

Hogtown HomeGrown

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Ready for a new year? Here we go...

Commercial Kitchen Incubator Surveys about local food and processing made the need for a certified commercial kitchen abundantly clear. The **Kitchen Referral Service** will begin this spring to match restaurants with tenants. A fundraiser to provide seed money for the Kitchen Referral Service will be held March 20th at 30124 Coffee House in Downtown Waldo (only 13 miles from Downtown Gainesville) and will feature the debut of **Local Food Roadshow**. As work continues on the feasibility study to establish a permanent kitchen location, recent developments include support and involvement from both public agencies and private institutions.

Local Food Roadshow will bring together local chefs and restaurants with the best seasonal foods grown by local farmers. After it's debut appearance March 20th at the 30124 Coffee House in Waldo for the **Kitchen Incubator Fundraiser**, Local Food Roadshow will appear April 12th as part of **UF's Food Summit's** Food on the Lawn and May 30th at the **2010 Eat Local Challenge Community Celebration**.

Restaurant owners, chefs and farmers interested in becoming a part of Local Food Roadshow should contact kitchen@celestejet.com

CarbonSolutions®—the consulting arm of the International Carbon Bank & Exchange, Inc. (ICBE)—provides carbon footprinting, carbon offset application, and carbon mitigation strategy services. These services go beyond environmentally “green” intentions and can actually help you save money, especially on your utility bill. Ensure your carbon neutrality with a business that has more than ten years experience in the greenhouse gas arena. Contact Seth Keller (Seth@icbe.com)

Citizens Co-op The aim of this co-op is to establish a natural food market in Gainesville that is focused on fresh local food. The market will be a full-service grocery store, with the guarantee of providing socially responsible goods to our community. To raise funds from within the community, both Co-op Memberships and Investor Shares are available. Now is the time to become a member and an investor to create change in our local food system — www.citizensco-op.com

UF's Food Summit April 12-13 Sponsored by the University of Florida's Office of Sustainability, a week of food-related events will culminate with the Summit. Keynote speaker Michael Dimock is from Roots of Change, a California-based consortium created to change food systems and policy — www.rocfund.org.

Local Food Roadshow will appear at the University of Florida as part of the Food on the Lawn event during the Summit.



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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

Thursday 2-7pm
Downtown High Springs
Corner Main St and 1st Ave
farmersmarket.highsprings.com



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Alachua County

Farmers Market

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What's Fresh Right Now?

- Arugula
- Beets
- Broccoli
- Bok Choy—baby, regular, red
- Cabbage—head, savoy, italian, chinese
- Carrots—various colors
- Cauliflower—white, golden
- Citrus—tangelo, hamlin, navel, red navel, sunburst tangerine, kumquat, calamondin, grapefruit, meyer lemon
- Cucumbers—mini seedless, slicers
- Eggplant—purple italian, mini-italian
- Garlic—elephant
- Greens—rappini, curly endive, collards, mustard, red mustard, sorrel, escarole, puntarelle, summerfest, turnip
- Herbs—italian basil, cilantro, marjoram, dill, sage, lime leaf, parsley, oregano, rosemary, lemongrass
- Honey—tupelo, gallberry, orange blossom
- Kale—red, green, tuscan, russian, curly
- Kohlrabi
- Lettuce—bibb, green leaf, red tip green leaf, spring mix, romain, red romain, buttercrunch, radicchio
- Mushrooms—shitake
- Onions—yellow, green/red scallions
- Papaya—green, ripe
- Pecans—stuart, summer
- Peppers—green/red/yellow/purple sweet bell, jalapeno, habanero, cayenne
- Persimmons—stringent (seijo)
- Potatoes—red, sweet
- Rutabagas
- Squash—zucchini, butternut, pumpkin
- Star Fruit
- Sunflower—shoots and sprouts
- Sweet Potatoes
- Tomatoes—beefsteak, grape, green
- Turnips

Local and Fresh— Turnips

Turnips are a root vegetable member of the cabbage family. Grown for both the globe-shaped edible root as well as succulent greens, new purple and red varieties offer a change from the familiar white “baseball”.

Greens and roots are commonly boiled or steamed, sometimes together. While roots can also be roasted, greens can be sautéed.

The greens can sometimes be bitter, so choose smaller leafy greens for a tender, less bitter veggie. Vinegar can enhance the taste as well as improving vitamin and mineral absorption.

Roasted Turnips and Carrots with Lemon

INGREDIENTS

- 2 cups turnips, cut into 1 inch chunks
- 2 cups carrots, cut into large chunks
- 2 Tablespoons olive oil
- 1/4 cup lemon juice, preferably Meyer lemon
- 1 teaspoon lemon zest
- 2 Tablespoons raw sugar
- Salt and pepper to taste

DIRECTIONS

Preheat oven to 375 degrees. Line a roasting pan with aluminum foil.

