

Hogtown HomeGrown

Volume 10 Issue 8

August 2015

Inside this issue:

A Pi Day Pear Pie with no Peer 1

Katy's Pear Pie with Gruyere Crust 1

What's Fresh Right Now? 2

Local and Fresh—Florida Pears 2

Baked Florida Pears 2

White Zucchini Parmesan 3

Crispy Tofu 3

Ricotta Pie with Stone Fruit Topping 4

A Pi Day Pear Pie with no Peer

Last March, in celebration of Pi Day (March 14, 2015—you know, 3.1415) Florida Organic Growers (FOG) organized a Pi Jamboree at the lovely Porters Community Farm. The day was warm, but beautiful. Rows of flowering broccoli, emerging radishes and fragrant herbs were overpowered by the sweet smell of citrus blossoms. Bees lazily buzzed and pollinated while the pies were judged and the crowds waited somewhat patiently to eat.

After tasting just a few of the almost three dozen entries, I settled on one piece of pie to finish. The filling was good, but the crust got my attention—buttery and flaky, with an elusive nutty taste. After quizzing the baker, I was even more intrigued. Not only had she used whole wheat flour, but the crust contained shredded gruyere cheese. So, of course I asked for the recipe and she obliged by email the next day, saying “I’m glad you enjoyed it so much, it’s almost like winning!” The recipe is hers, but the filling has been changed to use our native Florida pears.

Katy's Pear Pie with Gruyere Crust

INGREDIENTS

2 1/2 cups whole wheat flour
1 teaspoon salt
1 Tablespoon sugar
4 1/2 ounces gruyere, finely grated
20 Tablespoons very cold unsalted butter, cut into 1 inch pieces (Yes, 2 1/2 sticks!)
6-7 Tablespoons ice water

DIRECTIONS

Combine flour, salt, sugar and gruyere in food processor bowl. Pulse once or twice to mix. Add butter and pulse until butter chunks are the size of peas.

Add ice water one tablespoon at a time with the machine running until dough clumps together. Remove dough and form into two disks, wrap and refrigerate overnight.

Using a small amount of flour, roll dough out both disks and fit one into 8 inch pie pan. Spoon in filling, top with remaining dough, crimp edges to seal and cut slits to vent.

Bake in a preheated 375 degree oven for about 45 minutes, until the crust is golden.

Cool before cutting, Cover and refrigerate leftovers.

Spiced Poached Pear Pie Filling Peel, quarter and core 3 pounds Florida pears. Poach in 1 1/2 cups water seasoned with 1 teaspoon salt and 1/4 cup sugar. When the pears are fork tender, drain, slice and toss with 2 teaspoons each vanilla and cornstarch, 1 teaspoon cinnamon, 1/2 teaspoon ginger and 1/4 teaspoon cloves. Yields filling for one 8 inch pie.

What's Fresh Right Now?

Beans—green/purple long

Bitter melon

Citrus—juices

Corn—silver, yellow

Cucumbers—mini seedless, pickling

Eggplant—purple italian, purple asian, fairytale

Garlic—chives

Greens

Herbs—parsley, mint, italian/purple/lemon/thai and holy basil, chives, thyme, sage, oregano

Honey

Melons—watermelon

Moringa

Muscadines

Mushrooms—shiitake, oyster, chanterelle

Okra—green, burgundy

Onions—green, sweet

Pears

Peas—crowder, white acre

Peppers—red/green sweet, habanero, jalapeno, poblano, variety sweet and hot

Pineapple

Potatoes—white, red, sweet

Radish—globe, daikon

Shoots, Sprouts and Microgreens

Squash—zucchini, yellow, acorn, butternut, pink banana, calabaza, seminole pumpkin

Tomatoes—grape, cherry, beefsteak, heirloom, green

Attentions Salad Lovers

Keep your eyes open for out-of-season romaine lettuce. Abundance Aquaponics is growing the Jericho variety and recently offered it at the 441 Market.

Local and Fresh— Florida Pears

Hard and green, our native Florida pears are not much to look at, but what they lack in aesthetics they make up for in flavor. This crispy fruit can drip with juicy sweetness and the grainy texture gives them the nickname “sand” pears.

Look for firm fruit without soft or dark spots. Store for the short term in one layer at room temperature or longer in the refrigerator. Do not wait for them to get soft before using—they will be rotted on the inside by then. The flavor and texture of the skin are an acquired taste, so try it yourself, but be prepared to peel before eating or cooking.

Baked Florida Pears

INGREDIENTS

6 Florida pears, peeled, halved and cored
1/2 cup dried whole cranberries
1 cup apple or apple-cranberry juice
2 Tablespoons honey or maple syrup

DIRECTIONS

Preheat oven to 350 degrees.

Place pears cut side up in one layer in a roasting pan. Top with dried cranberries and juice. Drizzle honey over the top of the pears.

Cover and bake 60-90 minutes until fork tender. Cool slightly before serving.

Cover and refrigerate leftovers.

SERVING SUGGESTION

Serve warm or cold as a side dish or dessert. Also good as a breakfast food. Try as a topping for cooked grains or yogurt.



Haile Village

Farmers Market

Saturdays 830am—12pm

Haile Plantation

off Tower Road

www.hailefarmersmarket.com

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

Henderson & Daughter Plants and Produce

Thank you for your support!

