

Hogtown HomeGrown

Volume 5 Issue 8

August 2010

Inside this issue:

I'm taking a Slow (Food) trip to Italy 1

What's Fresh Right Now? 2

Local and Fresh—Eggplant 2

Eggplant, Herbs and Balsamic Vinegar 2

Grilled Eggplant Stuffers 3

Barley Shitake Risotto 3

Leftover Rice Pudding 4

I'm taking a Slow (Food) trip to Italy

I have so much to tell you, but first, here's the back story.....

The year—1986. The city—Rome, Italy. The issue—MacDonald's wants to open a location near the famous Spanish Steps. The action—outraged Italians take to the streets with bowls of penne pasta to protest. The immediate result—no MacDonald's. The long term result—the birth of a cultural revolution based on food.

The year—1989. The city—Paris, France. Slow Food International is formally signed into existence by representatives from 15 countries. The legacy—people all over the world working to ensure that everyone's food is good, clean and fair.

Fast forward to 2010—Slow Food chapters (known as convivium) exist in 132 countries with over 100,000 members worldwide. Every other year since 2004, representatives from those countries have gathered for Terra Madre, a conference designed for conversation and action. The goal—Slow Food activists, with the help of simultaneous translators, sharing solutions during regional and interest-centered meetings designed to create and facilitate change.

The reality—out of 5000 delegates world-wide, only 400 are from the United States. The surprise—Gainesville has 3 delegates to this year's Terra Madre in Turin, Italy, and I am proud to be one of them! The other representatives are also part of Gainesville's active food community. Anna Prizzia is the president of Slow Food Gainesville, our local convivium, and Director of the University of Florida's Office of Sustainability. Melissa Desa, a local convivium board member, is the Community Food Project Coordinator for FOG (Florida Organic Growers and Consumers).

Terra Madre is October 21-25, 2010, and you can read all about it on their website—www.terramadre.info. Delegates provide their own transportation to Italy, but once we arrive, our ground travel, food and accommodations are taken care of by Slow Food. While I am proud to be chosen as a delegate, I am also humbled by this honor. I look forward to meeting food activists from around the world to share stories as we move to create a planet where good, clean and fair food is available to all!

On a personal note—this trip is my first venture to another country—except for a walk into Tijuana, with my parents, in 1975. Due to a long-standing fascination with Italy, I have pored over guidebooks for years, watched all of Rick Steve's travel shows on PBS and dreamed of all things Florence. Now, with the trip only weeks away, it is time to move the theoretical to the practical—no matter how long the trip, we cannot see everything. However, I will attempt to taste everything, visit markets in every town, take a couple of cooking lessons from Italian chefs, and savor the fall seasonal favorites—porcini mushrooms and both white and black truffles. A friend said she can't wait to see the recipes I will create when we return—this should be really fun for all of us! Ciao!



**Tioga
Monday Market**
Mondays 4-7pm
Tioga Town Center
West Newberry Road



**Union Street
Farmers Market**
Wednesdays 4-7pm
Community Plaza
Downtown Gainesville



**High Springs
Farmers Market**
Thursday 2-7pm
Downtown High Springs
Corner Main St and 1st Ave
farmersmarket.highsprings.com



**Haile Village
Farmers Market**
Saturdays 830-12pm
Haile Plantation
off Tower Road



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

What's Fresh Right Now?

- Basil—italian, thai, purple, microgreens
- Beans—green, long
- Corn—yellow, white
- Cucumbers—mini seedless, slicers, Kirby
- Eggplant—white/italian, white/purple asian, multi-colored small
- Figs
- Garlic—chives
- Herbs—basil, marjoram, parsley, thyme, tarragon, orange/pineapple mint, peppermint
- Honey
- Lettuce—summer mix
- Melons—red/yellow watermelon, cantaloupe, honeydew
- Okra
- Pears—native
- Peas—white acre, zipper cream
- Peppers—green/red/yellow/orange sweet bell, habanero, banana, scotch bonnet, datil, jalapeno
- Potatoes—white, sweet
- Radish—microgreens
- Shoots—pea, corn, sunflower
- Spinach—asian
- Squash—summer, zucchini, spaghetti, acorn, golden acorn, butternut, calabasa, seminole, blossoms
- Sprouts—sunflower, mung, lentil, alfalfa
- Sweet Potatoes
- Tomatoes—beefsteak, grape, cluster, green, heirloom, cherry, sungold

Yes, the market list is shorter this month—that's because it is so hot. Lettuce and blueberries will be gone within a week. Summer mix might keep growing a little while longer, since it contains more of the heat loving greens/lettuces than spring mix.

