

Hogtown HomeGrown™

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every week! 1

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A week of local food—every week!



Alachua County (ACFM)
441 Farmers Market
Saturday mornings
8:30 a.m. - 12:00 p.m.
5920 NW 13th Street
Gainesville, FL 32653
<https://441market.com>



Haile Farmers Market
Saturday mornings
8:30 a.m. - 12:00 p.m.
5213 SW 91st Terrace
Gainesville, FL 32608
<https://www.hailefarmersmarket.com>



The Farmers Market at Midway
Saturday mornings
9:00 a.m. - 1:00 p.m.
Faith Presbyterian Church
2738 SE State Road 21, Melrose, FL 32666
www.facebook.com/farmersmarketatmidway



Union Street Farmers Market
Wednesday afternoons
4:00 - 7:00 p.m.
Bo Diddley Community Plaza
111 E University Ave, Gainesville, FL 32601
www.unionstreetfarmersmkt.com



High Springs Farmers Market
Thursday afternoons
12:00 - 4:00 p.m.
115 Railroad Avenue
High Springs, FL 32643
www.facebook.com/farmersmarkethighsprings



Alachua Farmers Market
Thursday afternoons
4:00 - 7:00 p.m.
14801 Main Street
Alachua, FL 32615
www.facebook.com/alachuafarmersmarket

Alachua County Department of Health Nutrition Program Farmers Market
Friday mornings *April – October*
8:00 a.m. - 1:00 p.m.
224 SE 24th Street, Gainesville, FL 32641
Need info? Candi Morris 352 225 4375



Melrose Community Farmers Market
Friday afternoons
3:00 - 6:00 p.m.
301 State Road 26, Melrose, FL 32666
www.facebook.com/melrosefarmersmarket

For five years, Working Food has sponsored I Love Local Food Week in February. This week is about connecting people to the local food movement. Get the whole schedule at <https://workingfood.org/local-food-week>




FEBRUARY 10-16, 2019

What's Fresh Right Now?

Beets—red, golden, striped

Bok Choy

Broccoli

Broccoli Raab

Cabbage—green, savoy, napa, red

Carrots—red, orange, white, yellow, purple

Cauliflower—white, purple, orange, romanesco

Citrus—satsumas, kumquats, tangerines, valencia/navel/
blood/red navel orange, pink/white/red grapefruit

Cucumbers—Kirby

Fennel

Garlic—chives

Greens—arugula, collards, white/red russian/lacinto/curlly
kale, rainbow/swiss chard, summerfest, mizuna, mustard,
endive, spinach

Herbs—basil, parsley, dill, cilantro, ginger

Honey—orange blossom, gallberry, wildflower, tupelo

Kohlrabi—purple, green

Lettuce—red/green leaf, romaine, salad mix

Moringa

Mushrooms—shiitake, white/blue oyster, king oyster, lion's
mane, dried shiitake

Onions—green/red

Papaya

Peas—snow

Peppers—red/green/yellow/orange sweet bell, aji, poblano,
cayenne, shishito, jalapeño, serrano

Potatoes—red/white

Radicchio

Radishes—white/purple daikon, globe, french breakfast, wa-
termelon, purple, black

Rutabaga

Shoots and Sprouts

Squash—butternut, seminole pumpkin

Strawberries

Sweet Potatoes

Tomatoes—cluster, sun gold

Turnips—purple top, salad

Turmeric—orange, red hawaiian

Yams—purple

Yuca

Local and Fresh— Beets

Beets of all colors are showing up in bunches at our local farmers markets. Don't just eat the roots—beet greens are completely edible if the beets are freshly picked. Look for fresh dry greens and unblemished roots for the tastiest raw or cooked dishes.

Did you know that sliced beets are a beloved topping for burgers and sandwiches in Australia? Here in Florida, when I was growing up, we only had them cold and pickled with onions or warm in a thick sweet sauce.

Roasted beets are so much tastier—by themselves or with a little enhancement. Sweet toppings enhance the beets' inherent sweetness while salty toppings do the same. A little citrus juice or zest can really liven up a beet's earthier flavors.

Beet Salad with Lemon and Feta

INGREDIENTS

3-4 beets, preferably red, roasted and peeled
1/2 teaspoon lemon zest
2 Tablespoons lemon juice
2 Tablespoons honey, preferably orange blossom
Pinch salt
2-3 ounces feta cheese, sliced if possible

DIRECTIONS

Slice each beet in half lengthwise and then slice each half into 4-6 thin wedges.

Toss beets with zest, juice, honey and salt. Cover bowl with a towel and let beets sit at room temperature for at least 30 minutes.

Before serving, toss beets again to distribute dressing.

Serve on individual plates with a slice or two of feta. Salad may be chilled before serving.

Cover and refrigerate leftovers.

SERVING SUGGESTION

Place dressed beets on red and green leaf lettuce or salad mix. Top with toasted, chopped pecans and crumbled feta. Serve with a lemon wedge and pass the red pepper flakes.

