

Hogtown HomeGrown

Volume 12 Issue 2

February 2017

Inside this issue:

It's time to Cook the Book!

To honor the 75th anniversary of Marjorie Kinnan Rawlings' *Cross Creek Cookery*, Carrie Todd, the MKR Park Ranger, and I created a wonderful year of events celebrating Marjorie's love of food. More than three dozen volunteers, plus the Friends of MKR Farm, will help implement the programs. Grow Gainesville's Faith Carr, is helping us collaborate with local gardeners who will grow extra veggies and fruit for us to use in the demos! Join us, whether just once or for every program, as we Cook the Book!

It's time to Cook the Book!	1	Sunday, February 26	2:30 p.m.	<i>The Land of Hot Biscuits</i>
		Thursday, March 23	2:30 p.m.	<i>Enjoying the Fruits of our Labor: Fruit Desserts</i>
What's Fresh Right Now?	2	Saturday, April 8 Sunday, April 9	All day Brunch	<i>Cross Creek Cookery recipes served at:</i> Public & General, NE 16th Avenue East End Eatery, NE 8th Avenue
Local and Fresh—Cauliflower	2	Saturday, April 22	2:30 p.m.	<i>Canning with Marjorie Kinnan Rawlings</i>
Grated Cauliflower Gratin	2	Sunday, May 7	2:30 p.m.	<i>Eating Local: Then and Now</i> Sponsored by 2017 Eat Local Challenge
Zesty Lemon Cauliflower	3	Sunday, July 9	2:30 p.m.	<i>Old Fashioned Ice Cream Social</i>
Devin's Raw Cauliflower Salad	3	Saturday, August 5	5:00 p.m. - 7:00 p.m.	<i>Fish Fry to Celebrate Marjorie's 121st Birthday</i> Sponsored by Northwest Seafood Call 352-466-3672 for reservations
Buttered Baked Rice	3	Friday, September 29	6:00 p.m. - 9:00 p.m.	<i>MKR Food Truck Rally</i> Matheson History Museum, E University Ave.
Creamy Cinnamon Farro	4	Saturday, December 16	10:00 a.m. - 2:00 p.m.	<i>Holiday Cookie Decorating</i>

Unless indicated, all programs will take place at
MARJORIE KINNAN RAWLINGS HISTORIC STATE PARK

What's Fresh Right Now?

- Beets**—golden, chiogga, red
- Bok Choy**
- Broccoli**—green, romanesco
- Brussels sprouts**
- Cabbage**—green, napa, red, cone, drumhead
- Carrots**—orange/yellow/purple, red, orange thumbelina
- Cauliflower**—white, orange/cheddar, green, purple
- Chard**—white, rainbow
- Citrus**—orange, grapefruit, lemon, tangerines, tangelos, kumquats, calamondin, limes
- Fennel**
- Greens**—mustards, mizuna, arugula, turnip, collard, spinach, tat tsoi, hon tsai tai, escarole, sorrel, dandelion, endive
- Herbs**—garlic chives, turmeric, flat leaf parsley, cilantro, dill
- Honey**
- Kale**—dino/tuscan, red/white russian, curly
- Kohlrabi**
- Lettuce**—red/green romaine, red/green leaf, frisee, mix
- Moringa**
- Mushroom**—fresh/dried shiitakes
- Onion**—yellow, green
- Peas**—snow, sugar snap
- Peppers**—red/green/yellow/orange sweet bell, poblano, jalapeño, variety hot
- Pineapples**
- Radish**—red, watermelon, easter egg, french breakfast, white/purple daikon, black
- Rutabaga**
- Shoots, Sprouts and Microgreens**
- Strawberries**
- Sweet Potatoes**—orange, white, purple
- Tomatoes**—cluster, large plum, sun gold, cherry, green
- Turnips**—purple top, tokyo
- Yuca** (also known as cassava or manioc)

Local and Fresh— Cauliflower

I don't know when the cauliflower world got so colorful, but the purple, orange, green and snow-white heads in our local farmers markets right now are beautiful and tasty.

Freshly harvested cauliflower is delicious raw and tastes mild and sweet. Look for compact heads of tight florets. Prepare by steaming, sautéing, roasting or boiling into soups. Be sure to cook and eat the stems too.

Grated Cauliflower Gratin

INGREDIENTS

- 1 head cauliflower
- 1 bunch green onions, finely sliced
- 3 eggs
- 1 cup milk
- Pinch each cayenne pepper and nutmeg
- 2 cups shredded cheese, divided
- Salt and freshly ground pepper

DIRECTIONS

- Preheat oven to 350 degrees. Lightly grease a large flat oven proof casserole.
- Grate cauliflower. * Stir in green onions.
- Beat eggs well, mix with milk and spices and pour over cauliflower mixture. Stir in 1 cup of cheese, salt and pepper. Combine thoroughly.
- Pour into prepared casserole and top with remaining cheese.
- Cover with foil and bake 40 minutes.
- Uncover and bake additional 5 minutes.
- Serve hot.
- Cover and refrigerate leftovers.
- * To grate cauliflower, place a box grater in a large deep bowl and use the large holes.

