

Hogtown HomeGrown™

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Aussie-inspired with lots of local flair

Did you know that beetroot (the common Australian name for beets) is a favorite on sandwiches and burgers down-under? Canned slices are their preference and provide a quick way to add flavor and color. Well, I am not a big fan of the canned variety but I would happily eat roasted beets every day.

When I turn my oven on, I like to fill it up, so during beet season there is always a covered casserole full of beets among the other items baking. Once cooled, I rub the peel off each beet and store them in a covered container in the fridge.

After a recent shopping trip to Haile Farmers Market, I had a loaf of bread, a wheel of cheese, olive oil and some of Boondox Tropicals' Limequat Habanero Marmalade—and I was hungry. I pulled the cooked beets out of the refrigerator and a few minutes later, after toasting, slicing, layering, melting and dolloping, the Haile Market Sandwich was born.

Eric sold out of his delicious marmalade, but Mrs. Smith's Homemade Jams and Jellies came to the rescue. Try her Strawberry Jalapeno if you like a little spice or her Loquat if you prefer life on the mild side. Make your own sandwich or enjoy a sample from Kitchen Corner at Haile Farmers Market on Saturday, April 20th, when I serve them during my last demo of the season.

Haile Market Sandwich

INGREDIENTS

2 slices Vine Bakery's Old 85 or SaraFay's gluten-free Oat Sandwich Bread

2 teaspoons Saporito's olive oil of choice

A pinch of good salt

1-2 Tablespoons Mrs. Smith's Strawberry Jalapeño or Loquat Jelly (divided)

1-2 small beets, roasted and cut into 1/2 inch slices

1-2 ounces Cypress Point Creamery Tupelo cheese, cut into beet-sized pieces

Optional layer: thin slices of red onion, radish or daikon under the beets

Optional garnish: slices of strawberry or loquat

DIRECTIONS

Toast bread on both sides.

Drizzle or brush with olive oil and sprinkle lightly with salt.

Spread a thin layer of jam on toast. Place one layer of sliced beets on top of jam. Lay sliced cheese on top of each beet slice. Broil until cheese just begins to melt.

Top with remaining jam and garnish, as desired.

Serve open-faced and eat immediately.

SERVING SUGGESTIONS FOR A CROWD

Substitute slices of baguette for regular bread.

Toast both sides in advance and make sandwich as directed without melting cheese.

Toast one side of bread on griddle or grill, flip bread and assemble sandwich right on the griddle. Place heat-proof cover over sandwiches to melt cheese.

What's Fresh Right Now?

Beets—red, golden, chiongia

Bok Choy—flowering choy, tot soi, mei choy

Broccoli—crowns, broccolini

Broccoli Raab

Brussels sprouts

Cabbage—green, savoy, napa

Carrots—red, orange, yellow

Cauliflower—white, romanesco

Celery

Citrus—kumquats, valencia/navel orange, red grapefruit, sour seville, meyer lemon

Fennel

Garlic—chives, gar-leeks

Ginger

Greens—arugula, collards, white russian/lacinto/curly kale, rainbow/swiss chard, dandelion, mizuna, mustard, escarole, endive, spinach

Herbs—parsley, dill, cilantro, curry leaf

Honey—orange blossom, gallsberry, wildflower, tupelo

Kohlrabi

Lettuce—red/green leaf, red/green romaine, frisee, butter-head, salad mix

Loquat

Moringa

Mushrooms—shiitake, white/blue oyster, dried shiitake

Nasturtiums

Onions—green/red, yellow

Papaya—green, ripe

Peas—snow, sugar snap

Potatoes—red/white

Radicchio—purple, treviso

Radishes—white/purple daikon, globe, french breakfast, watermelon, purple, black, shunkyo

Rutabaga

Shoots and Sprouts

Squash—round/long/italian zucchini, yellow

Strawberries

Sweet Potatoes

Tomatoes—cluster, heirloom, grape

Turnips—purple top, salad

Turmeric—orange

Local and Fresh— Daikon

You've seen them in the market. Some of them look like turnips and some like giant white carrots! Don't be fooled by the plain exterior. Daikon radish is a crispy, peppery treat that adds a little zip to any dish.

A little daikon goes a long way, although it is not nearly as spicy-hot as its cousin horseradish. In addition to using it in salads, slaws and stir-fries, I like to use it as a no-carb cracker substitute for hummus or other toppings.

Look for firm daikon that feels heavy for its size. Store unwashed in a plastic bag or container in the refrigerator, to retain its freshness.

To peel or not to peel? The skin may be a little tough when eaten raw, so peel if you like, but it isn't necessary.

Miso-Sesame Slaw

INGREDIENTS

2 cups each cabbage and carrot, shredded

1 cup daikon, shredded

1/2 cup green onion, thinly sliced

2 Tablespoons white miso

2 Tablespoons cool water

1 Tablespoon mirin*

1 Tablespoon rice wine vinegar

2 teaspoons toasted sesame oil

1 teaspoon sesame seeds

DIRECTIONS

Mix cabbage, carrot, daikon and green onion together until thoroughly combined.

In a small bowl, thin miso with water. Add remaining ingredients and stir well.

