

Hogtown HomeGrown

Volume 8 Issue 2

February 2013

Inside this issue:

Cooking classes 1
in our home
or yours

What's Fresh 2
Right Now?

Local and Fresh— 2
Fennel

Winter 2
Salad

Shepherd's 3
Pie

Mashed Potato 3
and Rutabaga

Lemon Cashew 4
Cream Veggies

Cooking classes in our home or yours

Blue Oven Kitchens presents two different year-long series of cooking classes taught by me, Stefanie Samara Hamblen. Each class can stand alone, but we will build kitchen skills and confidence as we move through the year. I will continue to offer private lessons tailored to your specific needs, so please contact me for individual, group or family classes.

FIRST SUNDAY COOKING CLASS

*Learn how to make all the recipes
in each month's Hogtown HomeGrown.*

Each month's two to three hour class is part demo and part intensive hands-on, so bring your best knife and cutting board as we cook our way through the recipes.

We will create fabulous food from farm-fresh produce and local items. And then, of course, we will eat it all!

CLASSES ARE
THE FIRST SUNDAY
OF EACH MONTH
2:00-4:00pm (occasionally until 5:00pm)

Class Dates for 2013

Feb 3, Mar 3, Apr 7, May 5, Jun 2, Jul 7,
Aug 4, Sep 8, Oct 6, Nov 3, Dec 1

Class Fees

\$25 per class or \$250 for all 11 classes

Class Registration

Register by calling 352 374 8561
All registrations and payments must
be received 48 hours prior to class.

No refunds for missed classes.

If instructor is notified of cancellation prior
to class, fees may apply to future classes.

Class Location

Blue Oven Kitchens
1323 South Main Street, Gainesville, FL

FOURTH WEDNESDAY HEALTHY KITCHEN DEMOS

Each one hour demonstration will teach kitchen and cooking basics, while featuring local and seasonal food.

Every month will have a new focus to help you cook up a healthier life. Using farm-fresh produce and local items, we'll cook a meal based on what we've learned, and then we will eat it all!

CLASSES ARE
THE FOURTH WEDNESDAY
OF EACH MONTH (except Nov and Dec)
6:00-7:00pm

Class Dates for 2013

Feb 27, Mar 27, Apr 24, May 22,
Jun 26, Jul 24, Aug 28, Sep 25,
Oct 23, Nov 20, Dec 18

Class Fees

\$10 per class or \$100 for all 11 classes

Class Registration

Call 352 374 8561 to register.
All registrations and payments must
be received 48 hours prior to class.

No refunds for missed classes.

If instructor is notified of cancellation prior
to class, fees may apply to future classes.

Class Location

Blue Oven Kitchens
1323 South Main Street, Gainesville, FL





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



Thornebrook
Farmer's Market
Antique Sale
Fridays 3-6pm
2441 NW 43rd Street
352-371-1555

Glades Ridge Goat Dairy

Raw Milk and Cheese
Hormone/Antibiotic Free
Available Fresh or Frozen
Alachua County/(441)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



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



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

What's Fresh Right Now?

Beets

Bok Choy—pak choi, tatsoi

Broccoli

Brussels Sprout

Cabbage—chinese, napa, savoy, red

Carrots—red, yellow, orange, purple

Cauliflower—white, orange, purple-tinged, romanesco

Celery—leaf, stalk

Chard

Citrus—juices, lemons, oranges, tangerines, sour orange, grapefruit

Cucumbers—mini seedless

Fennel

Garlic—chives, gar-leeks

Greens—collards, mustards, turnip, spinach, kale, escarole, sorrel, dandelion

Herbs—cilantro, parsley, dill, rosemary, spearmint, chives, oregano, curry

Honey

Kale—tuscan, red russian, curly

Kohlrabi

Lettuce—mizuna, arugula, butter, mix, red/green romaine, red/green leaf

Microgreens—assorted

Mushrooms—oyster, shiitake

Nuts—pecans

Onions—green, yellow

Peas—english, sugar snaps

Peppers—various sweet and hot

Pineapple

Potatoes—red, sweet

Radish—globe, daikon

Shoots—pea, sunflower, corn, spring mix

Sprouts

Squash—winter

Strawberries

Tomatoes—red beefsteak, grape, green, heirloom

Local and Fresh—

Fennel

I will be honest with you, the fennel season is almost over, but if you get to the farmers markets early, you can find a few of these luscious bulbs with their feathery fronds attached.

