

Hogtown HomeGrown

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Talking the talk? Walk the walk!

We have out of town visitors from time to time and taking them out—to eat and to shop—is always part of their visit to Gainesville. As I look around our growing town, there are sections that look like every other city—needless to say, that is not where we take our visitors. We want to show them Paynes Prairie’s sandhill cranes—the Duckpond’s historic houses and Thomas Center—the University of Florida’s Carillon Tower, The Swamp and the Lake Alice bat house—all places that make Gainesville unique.

Talking the talk about spending money locally has actually changed our behavior so much that we now easily walk the walk. This became really obvious as my mom and I planned a recent weekend with my cousin Susan, who lives in New Jersey, but has New York City in her veins. Susie said to skip the beach, she wanted to see Gainesville—farmers markets, art, favorite restaurants. Well, the first two were easy—we always shop the farmers markets on Saturday mornings and it was the weekend of the Downtown Arts Festival!

But where to eat? The day she arrived we had a fun lunch at Satchel’s—the perfect introduction to Gainesville. Most breakfasts were at home, but Mom suggested Sunday brunch at The Jones Eastside. During lunch Saturday we would be at the Downtown Art Festival, so locally-owned Harvest Thyme provided healthy choices with local ingredients, just a quick walk away from the crowds.

That left dinners. Friday night Susie ate with Mom. Saturday night was the night for me to show off some cooking skills with seasonal produce and local seafood (although I did serve some luscious lemon meringue tarts from Upper Crust.) Sunday night Susie took us out—she said to pick a restaurant that was on our list, but that we had yet to try. Careful consideration resulted in a unanimous decision—we had a wonderful dinner at The Paramount Grill—food artfully presented with layered innovative flavor combinations.

Spending money in local stores and restaurants takes a little more planning than just picking a familiar chain, but the effort is worth it both for you and the local business owners. Make the effort—shop at local stores for holiday gifts this season—every dollar you spend at a locally-owned business keeps 68 cents in our local economy.

Take the 3/50 pledge at www.the350project.net Pick 3 locally-owned restaurants or stores and spend \$50 a month in each. Buy your seafood from a local store, instead of a big box. Feed your mind with books from a locally-owned bookstore, instead of a national chain. Wine, beer, cheeses, baked goods, art, crafts, jewelry—it is easy to find local sources for your wants and needs.

Another approach to spending locally is to make the 10% shift, an idea being promoted by the founders of the new co-op. Move 10% of your regular spending from out-of-town chains to local sources. Try this with produce! Visit the farmers markets or a locally-owned grocer for your veggies instead of a chain grocery store. It is definitely worth your time and effort to get fresher, seasonal produce grown by local farmers.

Dolly Levi said it best in *Hello Dolly*, “Money, pardon the expression, is like manure. It’s not worth a thing unless it’s spread around, encouraging young things to grow.” Don’t wait for next May’s Eat Local Challenge. This holiday season and all year-round—spread your money around locally and watch our local economy grow!



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 2-6pm
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?

- Arugula
- Bananas—plantains
- Beans—long, wing, pole, green
- Bok Choy—baby, regular
- Cabbage—head, napa
- Chestnuts
- Citrus—grapefruit, navels, red navels, tangerines, lemons, meyer lemons
- Cucumbers—mini seedless, slicers, kirby
- Eggplant—purple italian, oriental, mini-italian, thai, red thai
- Garlic—chives, elephant
- Greens—rappini, endive, collards, kale, swiss chard, dandelion, mustard, turnip, red mustard, cavolo
- Herbs—italian/thai basil, cilantro, parsley, sage, lemongrass, oregano
- Honey
- Lettuce—boston bibb, green leaf, red tip green leaf, spring mix, romaine, red romaine
- Malabar spinach
- Mushrooms—shitake
- Okra
- Onions—yellow, green (scallions)
- Papaya—green, ripe
- Pecans
- Peppers—green/red/yellow sweet bell, jalapeno, habanero, cayenne
- Persimmons—astrigent/non-astrigent
- Pineapple
- Potatoes—white, red, sweet
- Rutabagas
- Spinach
- Squash—summer, zucchini, pumpkin, koosa, white patty pan
- Star Fruit
- Sugar Cane
- Sweet Potatoes
- Tomatoes—beefsteak, grape, cherry
- Turnips

Local and Fresh—

Key Limes

Are you lucky enough to have a Key Lime tree growing in a sheltered spot in your yard? Planted throughout the Florida Keys and common as far north as Orange and Lake counties during the early part of the last century, due to the destruction of two major hurricanes, the majority of the remaining trees in the U.S. are single specimens in someone's yard.

Key Limes (also known as Mexican limes) are smaller than Persian limes. The juice is more acidic with a floral scent. The fruit is ripe when the green skin turns yellowish. The flavor is unique, with a pronounced, yet pleasant, bitterness which counteracts its sweetness.

Frozen Key Lime Pie

INGREDIENTS

- 3/4 - 1 cup fresh key lime juice
- 2 cans sweetened condensed milk
- 2 teaspoons lime zest
- 1 deep dish graham cracker crust
- 1 cup whipping cream
- 2 Tablespoons granulated sugar
- 1/2 teaspoon vanilla extract

DIRECTIONS

In a large bowl, whisk lime juice into sweetened condensed milk a little at a time until completely incorporated and creamy. (Make it very tart by using the full amount.) Mix in lime zest and pour into pie shell.

