

Hogtown HomeGrown

Volume 4 Issue 1

January 2009

Inside this issue:

Buy local—save money and the economy!	1
Cooking Pasta—a Primer	1
Local and Fresh—Salad Greens	2
Florida Salad for Two	2
Save the World—One Dinner at a Time	3
Garlic Vegetable Soup	3
Citrus Seafood Salad	3
Fresh Lemon Vinaigrette	3
Meyer Lemon Rum Raisin Cookies	4

Buy local—save money and the economy!

Have you seen all the recent articles and news features suggesting ways to save money on your grocery bills? Buy from warehouse stores. Buy generic products. Buy in bulk. These strategies may save you a few pennies, but at what expense? Even if you cook at home, lab-created food products from out-of-town corporations have a higher price than you may be willing to pay in terms of taste, health and the demise of local economies.

Fresh foods, locally grown, eaten at home or local restaurants, are the best way to spend your food dollars. For the same amount of money, do you want several cheap tomatoes from California that were engineered to be picked green and ripened in a warehouse, but taste like cardboard, or a couple of local beefsteak tomatoes picked ripe yesterday? The beefsteaks may be more expensive per tomato, but the profits stay in town, support local farmers and keep local businesses open—and they taste like tomatoes!

Americans spend a smaller percentage of their incomes on food than any other country in the world—artificially! Price supports from the federal government benefit the corporate factory farms at the expense of small farmers and businesses. You can't always choose where the federal government spends your tax dollars, but you can surely choose where to spend your own hard-earned money.

Use your food budget money as you use your vote—carefully and thoughtfully. Do you really need half a dozen mediocre tomatoes when two tasty ones will do? Do you want a corporate giant on every corner or local farmers and business owners who not only know your name, but whose profits help pay for local schools and roads? You know my choice—”Be A Locavore—Eat Seasonally, Buy Locally!” How will you vote with your food dollars?

Cooking Pasta—a Primer

INGREDIENTS

2-6 ounces dry per person or 1/2—1 1/2 cups cooked per person

1-2 teaspoons of salt per pound of pasta (optional)

DIRECTIONS

Fill a large saucepan with 4-6 quarts of cool water—the pan should only be 1/2 –2/3 filled to leave room for the pasta to expand. Place pan on high heat and cover. Bring to a rolling boil—large bubbles will break the surface of the water. If you use salt, add it now—adding salt before the water boils makes it take longer to boil. Stir in pasta and return water to boil—do not cover. Stir once during cooking so pasta does not stick. At the recommended minimum cooking time, test pasta by scooping out a piece and biting it. The texture should be cooked through, with slight resistance in the center—al dente (the Italian term for how pasta should be cooked) means “to the tooth.” Too firm? Continue to cook and test. If you are using a lot of sauce or baking the pasta, you want the pasta a little firmer than if you are serving it immediately. Have the colander or strainer ready so that as soon as the pasta is done it can be removed from the water. Do not rinse. Use immediately.



Tioga

Monday Market
Mondays 4-7pm
Tioga Town Center
West Newberry Road



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



**High Springs
Farmers Market**
Thurs 2-6 Sat 11-3
Downtown High Springs
Corner Main St and 1st Ave
farmersmarket.highsprings.com



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



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

What's Fresh Right Now?

- Bok Choy
- Broccoli
- Cabbage—head, savoy, chinese
- Cauliflower
- Chestnuts
- Citrus—check the markets for the many varieties of grapefruit, tangerines, oranges, limes, lemons
- Cucumbers—mini seedless
- Eggplant—purple/white Italian, oriental
- Fennel
- Garlic—chives, elephant
- Greens—chard, spinach, mustard, turnip, collards, rappini, dandelion, kale, asian spinach, escarole, mesclun
- Herbs—basil, mint, parsley, chives, lemongrass, oregano, cilantro, rosemary, cress, lime leaf, thyme
- Honey
- Kale
- Kohlrabi
- Lettuce—spring mix, red/green leaf, arugula, frisee, bibb, head, spicy mix, escarole, radicchio, treviso, romaine

- Onions—yellow, scallions, large green
- Pecans
- Peppers—green/red sweet bell, jalapeno, poblano, hot cherry
- Potatoes—sweet, red new, white
- Radish—globe, icicle, daikon
- Roots—rutabaga, turnips
- Tomatoes—beefsteak, grape, heirloom
- Turnips

In addition to produce, most markets have a variety of products available to purchase from soy candles to baked goods to seafood to crafts of wood, fabric or beads. Almost always available are bedding and potted plants, fruit trees and native plants.

