

Hogtown HomeGrown

Volume 13 Issue 2

February 2018

Inside this issue:

The plant-based life 1

What's Fresh Right Now? 2

Local and Fresh—Red Cabbage 2

Cider-Braised Red Cabbage 2

Smoky Vegetable Lentil Soup 3

Red Slaw with Sesame Orange Dressing 3

Baked Fruit—Four Ways 4

The plant-based life

You might have noticed more restaurants and grocery stores are advertising vegan (pronounced VEE-gun) and vegetarian options. While most people know a carnivore is a meat-eater and an omnivore is someone who eats everything, we get lost in the world of vegetarians and vegans. There are people who claim to be vegetarians, but still eat fish, so any confusion is understandable.

A vegetarian diet is one that does not include animal flesh—no chicken, no beef, no pork, no fish. Basically a vegetarian will eat products that come from animals, like milk, cheese, eggs or honey, but not the animals themselves. Vegetarians may restrict their diet for other reasons, so someone can be a vegetarian who also does not eat dairy or gluten, but they are still called a vegetarian.

Vegans eat a plant-based diet without animal products—no dairy, no eggs, and no honey—because these products are derived from animals (or insects, in the case of honey). Some vegans complete their commitment to the plant-based life by wearing clothing and accessories that are not derived from animals and feeding their pets plant-based food.

So in a world of special diets by choice or for health reasons, how can we cook for guests without restricting their options or sacrificing flavor? Choose dishes that are plant-based and, if necessary, ask all guests about allergies to nuts or gluten before including those items in your recipes.

In honor of this month's Vegfest, all the recipes in this issue are plant-based, gluten-free and contain no nuts. Why not cook up some plant-based food that everyone can love!



Working Food is excited to celebrate our 5th annual I Love Local Food Week!

This week is about connecting people of all ages, backgrounds, and experiences to the local food movement.

Thanks to our sponsors and participants, there are great events all week long.

For more info and a schedule of events:
<https://workingfood.org/local-food-week>



Saturday, February 17, 2018

10:00a.m.— 5:00p.m.

Depot Park, Downtown Gainesville

Exhibits, vendors and demos

Hogtown HomeGrown will demo and sample Comforting Blender Soups at 12 noon

For more info:
gainesvillevegfest.com

What's Fresh Right Now?

Beets—red, gold, striped

Broccoli—broccolini, raab

Brussel sprouts

Cabbage—green, savoy, red, cone, flat head

Carrots—orange, yellow, white, red

Cauliflower—white, purple, romanesco

Citrus—calamondin, kumquat, satsuma, tangerine, temple, meyer lemon, sour orange, hamlin, white/red/pink grapefruit, ambersweet, chinese honey, navel, red navel, parson brown

Fennel

Greens—collards, tatsoi, curly/tuscan/white/red russian kale, mizuna, mustards, stir-fry mix, arugula, bok choy, pac choi, spinach, rapini, radicchio, chard

Herbs—garlic chives, turmeric, parsley, cilantro

Kohlrabi—green, purple

Lettuce—bibb, green/red leaf and romaine, butterhead, mixes

Moringa

Mushrooms—shiitakes, dried shiitakes/chanterelles

Onions—red/green scallions

Papaya—green

Peppers—red/green sweet bell, green jalapeño

Pineapple

Radishes—french breakfast, purple/white daikon, pink beauty, watermelon, red globe

Roselle—dried

Rutabagas

Shoots and Sprouts

Starfruit

Strawberries

Sweet Potatoes

Tomatoes—cluster, heirloom cherry/beefsteak, grape

Turnips—tokyo, purple top

Local and Fresh— Red Cabbage

The bright red-purple color of this member of the brassica family not only makes it prettier than its green cousins, but indicates higher levels of many antioxidants and phytochemicals necessary for good health.

Red cabbage can have a somewhat peppery bite. It may be eaten raw or cooked and used in place of green or savoy types. The bright color tends to fade to grayish-blue when cooked.

Look for firm heads that are heavy for their size. Bright colors are an indicator of freshness, but the range of hues may also be determined by a specific cabbage variety or the pH of the farm's soil.

Store red cabbage heads in the refrigerator and place cut portions in an air-tight container or bag to store.