Crunchy like celery, with a subtle licorice flavor, fennel pairs well with fruit, vegetables and proteins. Try mixing it into a vegetable casserole or a stir fry. Pair it with citrus for a bright, yet complex tasting, salad.

When fennel is out of season, try fennel seeds. The flavor is not as bright as fresh fennel, but fennel seeds are often featured in Italian cooking and Italian sausage wouldn't be the same without their earthy taste. As a vegetarian, since I don't put sausage in my spaghetti sauce, I often include fennel seeds for an added flavor boost.

Winter Salad

INGREDIENTS

1/2 head cabbage, cut into strips

1-2 heads fennel, cut into thin strips

2 oranges, peeled, sectioned, seeded and diced

2 carrots, "peeled" into ribbons

2 green onions, sliced finely

1 lemon, zested and juiced

1 Tablespoon olive oil

1 Tablespoon honey

dash salt

DIRECTIONS

In a large bowl, mix cabbage, fennel, oranges, green onions and lemon zest.

In a small jar, combine lemon juice, olive oil, honey and salt. Shake to combine.

Pour dressing over salad and toss until all the veggies are coated with dressing.

If you prefer a crunchy salad, serve immediately. For a softer, marinated salad, cover and refrigerate for 2 hours before serving

Salad will last up to a week if covered and refrigerated.

Shepherd's Pie

INGREDIENTS

2 pounds extra firm organic, non-GMO, tofu
3 Tablespoons tamari
1 Tablespoon worcestershire Sauce
1 parsnip, peeled and cubed
2 carrots , peeled and cubed
1 1/2 cups frozen peas (fresh peas would work too, but cook them first)
1 teaspoon each dried sage and thyme
4 Tablespoons olive oil
1 pound mushrooms, sliced
2 Tablespoons butter
1 teaspoon each dried basil, sage, thyme and tarragon
1/4 cup flour
2 Tablespoons tamari
2 cups no-chicken or veggie broth
1 cup milk
4 cups mashed potato and rutabaga
1/2 cup grated cheese (optional)

DIRECTIONS

Press the blocks of tofu between clean towels and under a light weight, for 20-30 minutes. Cut tofu into 1/2 inch cubes and place in a ziptop bag with tamari and worcestershire.

In a medium-sized pot, boil parsnip in water to cover. After 5 minutes, add carrots, return to boil and cook 5 minutes. Add peas and return to boil. Remove from heat and drain.

In a large lidded pot, heat 2 Tablespoons oil over medium heat. Stir in mushrooms and cook until tender with no juices remaining. Remove mushrooms from pan and set aside.

Add remaining oil to pan. Pour in tofu cubes in one layer and do not move for at least 5 minutes as they brown. Sprinkle with sage and thyme. Use a spatula to loosen and continue to sauté for 10-15 minutes. Remove browned tofu from pan and set aside.

In the same pan, melt butter, scrape up the browned tofu bits and stir in herbs. Add flour and stir until a roux is formed. Whisk in tamari and broth. Bring to a boil, reduce heat and simmer until thickened. Whisk in milk and taste for seasoning. Return to simmer.

Heat mashed potato and rutabaga until just warm. Whip with a fork to lighten and stir in cheese, if using.

Preheat oven to 350 degrees. In a large oven proof casserole, combine tofu, mushrooms, parsnips, carrots and peas. Pour gravy over all and distribute evenly. Top with mashed potato mixture.

Bake 30-45 minutes, until gravy is bubbly, cheese is melted and topping is lightly browned. Let rest for 5 minutes before serving. Cover and refrigerate leftovers.

Mashed Potato and Rutabaga

Peel and chop equal amounts of potato and rutabaga. Make sure the potato pieces are larger than the rutabaga pieces so that the cooking time is about the same. Boil together in lightly salted water until both are fork tender. Reserve 1 cup of cooking water. Drain cooked potato and rutabaga in a colander.

Pour 1/2 cup milk into hot pot and bring to a simmer. Add cooked potato and rutabaga to hot milk. Use a large potato masher to mash to desired consistency. Add butter, salt and pepper to taste. Use reserved cooking water if additional liquid is needed to create desired consistency.

Serve hot with a little extra butter and freshly ground black pepper atop each serving. Cover and refrigerate leftovers.