 <p>HAILE FARMERS MARKET</p> <p>Saturdays 830am - 12pm</p> <p>Haile Village Center www.hailefarmersmarket.com</p>	<p>Glades Ridge Goat Dairy 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 Wholesome Food—Animal Consumption Only Lake Butler 386 266 7041 gladesridge.com</p>	<p>Henderson & Daughter Plants and Produce</p> <p>Booth #4 Alachua County Farmers' Market at 441 Oranges: navel, hamlin, pineapple, parson brown Grapefruit: white (Marsh seedless), pink (Thompson), red (ruby red) Tangerines: satsuma, chinese honey, dancy Specialty: meiva kumquat Acid: calamondin, meyer lemons, sour oranges <i>*All grown without pesticides or herbicides</i> We look forward to seeing you! www.facebook.com/henderson.and.daughter</p>	<p>Alachua County FARMERS' MARKET</p> <p>Alachua County Farmers Market Saturdays 830am—1pm 5920 NW 13th Street www.441market.com</p>
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Zesty Lemon Cauliflower

INGREDIENTS

1 large head of cauliflower, broken into "two-bite" florets
1/4 cup olive oil
1 Meyer lemon, zested and juiced (if necessary substitute one lemon and a small orange)
2 garlic cloves, finely minced
1 teaspoon finely chopped rosemary
1/4 - 1 teaspoon red pepper flakes
1/4 cup finely chopped flat leaf parsley
Freshly ground salt and pepper to taste

DIRECTIONS

Preheat oven to 450 degrees.
Place cauliflower florets in one layer in a large baking pan.
In a large jar with a lid, combine olive oil, lemon zest, garlic, rosemary and red pepper flakes. Shake together and pour over cauliflower, stirring gently to coat completely.
Place in oven and lower temperature to 375. Bake 45-60 minutes, until edges are browned and stems are tender. Shake gently every 10-15 minutes.
Remove from oven and stir in lemon juice and parsley. Add salt and pepper if desired.
Serve hot over Buttered Baked Rice. Put the rice in the oven when you shake the cauliflower pan the first time and both will be done cooking at about the same time!

Devin's Raw Cauliflower Salad

INGREDIENTS

2 heads cauliflower, grated (any color will do, but purple cauliflower looks spectacular)
3 carrots, finely diced
1 cup finely diced sweet pepper
1/2 cup finely diced red onion or green scallion
1/2 cup minced flat-leaf parsley
1/3 cup each extra-virgin olive oil and fresh lime juice
1 T honey
3 T each grated ginger and minced jalapeño pepper
1/4 teaspoon each salt and ground pepper

DIRECTIONS

In a large non-reactive bowl, combine cauliflower, carrots, pepper, onion and parsley. Mix oil, juice, honey, ginger, jalapeño and seasonings together and stir into veggies. Taste and adjust sweet, acid, salt and heat as desired.
Cover and refrigerate leftovers.

Buttered Baked Rice

INGREDIENTS

3 Tablespoons butter, divided
2 cups long grain brown rice
4 cups water
1/2 teaspoon salt
2 Tablespoons very hot water

DIRECTIONS

Heat 1 Tablespoon butter in lidded pot over medium heat.
When butter is melted, stir in rice to coat thoroughly.
Add water and bring to a boil. Stir, cover pot, lower heat and simmer 40 minutes, until rice is cooked and water absorbed. Rice may be cooked in advance or recipe may be made with leftover rice.
Preheat oven to 375 degrees. Place 1 teaspoon butter and 2 Tablespoons hot water in bottom of oven proof casserole. Add salt to rice, stir well and place in casserole in an even layer.
Cut remaining butter into small pieces and scatter evenly across the top. Cover casserole tightly with foil and bake for 30-45 minutes. Fluff with a fork before serving. Serve hot. Cover and refrigerate leftovers.



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Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

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Tricks and Tips

Farro is the common name for three of the grains that existed long before modern hybrid wheat varieties.

The oldest, and biologically the simplest, is einkorn, Latin name *Triticum monococcum*, also known to Italians as farro piccolo.

Emmer, farro medio, is the more complex grain *Triticum dicoccum*.

The Italian's Farro grande is our spelt, *Triticum spelta*.

The whole grains have a hard covering called bran and will cook faster if soaked first. Quicker cooking semi-pearled and pearled grains have had the bran, and consequently some of its fiber and nutrients, partially or completely removed.

Creamy Cinnamon Farro

INGREDIENTS

- 2 Tablespoons unsalted butter, divided
- 1 Tablespoon ground cinnamon
- 2 cups water
- 1 cinnamon stick
- 1 cup pearled farro (additional cooking time required for whole grain)
- 1/4 teaspoon salt
- 1/2 cup dried fruit
- 1 cup whole milk, divided
- 1/4 cup maple syrup

DIRECTIONS

Preheat oven to 350 degrees. Use 1 teaspoon butter to lightly butter an 8x8 baking pan. Sprinkle inside of pan with cinnamon to coat.

In a medium saucepan bring water and cinnamon stick to a boil.

Rinse farro in cool water. Add drained farro to boiling water. Reduce heat, cover and simmer for 10 minutes. If using whole grain, cook one hour then continue with recipe.

Stir dried fruit, salt and 1/2 cup milk into cooking farro. Return to boil, reduce heat, cover and simmer for 30 minutes, until farro is tender and most of the water is absorbed.

Remove pot from heat, add remaining butter and stir until completely melted. Add maple syrup and remaining milk, stirring well to combine completely.

Pour cooked farro mixture into prepared baking pan, cover with foil, place on cookie sheet and bake 20 minutes in preheated oven. Remove foil and bake additional 10 minutes.

Serve warm or chilled. Cover and refrigerate leftovers.