Pour dressing over salad and stir until everything is completely coated. Cover and refrigerate before serving to allow flavors to blend.

*Mirin is sweet rice wine available locally. Since it provides sweetness, a teaspoon of sugar or honey mixed with 2 teaspoons of white wine or water may be substituted.

Roasted Potato and Onion Medley

INGREDIENTS

1-2 fennel bulbs, chopped into 1/2 inch pieces
2-3 leeks, quartered lengthwise and chopped into 1/2 inch pieces
1-2 onions, chopped into 1/4 inch pieces
2 shallots, quartered lengthwise and chopped into 1/4 inch pieces
3 Tablespoons olive oil, divided
1 pound waxy red potatoes, chopped into 1/4 inch pieces
Salt and freshly ground black pepper

DIRECTIONS

Preheat oven to 450 degrees. Combine chopped fennel, leeks, onions and shallots with 1 Tablespoon olive oil. Spread veggies into one layer on a cookie sheet and bake 20 minutes, shaking or stirring occasionally.

Add potatoes and remaining 2 Tablespoons oil to cooking veggies. Stir well, spread into one layer and return to oven. Reduce oven temperature to 400 degrees. After 40 minutes, remove pan from oven and stir in salt and pepper. Return to oven for 10-20 minutes or until potatoes begin to brown.

Serve half the Medley as desired.

Cover and refrigerate half to make Broccoli Breakfast Bake.

SERVING SUGGESTION

Excellent with baked fish. Try drizzling both with Lemon Oregano Dressing.

Broccoli Breakfast Bake

INGREDIENTS

1/2 recipe Roasted Potato and Onion Medley
2 cups broccoli florets and stalks, chopped into bite size pieces and steamed or sautéed
1/2 cup grated parmesan
6 eggs
2 cups milk
Salt and freshly ground pepper to taste

DIRECTIONS

Preheat oven to 375 degrees. Lightly butter an 8x8 baking dish.

Combine Medley with broccoli and place in prepared baking dish.

Top veggies with an even layer of grated parmesan.

Beat eggs until completely combined. Stir in milk, salt and pepper. Pour mixture over cheese and veggies. Use a fork to press veggies under liquid if necessary.

Place in oven and reduce heat to 350 degrees. Bake about 45-55 minutes until puffed and well browned.

Cool 10 minutes before cutting. Serve hot or chilled.

Lemon Oregano Dressing

INGREDIENTS

zest of a lemon
1 Tablespoon dried oregano
1 teaspoon dried mint
1/4 teaspoon dried thyme
1/4 teaspoon salt
1/4 cup olive oil
1/3 cup fresh lemon juice
1/2 teaspoon Dijon or spicy mustard
1 small clove of garlic, grated or mashed into a paste

DIRECTIONS

Combine all ingredients in a jar. Shake to combine and shake before serving.

Cover and refrigerate leftovers. Use within a week.



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Variations on Fennel Focaccia

Fennel and Orange

Cut two thin slices
(with peel) from the
center of an orange.

Cut each slice into
eight small pieces.

Press wedges of orange
around the edge of the
focaccia before baking.

Try the color contrast
of a red or blood or-
ange for a particularly
striking focaccia.

Fennel and Tomato

Cut 4 grape tomatoes
into lengthwise quar-
ters. Place each tomato
piece skin side down
around the edge of the
unbaked focaccia.

Lightly press into
dough. Drizzle with a
little additional oil.

Fennel Focaccia

INGREDIENTS

2 1/2 cups warm water
1/2 teaspoon honey or sugar
1 package dry yeast
2 teaspoons salt
1 Tablespoon honey or sugar
3/4 cup extra virgin olive oil, divided
6-7 cups all purpose flour
2 Tablespoons fennel seeds, toasted, cooled and crushed with a mortar and pestle
1 head fennel sliced very thinly
1 teaspoon fennel seeds

DIRECTIONS

Mix together 1/2 cup warm water with 1/2 teaspoon of honey and yeast.

Place 2 cups warm water in large bowl and add salt, 1 Tablespoon honey, 1/4 cup
olive oil and 4 cups flour. Stir until stretchy strands form. Stir in toasted, crushed fennel seeds.

Sprinkle counter with 1 cup flour and pour dough from bowl onto floured counter.

Knead for 5-8 minutes, adding flour as needed to create smooth soft dough.

Place ball of dough in an oiled bowl, cover with a hot, damp towel and put in warm
place to rise. After dough is doubled, punch down and let rise until doubled again.

Coat two cookie sheets with 1/4 cup olive oil each. Divide dough in half, press each half
into a flat rectangle right on the cookie sheet. Flip dough to coat with oil and continue to press
and stretch with fingertips until the focaccia covers the pan. Let rise 45 minutes in a warm place.

Preheat oven to 425 degrees. Scatter half of the sliced fennel and half of the untoasted
fennel seeds on top of each unbaked focaccia. Push lightly into dough.

Place both cookie sheets on the same shelf if possible and bake 30 minutes until golden
and crispy. If focaccia must be on separate shelves, be sure to rotate.

Let focaccia cool for 10-15 minutes in pan. Remove from pan, cut and serve.

Place leftovers in airtight container and eat within a week.