Look for lots of eggplant, peppers, zucchini and tomatoes—ratatouille anyone?

Local and Fresh— Eggplant

Rich, full-bodied eggplant is one of my favorite veggies. Look for glossy skin and firm texture—whether the eggplant is the traditional pear-shaped Italian variety, the long, thin oriental type, or one of the many smaller varieties. Store wrapped in the refrigerator until ready to cook.

Peeling eggplant is a matter of personal preference and largely depends on the recipe. I peel only the eggplants used in dips and only for the appearance.

Older varieties required salting to remove bitterness, but new eggplant varieties don't seem to taste bitter, so salting isn't necessary.

Salting eggplant to remove moisture is another matter of personal preference. I tasted eggplant prepared both ways and preferred the cooked texture of the unsalted eggplant.

Eggplant, Herbs and Balsamic Vinegar

INGREDIENTS

- 2 medium eggplant, cut into 1/2" rounds
- 1/4 cup olive oil, or more
- 1/2 cup mixed fresh herbs, roughly torn
- 3-4 Tablespoons balsamic vinegar
- salt and freshly ground pepper to taste
- 1/4 cup grated hard cheese (optional)

DIRECTIONS

Preheat oven to 400 degrees. Coat eggplant rounds with olive oil. Place in one layer on baking sheets.

Bake 20-30 minutes, turning eggplant at least once. Cooked eggplant will be golden brown with a creamy interior.

Layer eggplant with herbs, vinegar and seasonings. Cover and allow to sit at room temperature for at least 15 minutes before serving. Refrigerate leftovers—tastes great cold!

Save the World—One Dinner at a Time!

Grilled Eggplant Stuffers

INGREDIENTS

2 large Italian eggplant, white or purple
1/2 cup pesto
1/2 cup oven-dried tomatoes in oil, drained and chopped
1/2 cup smoked fresh mozzarella, cut into very small cubes or shredded
1/4 cup toasted pine nuts
1/4 cup olive oil

DIRECTIONS

Cut eggplant crossways into 2 inch slices. Using a sharp knife, slice through the skin to create a pocket in each slice (think stuffed whole pita pockets).

Mix together pesto, tomatoes, mozzarella and pine nuts. Stuff eggplant slice with 2-3 Tablespoons of this mixture, leaving a space near the cut opening, so the eggplant will close.

Preheat grill to medium-high. Lightly rub both sides of each stuffed eggplant round with oil and place in a grill basket. Turn after 5 minutes—you should see grill marks and some browning. Cook another 5 minutes. At this point, use a fork or knife to check the tenderness of the eggplant. When ready, the eggplant should be lightly browned and tender to the touch, the cheese melted and the filling hot. Serve hot or at room temperature.

Barley Shitake Risotto

INGREDIENTS

4 cups no-chicken or veggie broth
1/2 cup dry sherry (not “cooking” sherry) or water
2 Tablespoons olive oil
1/4 cup finely diced onion or shallot
6 medium-sized shitake mushrooms, stems removed and sliced thinly
1 cup pearled barley

DIRECTIONS

Mix the broth and sherry in a saucepan over high heat, bring to a slow boil, then turn to low and cover until ready to use.

In another saucepan, heat olive oil over medium-high heat, add onions and stir until translucent. Add mushrooms and sauté for 3 minutes, stirring continuously. Pour in barley and stir well to coat with oil. Saute another 2 minutes.

Uncover the broth and ladle 1/2 cup into the barley mixture—careful, it might spatter. Keep the risotto pan at a simmer, continue to stir until most of the broth is absorbed, then add another ladleful. Don't leave the risotto for more than 5 minutes. The barley will absorb all the broth and be tender and creamy in about 30-45 minutes. Serve immediately.

NOTE: For a non-vegan risotto, butter or cheese may be added when all the broth is absorbed.

Tricks and Tips

Sometimes it is very difficult to grate or shred a softer cheese, such as fresh mozzarella. Try putting it in the freezer! Just a few minutes in the freezer will firm it up and make it shred smoothly. It also raises the temperature of the cheese so that it will melt, but not overcook.

Tricks and Tips

Has this ever happened to you? You bought a little brown paper bag full of shitake mushrooms at the farmers market, put it in the refrigerator and forgot about it. When you take a look a week (or more) later, the once lovely shitakes are shriveled, dry and tough. Don't throw them out! Just drop them into the pot of stock to rehydrate, scoop them out, pat dry, slice and sauté!



