

# Hogtown HomeGrown

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## Time for breakfast? Anytime!

When I was a kid, Saturday morning cartoons and sugar sweet cereals went together. Often the cereal was dry and the milk a chaser—Frosted Flakes, Fruit Loops, Captain Crunch. Add milk and there was only one choice, Cocoa Puffs! The cocoa orbs stayed crunchier longer than Cocoa Krispies and made a much better bowlful of chocolate milk.

Sunday morning meant church and, as a Catholic, also meant no food before receiving Communion. I remember going to the International House of Pancakes afterwards and if I didn't order the strawberry waffle, I got a stack of pancakes so I could taste each of the six different syrups—boysenberry was my favorite.

Of course, weekday breakfasts were never that decadent. As a five year old, on the days my Mom worked the early shift at the VA Hospital, I would make eggs the only way I knew how—soft-boiled. Dad lit the burner on the gas stove and my job was the precise timing of getting the eggs out of the water while they still had that perfect runny yolk.

As I got older and schedules got tighter, breakfast was often a chugged glass of Carnation Instant Breakfast. Eggo Waffles with some Peter Pan Peanut Butter were also quick and easy to eat in the car on the way to school. Occasionally, just to bug my Dad with my weird choices, I would eat a half a grapefruit and chase it with a glass of buttermilk.

These days, breakfast is my favorite meal, whether eaten in the morning or as dinner. On workdays, breakfast is a quick affair—a protein drink for Jeff and a couple of quickly scrambled eggs for me. Just enough to keep us going until lunch, or elevenses!

But on weekends, breakfast is a bit more decadent and often not until 11 am, after the Saturday farmers markets or the Sunday sleep-in. Scrambled eggs with veggies and cheese are a great way to incorporate both decadence and sensible eating whether your breakfast is in the morning or at dinnertime. Try this Market Scramble with Jeff's Home Fried Potatoes (October 2015) for a great start, or end, to any day!

## Market Scramble

### INGREDIENTS

1 Tablespoon olive oil or unsalted butter, divided  
2 cups chopped seasonal veggies (mushrooms, zucchini, spinach or a combination)  
4 eggs  
1/4 cup water  
2 ounces cheese, grated  
Salt and pepper to taste

### DIRECTIONS

Heat a large skillet over medium-high heat. Add 2 teaspoons oil and veggies. Sauté until veggies are cooked, stirring occasionally.

In a bowl, beat together eggs and water.

Add remaining teaspoon of oil to pan and when hot, add eggs on top of the cooked veggies. Lower heat to medium. Stir eggs constantly until partially firm but still wet.

Add grated cheese and continue to cook and stir until completely done.

Serve immediately. Pass the salt and pepper for individual seasoning

# What's Fresh Right Now?

- Beets**—red, striped, golden, pink
- Bitter melon**
- Bok Choy**
- Broccoli**
- Cabbage**—green, napa/chinese
- Carrots**
- Cauliflower**—white, purple, orange, romanesco
- Citrus**—orange, grapefruit, tangerine, lemon, kumquat, calamondin
- Cucumbers**—mini seedless
- Fennel**
- Greens**—chard, kale, mustard, arugula, wild arugula, mizuna, collards, sorrel, moringa
- Greens with roots**—turnips, rutabaga
- Herbs**—thyme, sage, oregano, rosemary, stevia, curry leaf
- Honey**
- Lettuce**—romaine, red/green leaf, spring mix
- Mushrooms**—shiitake
- Onions**—green
- Papaya**
- Peppers**—red/green/yellow/orange sweet, habanero, poblano, variety sweet and hot
- Potatoes**—sweet, white russet
- Radish**—daikon, globe, french breakfast, easter egg
- Rutabaga**
- Shoots, Sprouts and Microgreens**
- Squash**—seminole pumpkin
- Tomatoes**—grape, sun-gold, cluster, heirloom, plum, green
- Turnips**—purple-top, Tokyo
- Turmeric**

# Local and Fresh— Beets

Whether found in bunches with their greens attached or loose to buy by the piece, beets are a great winter veggie in North Central Florida. Several colors of beets can be found at the markets, but for depth of flavor and sweetness, nothing beats the dark red varieties.

Roasting is my favorite way to cook them—the least amount of fuss for the best textured result. I used to wrap each beet individually, but I have found it easier to fill a roasting pan with trimmed beet roots, tightly cover the pan with foil and roast at 350-400 degrees for 45-90 minutes or until done. Turn the beets over after 30 minutes to avoid one overcooked side.

Slide the skins from the beets once they have cooled. Store beets covered in the refrigerator until ready to use in salads or other recipes.

## Easy Beet Burgers

### INGREDIENTS

- 1 cup mixed nuts, roasted and cooled
- 1 shallot, cut into pieces
- 6-8 beets, roasted, peeled and cut into chunks
- 1/2 cup cooked brown rice
- 1 cup finely shredded cheese

### DIRECTIONS

In a food processor, chop nuts, add shallot and process until finely chopped.

Add beets, rice and cheese. Pulse until combined and mixture holds together.

Use an ice cream scoop to make burgers and place on an oiled cookie sheet. Spray or brush with oil.

Bake at 400 degrees, turn once after 10 minutes, and bake additional 15 minutes.

Serve hot.

Cover and refrigerate leftovers.