Local and Fresh— Salad Greens

This time of year brings one of my favorite items to the markets—bags or baskets of mixed salad greens. These luscious combinations of loose leaves of leaf and head lettuces, with extras like arugula or frisee thrown in for bite or crunch, provide an easy way to “eat your greens.”

Just-picked bags are much fresher than anything you find pre-bagged at the grocery store, so they last much longer in your refrigerator. Trust me, there is nothing worse than planning on a salad for dinner and finding a bag of slimy leaves in your produce drawer!

To extend the “shelf-life” of your salad greens, wrap what you don’t eat immediately in a dish towel and place in a plastic bag. The towel keeps the lettuce dry and the bag keeps it crisp. A bag of salad greens stored this way can keep for up to 10 days, although you’ll want to eat it long before that!

Florida Salad for Two

INGREDIENTS

- 2 large handfuls of salad greens
- 1 avocado, sliced
- 1 grapefruit, peeled and sectioned
- 2 slices of sweet onion, separated into rings
- 1/3 cup pecan halves or pieces

DIRECTIONS

Arrange lettuce on plates—it is prettier if the leaves are large, but easier to eat if they are torn into smaller pieces. Layer sliced avocado, grapefruit sections and onions on the greens and scatter pecans on top. Serve immediately with your favorite dressing on the side.

My favorite is poppy seed dressing—it brings out the sweetness of the ingredients, especially the onion.

Garlic Vegetable Soup

INGREDIENTS

1 tablespoon olive oil
1 head elephant garlic (3-4 cloves), sliced thinly
4 small red skin potatoes, quartered and sliced
1 cup water
1 tomato, chopped
1 teaspoon butter (optional)
2 carrots, sliced
4 cups no-chicken or veggie broth
1/2 cup lentils
1 bunch flat-leaf parsley, chopped

DIRECTIONS

Heat olive oil and butter in a 2 quart saucepan with lid. Stir in sliced garlic, turn heat to low and cook until soft—about 15 minutes. Add carrots and potatoes, stir again and let sauté 2 minutes. Add broth and water, bring to boil and stir in lentils. Return to boil, cover, lower heat to simmer and cook for 30 minutes. Stir in tomato and parsley, cover and simmer for 10 more minutes.

Taste for seasoning—try a little salt and some freshly ground black pepper. Serve hot.

CHICKEN SOUP VARIATION—Omit lentils and water. Add 1 cup cooked chicken along with tomato and parsley.

Tricks and Tips

This soup is my vegetarian cure for the “Gainesville crud” that makes the rounds every winter. Don’t let the garlic scare you—elephant garlic cooks up mild and creamy. If you substitute regular garlic, use only 3-4 cloves.

Citrus Seafood Salad

INGREDIENTS

1 bag mixed salad greens (10-12 cups)
1 head fennel, sliced thinly, reserve a few tops
1/2 cup sweet peppers, sliced thinly
3 oranges, peeled and sectioned
1 bunch green onions, sliced
1 pound seafood, cooked and chilled

DIRECTIONS

Wash greens and tear into bite-sized pieces. Layer greens with orange sections on a large platter or individual plates. Top with fennel, green onions and sweet peppers. Scatter chilled seafood over all and top with a few fennel fronds. Serve immediately with Fresh Lemon Vinaigrette or your favorite salad dressing on the side.

Tricks and Tips

Shrimp or scallops taste great in this salad, but so does fish. Next time you grill, cook some extra fish, chill overnight, then flake into bite-sized pieces.