Umami Puree

INGREDIENTS

2 cups beets, roasted, peeled and chopped
2 cups carrots, roasted or steamed and chopped
2 Tablespoons tahini
2 Tablespoons miso, preferably white or light
1-2 teaspoons tamari
Toasted sesame oil and sesame seeds, for garnish (optional)

DIRECTIONS

In a food processor, puree beets and carrots until smooth. Add tahini, miso and 1 teaspoon tamari and puree until completely combined. Taste and add remaining tamari if desired. Scrape into a bowl. Cover and refrigerate until ready to serve. Garnish with toasted sesame oil and sesame seeds, if desired. Cover and refrigerate leftovers.

Fennel Vegetable Soup

INGREDIENTS

2 Tablespoons olive oil
1 Tablespoon fennel seeds, dry toasted and ground OR 2 teaspoons ground fennel
1 teaspoon dried thyme
1 onion, finely chopped
2 carrots, quartered lengthwise and chopped
2 stalks celery, with leaves, finely chopped
2 green onions, finely chopped
2 small or one large head fennel, finely chopped (reserve 1/2 cup fennel fronds)
2 garlic cloves, grated or smashed and finely chopped
2 inch piece of ginger, peeled and grated or finely chopped
3 inch piece of turmeric, peeled and grated or finely chopped
1 serrano pepper, ribs and seeds removed, finely chopped
1/2 cup orange juice
1 28 ounce can fire-roasted diced tomatoes with liquid
2 cups each veggie broth and water
1/4 cup sherry
1 Tablespoon tamari (possibly more to taste)

DIRECTIONS

Heat oil in a large pot and stir in ingredients one at a time, in order, allowing each a chance to cook a minute or two before stirring in the next. Simmer covered for 45 minutes. Stir, taste and add additional tamari as desired. Serve hot with a few fennel fronds on top. Cover and refrigerate leftovers.

Tricks and Tips

Umami is one of the five flavors—sweet, salt, sour, bitter, and umami or savory.

It's found in the deep flavors of mushrooms, tomato paste, truffles, seafood or meats. Soy-based food items, like miso and tamari, are perfect umami flavor boosters for vegans and vegetarians.

Tricks and Tips

Layering flavors is a great way to create depth in simple dishes. The best way to do this is to use a single ingredient in its many forms. Fresh fennel, fennel fronds and fennel seeds work together to give this soup a vibrant flavor. Toasting the fennel seeds increases the depth of flavor even more. Place fennel seeds in a dry pan over medium heat. Shake or stir until they become very aromatic. Cool completely before crushing or grinding.



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Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

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Have you seen me on TV?

WCJB TV20

What's Growing On? You Grow It, I'll Cook It!

Next segment airs:

Thursday February 14th between 5:30 - 6:00pm

Miss a segment? Watch it online:

<https://www.wcjb.com/features/whatsgrowingon>

About the Recipe

In Sheila's words:

"My great grandmother's date fingers are legendary among the people who taste them. SO GOOD!

The main difference is that my version replaces the butter and eggs with plant-based spread and bananas, respectively.

Because bananas are naturally sweet, this has allowed me to cut

out the sugar from Mama Sadie's recipe as well. I have a hard time saying these are better than the original, because I love the original so much,

but these are healthier and delicious unto themselves. I'm quite proud of this remake and excited to share it. Enjoy!"

Sheila's Vegan Date Fingers

INGREDIENTS

- 1/4 cup Earth Balance soy-free buttery spread
- 1/4 teaspoon organic vanilla extract
- 1 overripe banana, thoroughly mashed
- 1-2 Tablespoon coconut milk, if needed
- 1 10 ounce package pitted dates, finely chopped
- 1 Tablespoon ground flax seed
- 2 cups puffed rice cereal
- 1-2 cups unsweetened shredded coconut, for coating

DIRECTIONS

- In a medium sauce pan, melt the buttery spread over medium heat.
- Add vanilla extract and mashed bananas and stir constantly with wooden spoon, mashing banana against the side of the pan until smooth.
- Add coconut milk, 1 Tablespoon at a time, if mixture is too thick to stir easily.
- Add chopped dates to pan and cook for 4-5 minutes or until mixture begins to thicken.
- Mash dates against the side of the pan as they soften, to minimize lumps.
- Sprinkle ground flax seed over mixture and stir well to blend. Cook another 1-2 minutes, stirring continuously.
- Add puffed rice cereal and mix thoroughly.
- Remove from heat and allow to cool slightly, but not completely.
- Once cooled enough to handle, form into balls or fingers of whatever size you like. Roll each in shredded coconut.
- Best served slightly warm, but these travel well in tins for gifting purposes, too.
- Store in air-tight container—they dry out if left in the open air for prolonged periods.

NOTE: The banana and dates can be easily chopped using a mezzaluna or ulu blade. Be sure to check dates for pits—sometimes a pit can be missed during processing.