bistro To Go

1516 NW 13th St. Gainesville, FL

352-336-5834

www.bistrotempo.com

Locally sourced ingredients
supporting Soups Salads
Sandwiches and Specialties



*Pizza, Calzones, Sensational Salads,
Gourmet Sandwiches, Beer & Wine*

204 N.E. US Highway 441
Micanopy (352) 466-0062
Tioga Town Center
Tioga (352) 505-6833
www.bluehighwaypizza.com

citizens co-op

A COMMUNITY OWNED MARKET
LOCAL and ORGANIC FOOD
BULK FOODS and BODY CARE

Open 7 days a week

435 South Main Street

(352) 505.6575

Monday-Saturday 9am-8pm

Sunday 10am-7pm

Open to all-membership not required



**Haile Village
Farmers Market**
Saturdays 830am—12pm
Haile Plantation
off Tower Road
www.hailefarmersmarket.com

Stephen Schachter, A.P.

Acupuncture Physician
Board Certified 1982

Qi Gong and Tai Chi
Instructor

4140 NW 27th Lane, #D

352.375.7557

www.stephenschachter.com

The Jones B-Side

Mon-Fri 11am-2am
Sat-Sun 9am-2am

203 SW 2nd Avenue
352 371 7999

The Jones eastside

open every day
Sun-Thur 8-3

Fri-Sat 8-5

410 NE 23rd Av
352 373 6777



GAINESVILLE, FLORIDA

Fanatics Of Freshness

Open Mon-Sat 10:00am-6:30pm

Millhopper (352) 371-4155

Tioga Town Center (352) 333-3298

www.northwestseafood.com



www.aersi.com

352.376.8399

Mosswood Farm Store & Bakehouse

Open 10am-6pm 6 days a week
(Closed Tuesdays)

Serving Organic Coffee

Sweet and Savory Breads and Pastries

703 Cholokka Boulevard

Just off 441 in Micanopy

352-466-5002

Glades Ridge Goat Dairy

Raw Milk and Cheese

Hormone/Antibiotic Free

Available Fresh or Frozen

ACFM/441 Farmers Market

Saturdays 8:30am - 1:00pm

Union Street Farmers Market

Wednesdays 4:00pm - 7:00pm

Wholesome Food—Animal Consumption Only

Lake Butler

386 266 7041 gladesridge.com

Henderson & Daughter Plants and Produce

Available at

Booth #4 at ACFM/
441 Farmers Market

ORANGES hamlin, parson brown

GRAPEFRUIT white (marsh seedless and

duncan), pink (thompson)

TANGERINES murcott

ACID sour oranges (seville)

* weather permitting

plantsandproduce@gmail.com

BAGEL BAKERY

Breakfast All Day

Bagels—Muffins—Croissants

Coffee Roasted Locally (by us!)

Espresso Drinks and Fair Trade Coffee

Quick Lunch Specials

Bagel, Wrap and Focaccia Sandwiches

TWO LOCATIONS

Locally Owned and Managed

Next to Millhopper Publix 384-9110

SW 34th Street near Crispers 376-5665



As fresh as you can get!

Alachua County

Farmers Market

Saturdays 830am—1pm

5920 NW 13th Street

www.441market.com

The Illegal Jam Company

Small batch jams made from seasonal fruit

352 374 8561

Tricks and Tips

Even though pavlova is supposed to be the national dessert “down under”, I only ate it once during our trip. I wanted to make it at home and although other fruit tempted me, strawberries are in season. Try a tart twist and gently stir lemon curd into the whipped cream. Garnish each pavlova with a hollowed-out strawberry filled with lemon

Strawberry Pavlova

INGREDIENTS

4 cups sliced strawberries, marinated in 1 Tablespoon each sugar and marsala wine

4 egg whites

pinch salt

3/4 cup sugar

1 teaspoon arrowroot or cornstarch

1 teaspoon each vanilla and apple cider vinegar

1 cup cream, whipped to stiff peaks

DIRECTIONS

Preheat oven to 300 degrees. Line a cookie sheet with parchment paper.

Beat egg whites with salt until soft peaks form. Mix sugar with arrowroot and at high speed, beat one Tablespoon at a time into the egg whites until completely incorporated. Stir in vanilla and vinegar and beat mixture until it forms glossy stiff peaks.

Spoon onto parchment, shaping into four equal circles. Bake one hour. Turn off oven and leave meringues in oven to dry overnight or for several hours.

Serve meringues topped with a dollop of whipped cream and a cup of strawberries.