Fresh Lemon Vinaigrette

INGREDIENTS

1/4 cup olive oil
1 teaspoon Dijon mustard
1/4 teaspoon sugar
1 Meyer lemon OR 2 lemons
1/4 teaspoon horseradish
salt and pepper to taste

DIRECTIONS

Zest and juice washed lemon. In a small bowl, combine olive oil with lemon zest, stir and crush zest into oil, then allow to macerate at least 15 minutes. Whisk in remaining ingredients. Use a piece of lettuce to taste dressing and add salt and pepper if necessary. Serve immediately or refrigerate covered until serving. Shake or stir thoroughly before using.

Tricks and Tips

Store-bought salad dressings are convenient, but be sure to carefully read the labels! High fructose corn syrup is a common ingredient—do you really want it on your salad?

Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More
Copyright © 2009 Stefanie Samara Hamblen

www.hogtownhomegrown.com

352 374-8561

hogtownhomegrown@gmail.com

Life Enhancing Hypnotherapy

MAKE 2009 THE

HAPPIEST NEW YEAR

LOSE WEIGHT-QUIT SMOKING-DESTRESS

~Written Guarantee~

BURY YOUR BAD HABITS

BEFORE THEY BURY YOU!

CALL FOR A FREE CONSULTATION!

Carol Perrine, BS, CHT

352-328-8163

selfhealingmind@gmail.com

www.lifeenhancinghypnotherapy.com



www.aersi.com

352.376.8399

Mosswood Farm Store

Earth-Friendly Essentials for
Country Living and Urban Survival

Open Daily except Monday

Sunday Farmers Market 1-5pm

703 Cholokka Boulevard

Just off 441 in Micanopy

352-466-5002

Serving Organic Coffee & Pastries



401 NE 23rd Avenue

352.373.6777

Open 8am — 3pm every day

Dawn Brower LMT, CHT

1215 NW 23rd Ave 374-0600



info@GentleWatersHealing.com

www.GentleWatersHealing.com

MA 41024 MM 15426 F-DB 2043082

NORTHWEST SEAFOOD, INC.



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



Ward's Supermarket

We Make it Easy to Eat Local— Since 1951

local and organic produce, bulk foods
fresh barbecue everyday, dairy, bread, cheese
meat and fish, chocolate, flowers, coffee, wine

Open Mon-Sat 8am-8pm

Sun 9am-7pm

515 NW 23rd Avenue 352 372-1741



GOURMET INGREDIENT MIX

—and a new product—

Gluten-Free

GOURMET BREAD MIX

www.junselle.com

352-316-5489

Morning Meadow Preschool

Where creativity and
imagination flourish



Celebrating 15 years
of Gainesville's Children

Sylvia Paluzzi 352 375 2197

Tricks and Tips

What happens if

Meyer Lemons

aren't in season?

Substitute regular

lemons or even or-

anges. If you plan

ahead during citrus

season, zest all your

Meyer lemons, be-

fore you cut and

juice them. Store

zest in an airtight

container in the

freezer to use as

needed. Frozen zest

retains most of the

flavor of fresh. Do

not defrost—use

frozen to replace

fresh in recipes.

Meyer Lemon Rum Raisin Cookies

INGREDIENTS

1 cup raisins

1/2 cup rum OR apple juice

1 stick butter

1 cup brown sugar

1 Meyer lemon, zested

2 eggs

1 cup whole wheat flour

1 teaspoon baking powder

1/4 teaspoon salt

2 cups oatmeal

DIRECTIONS

Preheat oven to 350 degrees. Line cookie sheets with parchment paper.

Place raisins in a microwave-safe container. Cover raisins with rum and microwave for 30 seconds. Let sit for at least 30 minutes or up to 24 hours.

Cream butter, sugar and lemon zest until light. Beat in eggs until completely incorporated. Mix together dry ingredients—flour, baking powder, salt and oatmeal. Add to creamed mixture, stirring until almost completely combined. Drain raisins, pressing them lightly to release excess liquid. Stir raisins into cookie dough until evenly distributed.

Place teaspoonfuls of the dough onto the parchment-lined cookie sheets. Bake for 7-9 minutes. Cool on pan for 3 minutes, then place on flat surface, not a rack, to cool completely. Handle carefully, cookies are fragile until cooled. Store covered at room temperature.