Cider-Braised Red Cabbage

INGREDIENTS

1 cup apple cider or juice
1 head red cabbage, quartered and sliced
2 apples, cored and chopped
1 Tablespoon apple cider vinegar
Salt to taste

DIRECTIONS

Heat a large skillet over medium heat. Pour cider into pan and bring to a simmer. Add cabbage and apples to pan. Cover and cook on stovetop or in 350 degree oven for one hour, until cabbage and apples are cooked. Stir in apple cider vinegar and salt. Serve hot or warm. Cover and refrigerate leftovers.

 <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</p> <p>ACFM/441 Farmers Market—GNV Saturdays 8:30am - 1:00pm Union Street Farmers Market—GNV Wednesdays 4:00pm - 7:00pm Riverside Arts Market—JAX Saturdays 10:00am - 3:00pm</p> <p>Wholesome Food—Animal Consumption Only 386 266 7041 gladesridge.com</p>	<p>Henderson & Daughter Plants and Produce</p> <p>We're grateful to occupy booth #4 at the Alachua County Farmers' Market! 2017/2018 season note: We will sell at market every other weekend **Please circle 2/3 and 2/17 on your February calendars** We look forward to seeing you! www.facebook.com/henderson.and.daughter</p>	<p>Alachua County FARMERS' MARKET</p> <p>Alachua County Farmers Market</p> <p>Saturdays 830am—1pm 5920 NW 13th Street www.441market.com</p>
---	---	--	---

Smoky Vegetable Lentil Soup

INGREDIENTS

4 Tablespoons olive oil, divided
1 large onion, diced
2 celery stalks, halved lengthwise and diced
1 small fennel and tender stems, diced
4-6 shiitake mushrooms, stemmed and diced
1/2 teaspoon ground coriander
2 teaspoons smoked sweet paprika
1/4 teaspoon each salt and freshly ground pepper
1/2 cup tomato paste
1 teaspoon dried basil or thyme or an herb blend
1 Tablespoon tamari
4 cups vegetable broth
2 cups water
4-6 threads saffron (optional)
1/2 cup lentils
1/2 cup smoked sun-dried tomatoes, chopped
2-3 small carrots, cut into thin circles
1/2 cup green beans, snapped into 1 inch pieces
1/2 cup favorite salsa, not chunky
1 tomato, diced
1 Tablespoon maple or cane syrup
1 Tablespoon apple cider vinegar
Hot sauce, salt and pepper to taste

DIRECTIONS

In a lidded soup pot, heat 2 Tablespoons of olive oil. Add onion and sauté over medium heat until the edges are browned. Stir in celery and fennel and sauté about 5 minutes before adding the mushrooms, coriander, smoked sweet paprika, salt and pepper. Cook an additional 5 minutes, stirring often.

Move the veggies to the sides to clear a space on the bottom of the pot. Add the remaining olive oil, tomato paste and herb of choice. Saute for 2 minutes, stirring tomato paste constantly, before stirring everything together.

Add the tamari, broth, water and saffron. Stir well and bring to a boil. Stir in lentils and return to boil, cover, lower heat and simmer for 15 minutes. Add sun-dried tomatoes, carrots, green beans, salsa and tomato. Return to boil, cover, reduce heat and simmer for 45 minutes or until lentils are soft and carrots are cooked.

Stir in maple syrup, apple cider vinegar and hot sauce, salt and pepper to taste. Simmer uncovered an additional 5 minutes before serving.

Cover and refrigerate leftovers.

Red Slaw with Sesame Orange Dressing

INGREDIENTS

6 c finely sliced red cabbage
1 c shredded carrot
1/2 c shredded radish or daikon
6 scallions, julienned
1 orange, zested and juiced
1 sour orange, zested and juiced
1 lime, zested and juiced
2 cloves garlic, grated
1 T ginger, grated
1 T tamari
1 T sesame oil
1 T rice wine vinegar
1 T sesame seeds, lightly toasted

DIRECTIONS

In a large bowl, combine cabbage, carrot, radish, scallions and orange zest.

In a jar, shake together all juices, sour orange and lime zest, garlic, ginger, tamari, sesame oil and rice wine vinegar. Pour dressing over cabbage mixture and stir. Top with sesame seeds. Serve immediately or cover and refrigerate.