Ward's Supermarket

We Make it Easy to Eat Local



Monday - Saturday 8am-8pm

Sunday 9am-7pm

515 NW 23rd Avenue 352 372-1741

TEMPO Bistro To Go

1516 NW 13th St. Gainesville, FL

352-336-5834

www.bistrottempo.com

Locally sourced ingredients supporting Soups Salads Sandwiches and Specialties

BLUE HIGHWAY a pizzeria

*Pizza, Calzones, Sensational Salads,
Gourmet Sandwiches, Beer & Wine*

204 N.E. US Highway 441
Micanopy (352) 466-0062
Tioga Town Center
Tioga (352) 505-6833
www.bluehighwaypizza.com

citizens co-op

A COMMUNITY OWNED MARKET

LOCAL and ORGANIC FOOD

BULK FOODS and BODY CARE

Membership not required to shop!

Open 7 days a week

435 South Main Street

Monday-Saturday 10am-8pm

Sunday 11am-6pm

Short Term, Long Term, Your Place or Ours
Bookkeeping & Payroll
Administrative Services
Office Organization & Event Planning



Roberta Gastmeyer
sbogainesville.com
352.494.9662



Fanatics Of Freshness
Open Mon-Sat 10:00am-6:30pm
Millhopper (352) 371-4155
Tioga Town Center (352) 333-3298
www.northwestseafood.com

Henderson & Daughter Citrus
Booth #4 ACFM/441 Market
Saturdays 8:30am—1:00pm
Oranges: red/regular navel, hamlin,
amber sweet, pineapple, temple
Grapefruit: white, pink
Tangerine: satsuma, chinese honey,
sunburst, dancy
Speciality: orlando tangelo
Acid: sour orange, calamondin,
bears lemon
*weather permitting
plantsandproduce@gmail.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



www.aersi.com
352.376.8399

BAGEL BAKERY
Breakfast All Day
Bagels—Muffins—Croissants
Coffee Roasted Locally (by us!)
Espresso Drinks and Fair Trade Coffee
Quick Lunch Specials
Bagel, Wrap and Foccacia Sandwiches
TWO LOCATIONS
Locally Owned and Managed
Next to Millhopper Publix 384-9110
SW 34th Street near Crispers 376-5665



The Jones B-Side
Mon-Fri 11am-2am
Sat-Sun 9am-2am
203 SW 2nd Avenue
352 371 7999

Mosswood Farm Store & Bakehouse
Open Seven Days a Week
Serving Organic Coffee & Pastries
703 Cholokka Boulevard
Just off 441 in Micanopy
352-466-5002
Sunday Farmers Market 12-4pm

financial reports
for your business
Clear Reports
monthly
affordable
customized
starting at \$35/mo
Call Stephanie at 352-575-0736 for a quote
or visit onesourceaccounting.com/clearreports
ONE SOURCE ACCOUNTING, LLC

The Jones eastside
open every day
mon-sat 8am-10pm sun 8am-

Bridget Kelly Band



www.cdbaby.com

DOGWOOD LANE FARM
Homegrown Vegetables
Eggs, Goat's Milk and Cheeses

Call for Pre-orders
Rusty & Mary Ludlam 386 209-1246
rmludlam97@windstream.net

Lemon Cashew Cream Veggies

INGREDIENTS

1 Tablespoon oil
2 gar-leeks, thinly sliced
1 head cauliflower, broken into florets and stems chopped
1-2 cups sugar snap peas, cut in half diagonally
2 carrots, sliced into thin strips, 2 inches long
1 lemon, zested and juiced
2 cups veggie broth
1 Tablespoon tamari
1 cup cashew butter
1 cup water

DIRECTIONS

Sauté gar-leek in oil over medium-high heat until softened. Add cauliflower and cook 5 minutes, stirring occasionally. Add sugar snaps, carrots and lemon zest. Cook 3 minutes, stirring constantly. Combine lemon juice, veggie broth and tamari and pour over veggies. Bring to a boil. Stir together cashew butter and water until completely creamy, then stir into boiling liquid. Reduce heat to low and simmer 10 minutes, stirring occasionally.

Serve hot or warm. Cover and refrigerate leftovers.

Tricks and Tips
Mixing water into a nut butter is easier if you use a big enough bowl, a big fork and add a little water at a time. In no time you will have a smooth base for your sauce. By the way, nut butter sauces are full of fats—the good kind!

Considering the calorie count and the price of good organic nut butter though, nut butter sauce should be an occasional treat.