

Hogtown HomeGrown

Volume 11 Issue 4

April 2016

Inside this issue:

**Save the world—
one dinner
at a time!** 1

**What's Fresh
Right Now?** 2

**Local and Fresh—
Pineapple** 2

Ambrosia 2

**Sour Orange
Marinade
and Sauce** 3

**Lemon
Salad** 3

**Red Cabbage in
Orange Juice** 3

**Baked Pineapple
and Coconut** 4

Save the world—one dinner at a time!

In the late 1980s, we began shopping at the Alachua County Farmers Market as a fun way to get fresher produce at better prices, plus it was a great outing with our boys. Week after week we returned, learning to anticipate the seasons and relish the gifts of each. This was before eating local was trendy—to us it just tasted better! Now we know that eating local, seasonal food can save the world, both the whole world and your world.

- Locally grown food uses less oil and gas to get from the farm to your refrigerator.
- Selling produce locally allows farmers to grow different varieties, encouraging a healthy biodiversity of plants, insects and animals.
- Locally grown food is harvested just before selling, resulting in completely ripe, fresh food with more available nutrients and superior flavor.
- Buying products from local vendors allows our local economy to grow and puts the money directly into the pockets of the farmer and producer.
- Locally grown food allows purchasers the chance to evaluate the growing and working conditions of the farms and laborers who grow and harvest your food.

So think about your world and the whole world the next time you shop for food. Choose locally grown seasonal food. You too can save the world—one dinner at a time!

**2016 Eat Local Challenge
Kickoff and Local Food Fair
Sunday May 1, 2016
1:00pm – 4:00pm
Matheson History Museum,
513 East University Avenue**



**Enjoy a fun, free afternoon outdoors
with farmers, foodies and entrepreneurs
to celebrate the local food movement and
the 9th annual Eat Local Challenge.**

How can you participate in the Challenge? Eat locally grown and produced food either at home or in locally-owned restaurants every day for the entire month of May.

FREE TO EVERYONE—Vendors and Visitors—NO CHARGE FOR ANYONE!

What's Fresh Right Now?

- Beets**—red, striped, golden, pink
- Bok Choy**
- Broccoli**
- Brussels Sprouts**
- Cabbage**—green, napa, savoy, red
- Carrots**—orange, red, yellow, purple
- Cauliflower**—white, romanesco
- Citrus**—orange, grapefruit, lemon, calamondin
- Fennel**
- Greens**—escarole, chard, kale, mustard, arugula, wild arugula, mizuna, collards, sorrel, moringa, spinach
- Greens with roots**—turnips, rutabaga, beets, carrots, radish
- Herbs**—dill, cilantro, flat/curly parsley, lime leaf, thyme, mint, garlic chives
- Honey**
- Leeks and Gar-leeks**
- Lettuce**—red/green leaf, romaine, buttercrunch, spring mix
- Mushrooms**—shiitake
- Onions**—red/white scallions, spring
- Peas**—snow, sugar snap, english
- Peppers**—red/green/yellow/orange sweet bell, variety hot
- Pineapple**
- Potatoes**—sweet, white russet
- Radish**—daikon, globe, easter egg, red/white icicle
- Shoots, Sprouts and Microgreens**
- Squash**—zucchini, pattypan, yellow crookneck
- Strawberries**
- Tomatoes**—grape, beefsteak, heirloom, cherry, green
- Turnips**
- Turmeric**

Local and Fresh— Pineapple

Most of us think of Hawaiian pineapples, but in the late 1800s, pineapples were a big crop in Florida. It lasted until around 1910 when a disease called “red wilt” destroyed not only the pineapple plants in the field, but finished off the industry as well.

We are so lucky that wonderful juicy sweet pineapples are grown in North Central Florida. Available in several sizes, ask the farmer to help you select one for ripeness if you want to eat it right away,

Look for intact skin, healthy-looking leaves and a fresh smell. Judge ripeness by the smell and color of the bottom, plus the traditional test of pulling out a leaf from the crown.

Ambrosia

INGREDIENTS

- 6-8 oranges, navels and others
- 1/2 fresh pineapple
- 1 cup unsweetened shredded coconut
- 2-4 Tablespoons sugar (optional)

DIRECTIONS

Use a knife to remove orange skin and pith. Cut out sections of fruit, removing seeds and membranes. This is called supreming.

Cut peeled and cored pineapple into small bite-sized pieces.

In a glass serving bowl, layer oranges with pineapple, coconut and sugar, if desired. Garnish the top with coconut.

Cover and refrigerate for at least one hour or until completely chilled.

Serve chilled with dinner or as dessert.

Cover and refrigerate leftovers.

 <p>HAILE FARMERS MARKET</p> <p>Saturdays 830am - 12pm</p> <p>Haile Village Center www.hailefarmersmarket.com</p>	<p>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</p>	<p>Henderson & Daughter Plants and Produce Booth #4 - 441 Farmers Market Oranges: Valencia Grapefruit: white (Marsh seedless, Duncan), pink, red Acid: calamondins, bears lemons, sour oranges *all grown without the use of pesticides or herbicides Sweet Potatoes and Boiled Peanuts Weather permitting Follow us - www.facebook.com/henderson.and.daughter</p>	 <p>Alachua County Farmers Market Saturdays 830am—1pm 5920 NW 13th Street www.441market.com</p>
---	---	---	--

Sour Orange Marinade and Sauce

INGREDIENTS

1 cup sour orange juice
Zest of one sour orange
1/3 cup each olive oil and water
1 Tablespoon each lemon juice, vinegar and finely minced shallot or onion
1 large garlic clove, smashed and minced or finely grated
1 Teaspoon each dried basil, thyme and salt
1/2 teaspoon each red pepper flakes, ground coriander and smoked sweet paprika
1-2 pounds seafood
1-2 Tablespoons butter

DIRECTIONS

Combine all ingredients ,except seafood and butter, to make marinade. In a covered dish or ziptop bag, submerge seafood in marinade, cover and refrigerate for 1-4 hours.
Remove seafood from marinade and cook as desired.
In a small saucepan, bring used marinade to a boil and reduce by half, until thickened.
Remove pan from heat and swirl in butter until melted and sauce is creamy.
Pour over cooked seafood and serve immediately.

