

Hogtown HomeGrown

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Our dream came true—let's celebrate!

Once upon a time and right here in Hogtown, six people met at the Food Working Group of Sustainable Alachua County. From that meeting a dream was born...

- We wanted to improve our community's health and economy by helping people find their way back to real, local, sustainable food.
- We wanted to create a place where people could build a food business and also build a life for themselves in a creative and fulfilling way.
- We wanted to open an inspected, rentable kitchen for people who need a legal place to cook, for the public to take classes and for farmers to create value-added products.
- We wanted to encourage people to not only buy local food, but to buy local whenever and wherever they can.
- We wanted to revamp the food system to help farmers and restaurateurs make connections that would be mutually profitable and beneficial for our entire community.
- We wanted to begin to change the world and we wondered what would North Central Florida's food systems look like if we could make our dream a reality?

That meeting was almost four years ago. The group of six became an incorporated board of three. We started slow and did a lot of research. At first, we matched people who needed kitchen time with restaurants with that had kitchen time to rent. As people heard about our plan, we received donations of equipment and kitchen wares, which we eagerly accepted, but it meant we had to pay rent for storage. Our first fundraiser, in March 2010, helped us get some much-needed money to see us through this period. It was also at this fundraiser that we unveiled our name—Blue Oven Kitchens—and kept moving forward.

Without a facility, we worked with other groups and focused on Farm to Restaurant efforts. We created annual workshops to bring together farmers, producers, restaurateurs and supporters in a new forum. We helped design and sponsor the Buy Local NCF campaign that not only helps with our funding, but creates a network of independently owned local businesses. We completed all the paperwork and became a non-profit 501C3 corporation. Of course, we also continued fundraising, with Winter Gift Fair beginning in 2010. Our most recent effort, an online Indiegogo campaign, is live until December 21st!

But no matter what else we worked on, we never forgot our dream of a non-profit, inspected, commercial kitchen. It became a reality when we opened the doors to our first class on November 9, 2012. We are the only such kitchen in Gainesville and just the third in Florida! So now it is time to celebrate and we are making a weekend of it!

Sneak Peek at ArtWalk 6-8pm Friday 12/7 at our facility
Winter Gift Fair 2-5pm Saturday 12/8 at The Jones B-Side
Grand Opening Party 3-5pm Sunday 12/9 at our facility

We are located at 1323 South Main Street. Now that our dream has come true, we are ready to help your dream of a food business become a reality. For more information check out blueovenkitchens.org and to donate go to indiegogo.com/blueovenkitchens



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What's Fresh Right Now?

- Beans**—green
- Bok Choy**—pak choi
- Cabbage**—chinese, napa
- Chard**
- Citrus**—juices, satsumas, lemons
- Cucumbers**—slicers, mini seedless
- Eggplant**—purple, japanese, rosita, florida highbush, black beauty, orient express, hansen
- Garlic**—chives, elephant
- Ginger**
- Greens**—cress, collards, giant red mustard, turnip, spinach, kale, escarole
- Herbs**—cilantro, parsley, dill, rosemary
- Honey**—orange blossom, gallberry, tupelo, palmetto, everglades
- Kale**—tuscan, red russian, curly
- Lettuce**—mizuna, arugula, salad mix, red/green romaine, santo, leaf
- Microgreens**—assorted
- Mushrooms**—chanterelles, shitake
- Nuts**—chestnuts, pecans
- Onions**—green, yellow
- Papaya**—green
- Peppers**—green/red/yellow/purple sweet bell, banana, jalapeno, poblano, hot/sweet banana, sweet pimiento, cayenne, chocolate, habanero, hungarian sweet, cubanelle
- Persimmons**
- Potatoes**—red, sweet
- Radish**—globe, french breakfast, cherry bell, early pink, white icicle, daikon
- Shoots**—pea, sunflower, corn, spring mix
- Sprouts**—alfalfa, clover, quinoa, wheat, sunflower, garbanzo, mung bean, french lentil, green lentil, radish, buckwheat
- Squash**—calabaza, pumpkin, kabocha, hubbard, acorn, butternut, zucchini, georgia sugar roaster, buttercup, jarrah dale
- Tomatoes**—red beefsteak, grape

Local and Fresh— Radishes

Round and red or long and white, radishes of all shades and sizes can be found in the farmers markets during this time of year. The round red globes are very familiar, but have you tried French breakfast radishes or daikon?

Most of us become acquainted with radishes from the few slices in our restaurant salads. I was introduced to radishes when Granddaddy would visit a neighbor before dinner to have a beer accompanied by radishes dipped into salt.

Fresh, spicy slices of radish are wonderful when layered on buttered pumpernickel with a pinch of salt. Some people forget the bread and just use a dab of butter and the salt—the butter tames the spiciness and the salt brings out the sweet undertones.

Another way to accentuate the sweetness of radishes is to cook them. While they can be sautéed in olive oil and seasoned with a drizzle of red wine vinegar, roasted radishes are easier and tastier.