 <p><b>HAILE FARMERS MARKET</b></p> <p>Saturdays 830am - 12pm</p> <p>Haile Village Center <a href="http://www.hailefarmersmarket.com">www.hailefarmersmarket.com</a></p>	<p><b>Glades Ridge Goat Dairy</b> Raw Milk and Cheese Hormone/Antibiotic Free Available Fresh or Frozen <u>ACFM/441 Farmers Market</u> Saturdays 8:30am - 1:00pm <u>Union Street Farmers Market</u> Wednesdays 4:00pm - 7:00pm <i>Wholesome Food—Animal Consumption Only</i> Lake Butler 386 266 7041 <a href="http://gladesridge.com">gladesridge.com</a></p>	<p><b>Henderson &amp; Daughter Plants and Produce</b> Booth #4 - 441 Farmers Market <b>Oranges:</b> navel, Hamlin, pineapple, parson brown <b>Grapefruit:</b> white (Marsh seedless), pink (Thompson), red (Ruby Red) <b>Specialty:</b> meiwa kumquats <b>Tangerines:</b> satsuma, Chinese honey, dancy <b>Acid:</b> calamondin, meyer lemons, sour orange <small>*all grown without the use of pesticides or herbicides</small> Follow us - <a href="http://www.facebook.com/henderson.and.daughter">www.facebook.com/henderson.and.daughter</a></p>	 <p><b>Alachua County Farmers Market</b></p> <p>Saturdays 830am—1pm 5920 NW 13th Street <a href="http://www.441market.com">www.441market.com</a></p>
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# Winter Stew with White Acre Peas

## INGREDIENTS

2 Tablespoons olive oil  
1 shallot, minced  
1 quart broth (I prefer a no-chicken broth for flavor, but use your favorite)  
1 Tablespoon fresh turmeric, minced  
5 leaves of sage, crumbled OR 1 teaspoon rubbed sage  
1/4 teaspoon red pepper flakes  
1 quart (4 cups) shelled field peas (rinse frozen peas in a strainer before adding to broth)  
1 small butternut squash, peeled, seeded and chopped into 1/2 inch pieces  
2 cups kale, torn into very small pieces  
2 teaspoons olive oil  
salt and pepper to taste  
1/2 cup flat leaf parsley, chopped coarsely

## DIRECTIONS

Heat a large deep pot over medium-high heat. Add olive oil and stir in shallot. Sauté until translucent.

Add broth, turmeric, sage and red pepper flakes. Bring to a boil.

Stir in field peas and butternut squash pieces. Return to boil. Cover, reduce heat and simmer until peas and butternut squash are tender.

Place kale in a small bowl, drizzle with olive oil and massage until kale is softened and coated with oil. Stir kale into stew and continue to simmer for an additional 30 minutes.

Remove from heat, taste for seasoning and add salt and pepper if desired. Stir in parsley, cover and let sit for five minutes.

Serve hot. Cover and refrigerate leftovers.

# Roasted Beets in Orange Sauce

## INGREDIENTS

6-8 beets, cut into eighths  
1/2 cup fresh-squeezed sour orange juice  
3 Tablespoons cane syrup  
small pinch of salt  
1 Tablespoon very cold butter (optional)

## DIRECTIONS

Place beets in skillet, add orange juice and bring to a simmer. Stir in cane syrup and salt. Cook until thickened. Remove from heat and swirl in butter until sauce is creamy.

Serve hot. Cover and refrigerate leftovers.

## Tricks and Tips Putting Food By

Every summer, when field peas are at their most prolific (and often the cheapest) I freeze bags of several different types. No fancy wrappers or preservation techniques needed.

Most of the time, shelled field peas are packaged by farmers in a zip-top bag.

I just press as much air as possible out of the original bag and then slip it into a freezer bag, zip it closed and toss it in the freezer. To use, open and either run peas under cold water to thaw slightly or cook as is.

Another way I preserve the best of the seasons is by drying herbs. Often I buy a bunch of herbs and only use part of it. I hang the rest in our cool dark guest bedroom closet. Slip the rubber band holding the bunch over a hanger, or, if the leaves might fall as they dry, hang each bunch in it's own small paper bag.



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### Tricks and Tips

Traditional custard recipes warn against creating a froth because it will form a crust-like topping on the baked custard. In this recipe, the crust is needed to support the drizzle of thickened maple syrup. Follow the directions precisely to create a smooth, silky custard. Why strain the mixture? To remove any stray chunky bits from the eggs. Why a water bath? To slow the cooking so the protein does not get tough or rubbery.

## Maple Egg Custard

### INGREDIENTS

- 8 eggs
- 1 cup maple syrup, divided
- 4 cups milk

### DIRECTIONS

Lightly butter a large, flat casserole that will fit into a larger roasting pan. Heat water that will be used to create a water bath for the custard. Preheat oven to 350 degrees.

Whip eggs in blender or with a mixer until a good head of foam or froth is created. Stir in 1/2 cup maple syrup and all the milk. Strain to create a smooth mixture.

Pour mixture into buttered casserole. Place casserole with roasting pan into preheated oven. Add water to roasting pan to cover 1/2 the depth of the custard mixture.

Heat remaining maple syrup until reduced by half. After about 30 minutes, when a crust is formed on top of the custard, drizzle reduced syrup over the top of the custard. Return to oven and bake an additional 20-30 minutes until a knife comes out clean.

Remove from oven and cool before serving. Cover and refrigerate leftovers.

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