

# Hogtown HomeGrown

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## 2017 Eat Local Challenge Kickoff

and

## Local Food Fair

Sunday April 30, 2017

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 10<sup>th</sup> annual Eat Local Challenge.

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

*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.*

# What's Fresh Right Now?

- Beets**—golden, red
- Blueberries**
- Broccoli**—green, romanesco, broccolini
- Brussels sprouts**
- Cabbage**—green, napa, savoy, red
- Carrots**—orange/yellow/purple, red
- Cauliflower**—white, purple
- Citrus**—orange, grapefruit, sour orange
- Fennel**
- Greens**—mustards, arugula, turnip, collard, red/green spinach, bok choy, rainbow chard, escarole, sorrel, dandelion, endive, radicchio
- Herbs**—garlic chives, turmeric, flat leaf parsley, cilantro, dill, spearmint
- Kale**—tuscan/lacinto, Russian, curly
- Kohlrabi**—purple
- Leeks and Gar-leeks**
- Lettuce**—red/green romaine, buttercrunch, red summercrisp, mix, frisse
- Moringa**
- Mushroom**—fresh/dried shiitakes, oyster
- Onion**—yellow, green, sweet, scallions
- Peas**—sugarsnaps, shoots
- Peppers**—red/green/yellow/orange sweet bell, poblano, jalapeño, shishito, hot banana
- Pineapple**
- Potato**—yellow-flesh
- Radish**—red, watermelon, easter egg, french breakfast, white/purple daikon, black
- Squash**—yellow pattypan/crookneck, zucchini
- Starfruit**
- Strawberries**
- Sweet Potatoes**—white
- Tomatoes**—plum, sun gold, cherry, grape, heirloom
- Turnips**—hakerei salad

# Local and Fresh— Shiitake Mushroom

Grocery stores have carried specialty mushrooms for a few years now, but the farmers markets offer fresher shiitakes for a better price.

Leave the mushrooms in their paper bag and pop it in the refrigerator. Cut off stems before using and save in the bag. Soak stems in a little water, then chop finely in a food processor for use in soups.

The little shiitakes are good in scrambles and stir-fries. The very largest are great marinated and stuffed. The medium-sized mushrooms are perfect for Shiitake Teriyaki.

## Shiitake Teriyaki

### INGREDIENTS

- 1 Tablespoon olive oil
- 8-12 shiitake mushrooms, stems removed
- 1 Tablespoon hot water
- 1/2 cup low-sodium tamari
- 1/2 cup dark amber maple syrup
- 1 teaspoon grated ginger (optional)
- pinch of hot pepper flakes (optional)

### DIRECTIONS

Heat a large skillet over medium heat.

Add olive oil and the shiitakes, cap side down. Cook 3-5 minutes, until lightly browned. Flip mushrooms and cook an additional 3 minutes. Add water, cover immediately. Steam for 5 minutes, until tender.

Add both tamari and maple syrup to pan and bring to a simmer. Add optional ingredients if using. Cook for ten minutes at a constant simmer, flipping mushrooms at least once.

Remove from heat. Serve hot or warm.

 <p><b>HAILE FARMERS MARKET</b> Saturdays 830am - 12pm Haile Village Center <a href="http://www.hailefarmersmarket.com">www.hailefarmersmarket.com</a></p>	<p><b>Glades Ridge Goat Dairy</b> Raw Milk and Cheese Hormone/Antibiotic Free Available Fresh or Frozen <b>ACFM/441 Farmers Market</b> Saturdays 8:30am - 1:00pm <b>Union Street Farmers Market</b> Wednesdays 4:00pm - 7:00pm Wholesome Food—Animal Consumption Only Lake Butler 386 266 7041 <a href="http://gladesridge.com">gladesridge.com</a></p>	<p><b>Henderson &amp; Daughter Plants and Produce</b> Booth #4 Alachua County Farmers' Market at 441 <b>Oranges:</b> hamlin, valencia <b>Grapefruit:</b> white (Marsh seedless), pink (Thompson), red (ruby red) <b>Acid:</b> sour oranges <b>Additional:</b> boiled peanuts <i>*All grown without pesticides or herbicides</i> <b>We look forward to seeing you!</b> <a href="http://www.facebook.com/henderson.and.daughter">www.facebook.com/henderson.and.daughter</a></p>	<p>Alachua County <b>FARMERS' MARKET</b> Alachua County Farmers Market <b>Saturdays</b> 830am—1pm 5920 NW 13th Street <a href="http://www.441market.com">www.441market.com</a></p>
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# Crustless Quiche

## INGREDIENTS

1 Tablespoon each unsalted butter and olive oil, plus butter to prepare pie plate  
8-12 oyster mushrooms, stems trimmed  
1 leek, gar-leek or shallot, thinly sliced  
5 ounces spinach  
8 ounces cheese, grated  
6 eggs  
1 1/4 cups milk  
Pinch each of salt, pepper and nutmeg

## DIRECTIONS

Preheat oven to 350 degrees. Heavily butter a deep dish pie plate.