Cover and freeze at least 24 hours before serving.

Whip cream to soft peaks, add sugar and vanilla and continue whipping until stiff peaks form.

Spread whipped cream over top of frozen pie and either return to freezer or serve immediately.

Garnish with lime zest or slices.

Save the World—One Dinner at a Time!

Key Lime Seafood Sliders

INGREDIENTS

1 Tablespoon olive oil
4 scallions, finely chopped
2 teaspoons key lime zest
1 cup fine cracker crumbs
2 eggs, lightly beaten
1 teaspoon mayonnaise
1/2–3/4 cup flour for dusting

1 small clove garlic, minced
1 pound cooked seafood, chopped
1/4 cup key lime juice
1 teaspoon sweet smoked paprika
1 teaspoon fish sauce or Worcestershire
1/4 teaspoon salt
oil for pan-frying

DIRECTIONS

Heat olive oil in sauté pan over medium-high heat. Stir in garlic and green onions. Cook until onions turn bright green. Remove from heat.

In a large bowl mix seafood with lime zest and juice. Add cooked garlic and onions, cracker crumbs and smoked paprika. Stir to combine well.

In a small bowl, mix together eggs, fish sauce and mayonnaise. Pour over seafood mixture and stir lightly until completely combined.

Line two cookie sheets with parchment paper. Place flour on one sheet.

Use 1/3 cup of mixture for each slider. Form into thick patties, coat with flour and place on clean parchment, continuing with entire batch. Refrigerate patties until ready to cook.

Heat 1/8 inch oil in heavy skillet over medium-high heat. Add sliders a few at a time and cook until brown and crisp, turning once. Serve immediately on a bed of fresh spinach with Key Lime Beurre Blanc drizzled over both spinach and sliders.

Tricks and Tips

Sliders can be served on dinner rolls with burger condiments, on a bed of spinach, rice or pasta with a sauce or on a salad with **Lime Avocado Relish**.

Dice a small avocado and mix with 1 teaspoon olive oil, 2 teaspoons lime juice, 1/2 teaspoon lime zest and a dash of salt.

Key Lime Beurre Blanc

INGREDIENTS

1 teaspoon olive oil
1 small garlic clove, smashed and chopped
1/2 cup white wine
1/8 teaspoon salt

1/4 cup scallions, white part only, sliced
1 teaspoon lime zest
1/4 cup key lime juice
5 Tablespoons cold butter, sliced

DIRECTIONS

Heat olive oil over medium heat in a saucepan. Stir in scallions and cook until just wilted, then add garlic and stir constantly for 1-2 minutes—do not brown garlic. Add lime zest and stir before adding wine, juice and salt. Bring to a boil and reduce by half.

Place pan over low heat—the liquid base should be hot, but not simmering. Whisking constantly, add cold butter one slice at a time, allowing each to incorporate completely before adding the next. Remove from heat and serve immediately. To hold for a few minutes before serving, cover the pot with a dry towel in place of the lid and wrap the pot in a towel to retain warmth. Hot pepper flakes may be added with the lime zest for a spicier sauce.

Tricks or Tips

A true beurre blanc uses no cream or egg to bind the ingredients. The creamy emulsion is a result of incorporating cold butter into the hot sauce base without melting it on too high heat. Constant whisking and attention is required for a perfect result, so make the sauce before cooking the sliders. To keep the sauce warm, wrap the warm pot in a heavy towel.



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Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More
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Tricks and Tips

There are many types of dried fruit that can be used in this recipe. Raisins of all types, currants, cranberries and cherries can be used as is. Other fruit needs to be cut into small raisin-size pieces. If the cut pieces stick together, toss the fruit with a little of the measured flour to reduce clumping. Do not soak fruit in liquid before adding to batter or the finished cookies will be gummy.

Fruit and Spice Bar Cookies

INGREDIENTS

14 Tablespoons butter, melted
1/2 cup light molasses
1 Tablespoon ground cinnamon
1 teaspoon mace or nutmeg
1/2 teaspoon salt
1 teaspoon baking powder
1 cup chopped walnuts

DIRECTIONS

Preheat oven to 325 degrees. Prepare a large (10 X 15 inch) baking sheet by lining it with parchment paper.

In a large bowl, mix brown sugar into melted butter. Add molasses and stir until combined. Beat in eggs one at a time, then stir in cinnamon, ginger and mace. Mixture should be completely smooth.

Mix together flour, salt, baking soda and baking powder. Add flour mixture to butter mixture and mix until a few flour streaks remain. Stir in dried fruit and walnuts until completely incorporated, then mix in oatmeal and stir until it disappears into the batter.

Push batter onto parchment-lined baking sheet and smooth batter all the way to the edges and into the corners. Bake in preheated oven for 25-30 minutes, until center springs back when touched lightly and edges are firm. Cool on baking sheet for at least one hour.

Slide entire cookie with parchment paper onto counter to continue cooling. When completely cooled, cut into small squares. Makes approximately 72 cookies.

1 1/2 cups brown sugar, packed
4 eggs
2 teaspoons ground ginger
2 cups whole wheat flour
1 teaspoon baking soda
3 cups dried fruit
1/2 cup Scottish oatmeal or regular oatmeal