

Hogtown HomeGrown

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2008 Eat Local Challenge

Are you ready to challenge yourself?

Are you ready to eat seasonal, local food for the month of May?

Eat food in season. Buy from local farmers and food producers. Patronize local restaurants, seafood stores, bakeries, coffee roasters. Keep track of what you eat for each meal during the month of May.

Just imagine a breakfast of fresh berries, yogurt from the Kurtz family, a drizzle of Charlie's honey, and a scone from a local bakery.

How about a lunch of local foods—soup and salad—brown bagged from home or eaten at a local restaurant?

Dinner could be local seafood on the grill with veggies and potatoes followed by a dessert of fresh cantaloupe.

It is really easy and delicious to eat seasonally and buy locally!

How to participate in the 2008 Eat Local Challenge

Register April 1, 2008 - April 30, 2008

online at www.hogtownhomegrown.com

or in person at the Hogtown HomeGrown table during Union Street or Haile Plantation Farmers Markets.

Keep track of your eating May 1, 2008 - May 31, 2008 on the Keep Track Chart we created just for this challenge!

Turn in your completed chart at the Community Celebration on May 31st to be eligible for prizes.

Join with friends and family—take the challenge together.

Get fresh with your food !

The Perfect Baked Potato

INGREDIENTS

1 russet type potato per person

DIRECTIONS

Wash potato well and dry thoroughly. Poke potato twice with fork. Place in preheated 350 degree oven. Cook until potato gives when squeezed—about 60 minutes. Remove from oven and wrap in a clean dish towel. Using the towel to protect your hands, roll each potato between your hands. Keep potatoes hot until serving. To serve, use a fork to poke an "X" in the top of each potato and push sides together to fluff and expose the potato's interior. Serve hot with unsalted butter, sour cream, salt and fresh ground pepper. Note—You can eat a microwaved potato, but don't mistake it for a perfect baked potato!

Dill Potatoes

Boil potatoes whole.

When fork tender, drain and cut into rough pieces. Melt a little butter, add one grated clove of garlic and a lot of chopped fresh dill. Stir potatoes in butter mixture until coated.

Serve hot.

Editor's Note

I have received quite a few phone calls and emails about last month's "What's fresh right now?" because I included green beans in the list. While I try to include only local, seasonal produce on the list, sometimes items are available at our local farmers markets that come from Florida, but are not currently available in our area. If you have any questions about the produce you find—ask the farmer where it was grown!

Local and Fresh—Potatoes

From their origins in the Andean highlands of Peru, potatoes have traveled around the world and become a staple on the tables of many different cultures. Here in North Florida, we are blessed with major potato growing operations, some for chip production. Red skinned, all-purpose white and Yukon Gold are all grown locally and have different uses in the home kitchen.

Local reds and some whites tend to be of the waxy variety, best suited for recipes that require the potato to hold its shape, such as soups and salads. Yukon Golds can be either boiled or baked, with a beautiful creamy yellow interior that looks like it has already been buttered. Some of our local white potatoes are similar to Russets, with starchy interiors that cook up light and fluffy, and make perfect baked potatoes or french fries.

What's Fresh Right Now?

Broccoli
Cabbage—green, bok choy, chinese
Carrot—bunches
Chard—swiss, rainbow, red
Citrus—orange, grapefruit, tangerine
Cucumbers—mini hydroponic seedless
Fennel
Garlic—chives, elephant, gar-leeks
Greens—curly tuscan/red/white russian
kale, escarole, sorrel, spinach
dandelion, collards, baby mustard
Herbs—basil, sage, rosemary, cilantro,
parsley, dill, lime leaf, lemongrass
Lettuce—red leaf, green leaf, salad mix,
arugula, spicy mix, hydroponic
romaine and bibb, boston leaf,
buttercrunch, spicy cress
Onions—sweet, green and red scallions
Peppers—green, red sweet bell
Potatoes—sweet, red skin
Radishes—globe, daikon
Roots and Greens—beets, turnips,
kohlrabi
Snow Peas
Starfruit
Strawberries
Tomatoes—cluster, beefsteak, plum

Potluck Potato Salad

INGREDIENTS

3 pounds potatoes, boiled whole
1 bunch scallions, chopped
2 ribs celery, chopped
1 cucumber, peeled and chopped
1 zucchini, grated
1 cup flat leaf parsley, chopped
1/2 cup dill, chopped
1/2 cup olive oil
1/2 cup lemon juice
2 teaspoons lemon zest
2 cloves garlic, grated
1 tablespoon Dijon mustard
1 teaspoon salt
1/2 teaspoon ground pepper
2 tablespoons capers (optional)

DIRECTIONS

While potatoes cool, whisk together olive oil, lemon juice and zest, garlic, mustard, salt and pepper.