In a large heavy skillet over medium heat, melt butter into olive oil. Use tongs to place mushrooms in one layer in pan. Cook for two minutes on one side, until golden brown. Flip and cook two more minutes before removing cooked mushrooms to drain on paper towels or a brown paper bag.

Add sliced leek to hot pan and stir until wilted. Place all the spinach in the pan and use tongs to turn and stir until completely wilted. Place cooked leek and spinach in bottom of pie plate, spreading to cover bottom.

Sprinkle 1/2 grated cheese over spinach. Place mushrooms in an even design on top of spinach. Use remaining cheese to completely cover spinach and mushrooms. Place pie plate on a cookie sheet.

Beat eggs until thoroughly combined. Stir in milk and spices. Carefully pour over veggies and cheese.

Bake on cookie sheet for 35-45 minutes or until puffed and golden. When completely cooked, a fork inserted into quiche's center should not reveal any remaining liquid.

Cool 5 minutes before serving.

## MAKE-AHEAD DIRECTIONS

Cook mushrooms, leeks and spinach as directed and cool to room temperature.

Layer with grated cheese as directed into prepared pie plate. Cover tightly and refrigerate for no more than 5 days.

To finish preparation, remove covered pie plate from refrigerator and let sit at room temperature for 30 minutes. Continue with recipe as directed.

# Crab Cake

## Hotdish

### INGREDIENTS

1 pound crabmeat  
1 c total chopped green onion, onion, scallion or shallot  
1 c grated carrot  
1/2 c each chopped celery and parsley  
1 c shredded cheese  
1 c panko  
3 eggs, beaten  
1/2 c mayonnaise  
1 T mustard  
1 teaspoon prepared horseradish

### DIRECTIONS

Preheat oven to 350 degrees. Butter an ovenproof casserole. Carefully check crabmeat for shell while leaving pieces intact.

Mix together crabmeat, all veggies, cheese and panko. In a separate bowl, stir together eggs, mayonnaise, mustard and horseradish. Pour over crab mixture and stir lightly to combine, without breaking crab pieces. Spoon into casserole.

Bake 30 minutes, until center is golden and edges are brown. Let sit for five minutes before cutting and serving. Cover and refrigerate leftovers.



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# Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

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## PERSONALIZED COOKING CLASSES

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### Tricks and Tips

When I started Hogtown HomeGrown, I used lots of granulated cane sugar, plus brown sugar, for baking and canning. High blood sugar readings made me realize that I wasn't doing my type II diabetes any favors. I began to substitute honey whenever possible. Because honey is so sweet, less honey is needed to replace sugar. My husband revealed he was not a fan of honey's flavor, so I began to experiment with maple syrup. We have learned to appreciate the lighter sweetness and rich flavor of real maple syrup.

*Take the time to read labels to be sure you're buying 100% real maple syrup!*

## Maple Walnut Rice Pudding

### INGREDIENTS

1 cup walnuts  
6 eggs  
3 cups milk  
1 cup maple syrup  
1 Tablespoon vanilla extract  
1 teaspoon maple extract  
1/2 teaspoon salt  
6 cups cooked brown rice

### DIRECTIONS

Preheat oven to 350 degrees. Butter a large flat casserole.

On a rimmed baking sheet, toast walnuts for 10 minutes. Remove from hot pan to cool. Once cooled, coarsely chop walnuts and set aside.

Beat eggs until light. Stir in milk, maple syrup, vanilla and maple extracts, and salt.

In a large bowl, mix together rice and walnuts. Stir in liquid mixture until completely combined.

Pour into prepared pan. Place pan on cookie sheet.

Bake 45-60 minutes until the center is firm and edges begin to brown.

Serve warm or chilled.

Cover and refrigerate leftovers.

### SERVING SUGGESTIONS

Serve as dessert or breakfast. Top with whipped cream or ice cream.