Lemon Salad

INGREDIENTS

6-8 cups salad greens
1 Meyer lemon, zested and supremed (cut into segments without any peel, pith or membranes)
2 Tablespoons olive oil
1 Tablespoon honey
1/4 cup shelled edamame
1/4 cup dried cranberries or golden raisins
1/4 cup walnuts, coarsely chopped
Salt and freshly ground pepper to taste

DIRECTIONS

Wash salad greens, wrap in a towel and place in refrigerator until ready to serve.
Zest and supreme Meyer lemon right into the salad bowl, squeezing all the juice into the bowl as well.
Stir in olive oil and honey, being careful not to break up the lemon sections.
Stir in edamame, cranberries and walnuts.
Add greens and toss with dressed ingredients. Taste and season as needed.
Serve at room temperature within 15 minutes of mixing greens and dressing.
Cover and refrigerate leftovers.

Red Cabbage in Orange Juice

INGREDIENTS

2 T olive oil
1 shallot, sliced
1/2 red cabbage, thinly sliced
2 cups freshly squeezed orange juice
1 T freshly squeezed lemon juice
a pinch each salt, cloves, coriander

DIRECTIONS

Heat oil in a large heavy skillet.
Sauté shallot until translucent.
Stir in cabbage and cook until just crisp-tender.
Pour in orange and lemon juice. Stir well to coat cabbage completely and bring to a boil.
Stir in salt, cloves and coriander.
Reduce heat and simmer uncovered until sauce is reduced and thickened.
Serve warm or at room temperature.
Cover and refrigerate leftovers.



www.aersi.com
352.376.8399



THOMAS GROUP
REALTY, LLC
BILINDA ROUNTREE

Realtor®, Broker-Associate

"Experience, Dedication, Customer Service"

c: (352) 478-9079 o: (352) 226-8228

Bilinda@ThomasGroupRealty.com

www.ThomasGroupRealty.com



5408 NW 8th Ave
(Greenery Square)
352-301-3309

www.rootandpecker.com



Amie Jean
CHALK PAINT

WORKSHOPS and LAMP REPAIR
1313 S Main Street 352.377.8147
www.8LPDesign.com

www.hogtownhomegrown.com

352 374-8561

Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

Copyright © 2016 Stefanie Samara Hamblen



Specialty Coffee
Local Music
... And More !!!

cymplifycentral.com

SUNFLOWER HEALTH • FOODS

3424 W University Ave, Gainesville
352 372 7482

225 NW Commons Loop, Lake City
386 758 5511

Monday - Saturday 9am to 8pm
Sunday 11am to 5pm

sunflowerhealthfoods.com

Ward's Supermarket

We Make it Easy to Eat Local



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

515 NW 23rd Avenue 352 372-1741



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



Fresh — Local — Organic
Vegan and Gluten-free Options
Juice Bar Sunday Brunch
www.dailygreendowntown.org
436 SE 2nd St 226.8288



Tioga - Micanopy - Ocala
www.BlueHighwayPizza.com



CUSTOM EVENT FLORAL DESIGN
*Beautiful succulents and arrangements
for everyday, holidays,
special events and weddings*
Haile Farmers Market
Saturdays 830am-12pm
www.willowgardens.co



407 SW 4th Avenue
(East of UF's Innovation Plaza)
7-11am Mondays - Thursdays
www.bakerbaker.net
Available at Opus Coffee in Shands/UF
and Saturdays at Haile Farmers Market

Tricks and Tips

Buying a prepared fresh pineapple is easy, but a few simple cuts will reduce any pineapple to both a garden project and a yummy dessert. Chop off the top with about 2 inches of fruit attached and set aside. Cut off the bottom and stand up to slice off peel and "eyes" in vertical strips. Either cut pineapple into rounds and use melon baller to core or slice long strips off core. Oh and the top you set aside? Plant it in dirt, give it sun and water!

Baked Pineapple and Coconut

INGREDIENTS

- 1 fresh pineapple, cut into small thin pieces
- 1 cup dried unsweetened coconut strips
- 1/3 cup brown sugar, packed
- 1 cup freshly squeezed orange juice and zest from one orange

DIRECTIONS

Preheat oven to 350 degrees.

In a deep casserole dish, combine all ingredients, stirring until sugar is dissolved. Cover casserole with lid or foil. Place in oven and bake 45 minutes.

Remove cover, stir and return to oven. Bake 15 minutes or until top begins to brown.

Cool before serving. Cover and refrigerate leftovers.

SERVING SUGGESTIONS

Serve warm with a scoop of coconut gelato or ice cream.

Spoon fruit and juice over a slice of pound cake.

Check out Forage Farm,
a local nonprofit



Healthy Food,
Land and Community
www.foragefarm.org

Local Beer, Local Wine, Local People
*The Most Unique Entertainment
Experience in Downtown Gainesville*



**MARKET
STREET
PUB**

& CABARET
112 SW 1st Avenue
marketstreetgainesville.com

Dawn Brower LMT, ChT
1215 NW 23rd Ave 374-0600



Colon Hydrotherapy
Healing Center

info@GentleWatersHealing.com
www.GentleWatersHealing.com
MA 41024 MM 15426 F-DB 2043082

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