If you prefer raw radishes, but are tired of eating them in salads or by themselves, try using thick slices in place of crackers, as the base for appetizers. Daikon is especially good for this, but any large radish will do. Hummus, cheese, tzatziki sauce or plain greek yogurt make quick and easy toppings to create a tasty gluten-free snack or appetizer.

Roasted Radishes

INGREDIENTS

3-4 globe radishes per person
a drizzle of olive oil
salt and freshly ground pepper (optional)

DIRECTIONS

Preheat oven to 400 degrees.
Trim leaves and root from each radish.
Wash well to remove sand and grit. Dry well.
Place in roasting pan, drizzle with oil and toss to coat. Season if desired.
Bake 15-20 minutes until radishes are crisp tender and lightly browned. Serve hot or at room temperature.

Grouper Chowder

INGREDIENTS

1 Tablespoon olive oil
2 Tablespoons unsalted butter
1 leek, cut in half lengthwise and sliced into thin crescents
5 ribs celery, sliced thinly
1 teaspoon each dried basil and tarragon, divided
2 carrots, cut in half lengthwise and sliced into thin crescents
2 cups red skin potatoes, cut into small pieces
1/2 cup sherry
1 cup hot water
4 cups seafood or fish stock
2-3 bay leaves
4 cups fresh spinach, chopped into small pieces
2 cans (12 ounces each) evaporated milk
pinch of salt
1 1/2 pound, one piece, grouper fillet

DIRECTIONS

Heat olive oil and butter in a large lidded pot. Sauté leek, celery, carrots and potato, with half the basil and tarragon, for 10-15 minutes. Add sherry, water, stock and bay leaves, bring to a boil, lower heat, cover and simmer until potatoes are tender.

Stir in spinach, milk, salt, and remaining basil and tarragon. Cover and simmer 10 minutes, until spinach is wilted. Lay whole grouper fillet into broth, pushing it down to submerge in liquid. Cover and simmer 15 minutes, or until fish flakes easily.

Serve hot with crusty bread. Top with freshly ground black pepper, if desired.

Cover and refrigerate leftovers. Eat leftovers within 3 days.

Sweet Potato Apple Casserole

INGREDIENTS

2-3 medium sweet potatoes, peeled, halved lengthwise, and cut into 1/4 inch slices
2-3 apples, peeled, cored and cut into 1/4 inch slices
1 orange, peeled and sectioned
1/4 teaspoon cinnamon

DIRECTIONS

Preheat oven to 375 degrees.

In an ovenproof pan, layer sweet potatoes and apples with sections of orange and a sprinkle of cinnamon. Decorate the top with rows of alternating sweet potato and apple slices.

Cover tightly with foil and bake at least 90 minutes, until potatoes are cooked through.

Tricks and Tips

This unique method of cooking the fillet whole creates perfectly cooked chunks of fish surrounded by flavorful, vegetable-filled broth.

Make sure the skin is removed—if you have trouble doing this yourself, ask your fishmonger to do it for you.

Use thick, not thin, fillets of fish to ensure even cooking.

You can make the chowder base, without the fish, in advance, cover and refrigerate. Before serving, bring to a simmer over low heat, add the fish and cook as directed.

While I chose fresh grouper for its mild flavor and availability, other fish fillets can be used as well.

Another favorite combination is a chowder with salmon, potatoes, corn and dill.

Create a chowder of your own, by experimenting with the fish, veggies and herbs in season.

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Tricks and Tips
 Whole wheat pan-
 cakes, made with
 fresh good ingredi-
 ents, can be a healthy
 breakfast or even a
 quick dinner. Skip
 the butter on top and
 look for better alter-
 natives to “pancake
 syrup”. Maple syrup
 prices have gone sky-
 high, but it doesn't
 take much to satisfy
 your taste buds. For a
 change, try honey,
 apple butter or apple-
 sauce as toppers.

Pumpkin Pancakes for Two

INGREDIENTS

- 1 cup whole wheat flour
- 1/2 teaspoon each salt and baking soda
- 1 teaspoon baking powder
- 1 Tablespoon unsalted butter, melted
- 1 Tablespoon honey
- 1/2 cup roasted pumpkin, mashed with a fork
- 1 egg
- 1 cup buttermilk
- 1/2 teaspoon pumpkin pie spice OR 1/4 teaspoon each ground cinnamon and ginger

DIRECTIONS

In a small bowl, mix together flour, salt, baking soda and baking powder. Set aside.

In a larger bowl, beat together butter, honey, pumpkin and egg until almost completely smooth. Stir in buttermilk and spices. Mix in dry ingredients until completely incorporated. Let batter sit at room temperature for 5 minutes while pan or griddle is heating.

Lightly oil pan and test for temperature—if a drop of water bounces around, the pan is ready for the pancakes. For each pancake, use a 1/4 cup of batter to make eight 3-4 inch pan-cakes or 1/3 cup to make six 4-5 inch pancakes. Serve immediately.