Ward's Supermarket

We Make it Easy to Eat Local—Since 1951

Local and organic produce— Fresh barbecue everyday,

Dairy— Bread— Cheese— Fresh meat and fish,

Organic and bulk foods— Chocolate— Flowers— Coffee— Wine

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

515 NW 23rd Avenue 352 372-1741

Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More
Copyright © 2010 Stefanie Samara Hamblen

www.hogtownhomegrown.com

352 374-8561

hogtownhomegrown@gmail.com

DOGWOOD LANE FARM Homegrown Vegetables



NEW — Goat and Poultry Products
Rusty & Mary Ludlam 386 209-1246
rmludlam97@windstream.net

Mosswood Farm Store

Open Daily except Monday
Serving Organic Coffee & Pastries
Sunday Farmers Market
12-4pm
703 Chokolka Boulevard
Just off 441 in Micanopy
352-466-5002
*Earth-Friendly Essentials for
Country Living and Urban Survival*

The Jones

Open every day
8:00am-10:00pm
*Serving Love in Every Bite
Every Day and Every Night!*
410 NE 23RD AVE 373-6777



Junselle's
TURKISH GOLD
**GOURMET
INGREDIENT MIX**
www.junselle.com
352-316-5489

SARAS Seasoning Mix

Three Varieties!
*Used for generations to season
dips, salads, soups, veggies, meat and fish!*
majesticenterprises@hotmail.com
352-260-2490
Follow us on Twitter!
www.twitter.com/SARAS_FOOD



Glades Ridge Goat Dairy

Raw Milk and Cheese
Hormone and Antibiotic Free
Available Fresh or Frozen
Alachua County(441) Farmers Market
Saturdays 8:30am - 1pm
Wholesome Food—Pet Consumption Only
Lake Butler 386 266 7041

NORTHWEST SEAFOOD, INC.



GAINESVILLE, FLORIDA

Fanatics Of Freshness
Open Mon-Sat 10:00am-6:30pm
Millhopper (352) 371-155
Tioga Town Center (352) 333-3298
www.northwestseafood.com



www.aersi.com
352.376.8399

KUMARIE'S ORGANIC GARDEN

*Certified Organic - USDA
Home Grown in Alachua*
CSA SHARES AVAILABLE
Farmers Market Pickup Locations:
Saturday—Alachua County/441 and Haile Village
Wednesday—Union Street, Downtown Gainesville
Thursday—Circle Square Commons, Ocala
386-418-0320
hemchan108@yahoo.com

BAGEL BAKERY



Breakfast All Day
Bagels—Muffins—Croissants
Fresh Fair Trade Coffee
Espresso Drinks
Quick Lunch Specials
Bagel, Wrap and Focaccia Sandwiches
Locally Owned and Managed
M-F 630am-5pm Sat 7-4 Sun 8-4
Next to Millhopper Publix 384-9110

Tricks and Tips

Using leftovers is a great way to stretch your food dollar. Slow Food founder Carlo Petrini reminds us not to use our refrigerators as tombs for our wasted food. Leftovers that are one or two servings can serve as lunches. But what if you have a large amount? I recently had 12 cups of leftover rice from Tim's Thai takeout. I refrigerated all the rice in one airtight container until I had time to make the rice pudding.

Leftover Rice Pudding

INGREDIENTS

4 cups leftover cooked rice
1/2 cup raisins
1/4 - 1/2 cup brown sugar
1/8 teaspoon salt
1 1/4 - 1 1/2 cups milk
2 eggs, lightly beaten
1 teaspoon vanilla extract
2 Tablespoons brandy (optional)
Sprinkle of cinnamon

DIRECTIONS

Preheat oven to 350 degrees. Butter a medium-sized ovenproof baking dish. In a large bowl, mix the rice, raisins, brown sugar and salt together. Add milk to cover, stir well and let sit at room temperature for about 15 minutes, to soften the rice. Beat in the eggs until completely combined, then add the flavorings and stir well. Pour into the prepared baking dish and smooth with the back of a spoon so that all the rice is submerged. Sprinkle generously with cinnamon. For creamy rice pudding, bake covered 30-45 minutes depending on the shape and size of the dish. For a drier rice pudding (this is how my Mom likes it), bake uncovered for 30-35 minutes. The test for doneness is the same for either method—check the center for liquid—you don't want it runny!

Cover and refrigerate leftovers—but don't forget to eat them!