Dice potatoes—with skins or without? You decide! In a large bowl mix potatoes with veggies and herbs. Mix in half the dressing, toss to coat. Pour remaining dressing over salad and mix lightly. Top with capers if desired. Serve at room temperature or chilled. This salad can sit at room temperature for hours without spoiling, so it is perfect for picnics too! Store covered in the refrigerator.

Potato Pancakes in a Hurry

INGREDIENTS

2-3 tablespoons olive oil
8 large red potatoes, boiled until just done and refrigerated until completely chilled (overnight)
1 sweet onion
3 eggs
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 cup chopped herbs, dill or parsley are tasty additions (optional)

DIRECTIONS

Heat cast iron pan or heavy skillet over medium-high heat, add oil. Grate potatoes and onions. Beat eggs and add potatoes, onions, salt, pepper and optional herbs. Mix well, until potato is completely covered with eggs. To make one large pancake per person, divide mixture into fourths and spoon one fourth of the potato mixture into hot pan. Using a spatula, press potatoes into compact cake and allow to cook undisturbed for 5-7 minutes, flip (you may need two spatulas if the pancake is very large) and continue to cook for an additional 5 minutes. Smaller pancakes use about 1/2 cup of potato mixture and take about 5 minutes to brown completely, then flip and cook an additional 3-5 minutes. Surface of pancakes is brown and crunchy, but the inside is creamy. Serve hot with applesauce and sour cream.

Tricks and Tips

Boiling potatoes ahead of time is a great timesaver. When you cook some for dinner, add a few to the pot to keep in the refrigerator for quick meals and snacks. This recipe will not work with grated raw potatoes, since they take a longer time to cook.

Kale with Ginger and Lemon

INGREDIENTS

2 tablespoons olive oil
1 large bunch of fresh kale, washed well and cut crosswise into 1/2 inch slices
2 leeks or gar-leeks, sliced into small rounds
2 cloves garlic, smashed and chopped
2 tablespoons fresh ginger root, grated
1 teaspoon salt
1 teaspoon sugar
1 lemon, juiced
1/2 cup water

DIRECTIONS

Using a pot with a lid, heat oil over medium heat and add kale. Stir until limp and add leeks, garlic and ginger. Sauté until garlic is soft, stirring occasionally. Add remaining ingredients, stir well, cover and simmer over low heat for at least 30 minutes, until sweet and tender. Serve hot. Cover leftovers and store in the refrigerator. Note—I used a kale that had small stems, but if you are using a large-stemmed variety, remember to strip the leaves off the stems before slicing into strips.

Tricks and Tips

Every time I visit a local farmers market, I am astounded by the numerous varieties of kale—from small tender leaves with small stems to giant dinosaur kale. Kale is a great way to introduce kids to greens, since it doesn't have the bitterness of other greens, but has more body and taste than spinach.

Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More
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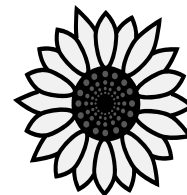
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Saturdays 830-12pm
Haile Village Center
off Tower Road



**Alachua County
Farmers Market**
Saturdays 830-1pm
5920 NW 13th Street
www.441market.com

Tricks and Tips

There are very few kitchen controversies in my family, but here's a good one—do you stir the mayonnaise, mustard and relish together before adding them to the potatoes or do you just mix all the ingredients at the same time? Silly? Perhaps, but which way do you do it and why?

Potato Salad Southern Style

INGREDIENTS

3 pounds potatoes
1 bunch scallions, chopped
1 cup mayonnaise
1/4 to 1/2 cup sweet pickle relish, to taste
6 ribs celery, chopped
6 eggs, boiled
1/4 to 1/2 cup mustard, to taste
salt, pepper and Tabasco (optional)

DIRECTIONS

Boil potatoes whole, with skins, until fork tender. Let cool, then chop into bite size pieces. Combine with celery and scallions. Add mayonnaise, mustard and relish—either mix together or just dump individually into potato mixture—and stir well to combine. Taste—does it need more mustard or relish? How about salt or pepper? If you want just a little zip, add Tabasco. Stir again, making sure you use a light touch so you don't end up with mashed potato salad. Add eggs, mixing well so they are distributed evenly. Cover and refrigerate until serving. Note—You must let the potatoes cool before mixing the ingredients together, or all your dressing will be absorbed and you will have dry, sticky potato salad. Want to substitute low-fat yogurt for all or part of the mayonnaise? The taste will be a little tangy and flat—just add extra relish and a little salt and pepper.