Blue Highway
a pizzeria
Eat well. live well...
Tioga - Micanopy - Ocala
www.BlueHighwayPizza.com



daily green
Fresh — Local — Organic
Vegan and Gluten-free Options
Juice Bar Sunday Brunch
www.dailygreendowntown.org
436 SE 2nd St 226.8288



ROOT & PECKER
Now Serving Breakfast
Open Daily 7am-3pm
We believe in the power of good food
5408 NW 8th Ave. 352 301 3309

www.hogtownhomegrown.com

352 374-8561

Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

Copyright © 2018 Stefanie Samara Hamblen

Personalized Cooking Classes

taught in your home or mine

Hogtown HomeGrown's
Stefanie Samara Hamblen

352 374 8561

hogtownhomegrown@gmail.com



East End Eatery

OPEN SUNDAY—FRIDAY
Breakfast at 8:30am Lunch at 11am
Sunday Brunch 9:30am-3pm

Vegetarian, Vegan and Gluten-Free Friendly

1202 NE 8th Avenue 378-9870

Ward's Supermarket

We Make it Easy to Eat Local



Monday - Saturday 8am-8pm
Sunday 9am-7pm

515 NW 23rd Avenue 352 372-1741

SUNFLOWER HEALTH · FOODS

3424 W University Ave, Gainesville
352 372 7482

225 NW Commons Loop, Lake City
386 758 5511

Monday - Saturday 9am to 8pm
Sunday 11am to 5pm

sunflowerhealthfoods.com



WORKING
FOOD
KITCHEN · COMMERCE · CULTURE

219 NW 10th Ave
352 260 4458

workingfood.org

The ONLY ROCK SHOP in North Central Florida
Crystals, minerals and gifts



Mon-Sat 11-6 Sun 12-5 386-454-8657
19765 NW US HWY 441 High Springs, FL
www.highspringsemporium.net



Willow Gardens
CUSTOM EVENT FLORAL DESIGN

*Beautiful succulents
and arrangements
for everyday, holidays,
special events and weddings*
www.willowgardens.co



GAINESVILLE, FLORIDA

Fanatics Of Freshness

Open Mon-Sat 10:00am-6:30pm
Millhopper (352) 371-4155

Tioga Town Center (352) 333-3298
www.northwestseafood.com

Tricks and Tips

If you have put by seasonal fruit, your freezer and pantry could be an easy source of ready-to-bake fruit.

Bake with what's in season. Try everything from bananas to persimmons to see what you like best. The only fruits I don't bake are citrus, melon and strawberries.

Try using cranberries (I keep them in my freezer year-round) or dried fruit in combination with fresh fruit to enhance the flavor and nutrition.

Baking is a great way to use up seasonal over-abundance, under-ripe or less-than-perfect fruit.

Baked Fruit—Four Ways

INGREDIENTS

6 cups fruit (one type or a combination)

1-2 Tablespoons lemon juice

4-6 Tablespoons maple syrup (amount depends on sweetness of fruit)

DIRECTIONS

Preheat oven to 400 degrees.

Chop fruit as desired and place in an oven-proof baking dish with a lid. Drizzle with lemon juice. Stir to coat. Pour maple syrup evenly over the top of the fruit.

Cover, place in oven and reduce heat to 350 degrees. Bake for 30-60 minutes, until fruit is tender and juices are thickened.

Allow to cool slightly before serving.

OPTIONAL TOPPINGS

SUGAR: For a simple sweet crunch, evenly distribute 2-3 Tablespoons of turbinado, demerara or raw sugar over the top of the cooked fruit and return to oven uncovered for 15 minutes. Cool 15 minutes or more before serving.

SPICE: For a warm flavor and to enhance the sweetness of the fruit, cover with a light dusting of spices before baking. Try one or a combination of cinnamon, nutmeg, ginger, cardamom, cloves, allspice or mace. For something more unusual, garam masala, curry or five-spice.

EVERYTHING NICE: For a more substantial baked topping, combine 4 Tablespoons coconut oil, 1/2 cup granulated sugar of your choice, 1/2 cup gluten-free flour mix and 1/2 cup rolled oats. Distribute on top of raw fruit and bake uncovered until fruit is cooked and topping is crisp.