Our season has ended,

but we will return to the

441 Market on December 12th

Follow us - www.facebook.com/henderson.and.daughter



Alachua County

Farmers Market

Saturdays 830am—1pm

5920 NW 13th Street

www.441market.com

White Zucchini Parmesan

INGREDIENTS

6-8 zucchini, each about 8 inches long
1/2 cup olive oil
16 ounces or approximately 2 cups whole milk ricotta
4 ounces Parmigiano Reggiano

DIRECTIONS

Preheat oven to 375 degrees. Lightly oil an 8x8 or 9x11 baking dish.

Cut zucchini lengthwise into long 1/4 inch thick slices. There will be irregular slices—it's just fine. They can hide in the bottom layer!

Brush slices with oil on both sides and place in one layer on cookie sheets. Bake zucchini slices for 10 minutes. Remove from oven and use tongs or a spatula to carefully flip each piece. Return to oven and bake an additional 5 minutes. Zucchini should be tender but hold its shape.

Place half the zucchini slices in one layer to cover the bottom of the prepared baking dish. Remember to use up the irregular slices. Carefully spread ricotta on top until it completely covers zucchini. Place remaining slices on top to completely cover the cheese.

Shred Parmigiano on a very fine grater to create a "cloud" of cheese. Spread evenly over the top layer of zucchini.

Place in preheated oven and bake 35-45 minutes until top is browned. Let casserole rest about 10 minutes before slicing into squares to serve.

Cover and refrigerate leftovers.

Crispy Tofu

INGREDIENTS

1 package extra-firm tofu
3 Tablespoons olive oil

DIRECTIONS

Preheat large, heavy cast iron skillet over medium heat. Once heated, add oil. Wrap tofu in towel to drain excess water. Cut tofu into desired shape and size.

When oil shimmers, add tofu in one layer. Do not move tofu for at least 3-5 minutes. Shake pan or use spatula to loosen tofu. Use tongs to turn each piece over to uncooked side and repeat until browned on every side. Total cook time is 25-40 minutes. Serve hot or warm.

Cover and refrigerate leftovers.

Parmesan, Parmigiano Reggiano, Parmigiana
Parmesan is the English word for Parmigiano Reggiano, a grainy, aged cheese made in certain regions of Italy. When the word Parmesan is used in Europe, by law it specifically means Parmigiano Reggiano, but in the United States the word can refer to any cheese imitating the real thing. As for Parmigiana—traditionally a layered casserole of eggplant with tomato sauce and cheese, today's Parmigiana includes dishes with veal, chicken and even zucchini.

Tricks and Tips

For years I tried to make crispy browned tofu, golden and crunchy on the outside, light and creamy on the inside. I could never get it right, but, as I've aged, I figured out what was missing—**PATIENCE!**

Ward's Supermarket

We Make it Easy to Eat Local



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

515 NW 23rd Avenue 352 372-1741



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

Follow me on:



Amie Jean
CHALK PAINT

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



Specialty Coffee ~ All Natural Ice Cream
Unique Gifts ~ Healthy Café
Local Artists ~ 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

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

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



MARKET STREET PUB

& CABARET

112 SW 1st Avenue

marketstreetgainesville.com



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



www.aersi.com

352.376.8399

Linda Blondheim Art Studio

Commission Your Dream Painting
Landscapes • Trees • Flowers

Inside Paddiwhack
1510 NW 13th Street, Gainesville, FL
(Next to Lloyd Clarke Sports)
http://www.lindablondheim.com

Baker Baker

Your Neighborhood Bakeshop

Serving all the pastries you've come to love
(along with a few new items)
Proudly brewing Opus coffee

OPENING
Monday,
August 24th

407 SW 4th Avenue

(East of UF's Innovation Plaza)

7-11am Mondays-Thursdays

www.bakerbaker.net

Tricks and Tips

Peaches, plums, nectarines and apricots are all stone fruits. While we Southerners call the big seed in the center of each a "pit" other cultures call them "stones" - hence the name stone fruit! Due to our summer heat and lack of chill days in the winter, North Central Florida only has some very small native plums plus a few peaches and nectarines produced early each summer. If you ever travel to San Francisco in late summer, make a point to go to the Ferry Plaza Farmers Market to see the amazing mounds and varieties of stone fruits. Stuck in Gainesville? Get some yummy South Carolina peaches from Ward's!

Ricotta Pie with Stone Fruit Topping

INGREDIENTS

- 4 cups sliced peeled peaches or other stone fruit
- 1/4 cup honey
- juice and zest of one lemon
- 16 ounces or approximately 2 cups whole milk ricotta
- 4 eggs
- 1/4 cup honey
- 1/2 teaspoon vanilla extract
- very small pinch of salt
- a grating of fresh nutmeg

DIRECTIONS

Lightly grease an 8 inch pie pan. Preheat oven to 350 degrees.

Combine peeled, sliced fruit, honey and lemon zest and juice in a saucepan over medium heat. Stirring occasionally, cook until fruit slices release their juice and become very tender. Set aside to cool.

In a large bowl, whisk eggs one at a time into ricotta. Add honey, vanilla and salt and stir well to combine. Pour ricotta mixture into prepared pie pan. Top with a light dusting of nutmeg.

Put pie pan on cookie sheet and place in oven. Bake 30-40 minutes until set and the edges just begin to brown. Remove from oven and set on a rack to cool about 30 minutes.

Carefully slide cooked fruit topping onto cooked pie, arranging slices into one layer as gently as possible. Place uncovered in refrigerator to chill for at least two hours before serving.

Cut into wedges. Wipe knife after each slice for best results.

Cover and refrigerate leftovers.