Place turnips and carrots in a glass or ceramic bowl and toss with olive oil. In a separate bowl combine lemon juice, zest, sugar and seasonings. Stir until sugar is dissolved. Pour over turnips and carrots and allow to sit at least 30 minutes, stirring occasionally.

Drain veggies and save the marinade. Place turnips and carrots in lined pan. Roast 40 minutes, stirring every ten minutes to ensure even browning. Serve at room temperature with a drizzle of reserved marinade.

Save the World—One Dinner at a Time!

“Sausage” Onion Upside-Down Cornbread

INGREDIENTS

3 Tablespoons olive oil, divided	1/2 large sweet onion, diced finely
6 patties soy sausage, cooked	2 cups stone-ground cornmeal
1 teaspoon baking powder	1/2 teaspoon baking soda
2 teaspoons raw sugar	1/2 teaspoon salt
4 Tablespoons melted butter	2 eggs
2 cups buttermilk	1 teaspoon butter

DIRECTIONS

Preheat oven to 375 degrees.

In the same cast-iron skillet that will be used for baking the cornbread, sauté onion with 2 Tablespoons olive oil over medium heat. Crumble sausage patties into small pieces and stir into onions until completely combined. Remove mixture from pan. Add 1 Tablespoon oil to pan, swirl to coat completely. Place pan in oven to preheat while making the batter.

In a large mixing bowl, combine cornmeal, baking powder, baking soda, sugar and salt. In a separate bowl, mix butter, eggs and buttermilk. Pour the wet ingredients into the dry and mix until combined with no lumps.

Remove pan from oven, swirl with 1 teaspoon butter and add sausage-onion mixture, distributing evenly over bottom of pan. Top with batter and place in oven—use an oven mitt, the pan will be hot and heavy!

Bake 30 minutes until firm to the touch. Cool 5 minutes in pan, then invert cornbread onto a serving plate. Serve immediately. Cover and refrigerate leftovers.

Tricks and Tips
If you forget to buy buttermilk, you can sour regular milk to create the same acid liquid needed for a light-textured cornbread. To create 2 cups of soured milk, stir 2 teaspoons lemon juice or cider vinegar into 2 cups of regular milk. Let sit for 5 minutes before using to complete recipe.

Savory Turnip Greens for Two

INGREDIENTS

2 Tablespoons olive oil	1/2 cup onion, sliced into thin shreds
1-2 hot peppers, chopped	4 cups small turnip green leaves
1/3 cup reserved steaming water	1/4 teaspoon smoked sweet paprika
1 teaspoon rice vinegar	

DIRECTIONS

Heat water in a steamer pot.

In a saucepan, heat olive oil, stir in onions and sauté until limp. Add hot peppers, reduce heat to low, cover and cook 5 minutes.

After carefully cleaning each leaf, place turnip leaves in a stack and cut into thirds crosswise. Place greens into steamer basket and cook until just wilted and tender. Remove greens from steamer and place in saucepan with onion mixture, add water and paprika. Stir well, cover and simmer for 10 minutes. Stir in vinegar and serve hot.

Cover and refrigerate leftovers.

Tricks or Tips
The heat in peppers can be found in the seeds and ribs, so whatever peppers you choose for this recipe, you can control the heat by removing (or not removing) the seeds and all the ribs or ridges inside the pepper. Use gloves to protect your skin and be sure not to touch your eyes, mouth or nose with pepper oils on your hands.



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Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More
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Tricks and Tips

To make a version of this recipe without alcohol, replace the orange liqueur with 1/2 cup lemon juice and 1/4 cup raw sugar. Don't forget the vanilla bean. Cook as directed.

While you can use dark figs in these cookies, the citrus and vanilla flavors blend better with light-colored varieties. When choosing dried figs, look for even coloring with no discolored spots.

Fig Bars

INGREDIENTS

1 pound dried figs, coarsely chopped
1/2 cup orange liqueur
1 cup flour
1/2 cup dark brown sugar
water to cover
1/2 vanilla bean, split lengthwise
1 cup regular oatmeal
4 Tablespoons softened butter

DIRECTIONS

Place chopped figs in a saucepan and cover with water. Add orange liqueur and vanilla bean. Bring to a boil, then reduce heat, cover and simmer for an hour or until figs are tender. Remove vanilla bean. Puree fig mixture, return to saucepan and cook until thick. When thick, remove from heat and allow to cool to room temperature.

In a mixing bowl, combine flour, oatmeal and sugar. Stir well and add a dash of salt if your butter is unsalted. Work in butter with your fingertips until small clumps the size of peas form. Set aside.

Preheat oven to 350 degrees. Butter a square baking pan—either 8 or 9 inch. Press 2/3 of the flour mixture into the pan to form the bottom crust. Be sure the edges are even and the corners are filled. Use the bottom of a glass or measuring cup to press the crumbly mixture into a compact crust.

Carefully spoon fig mixture into an even layer onto bottom crust. Smooth into place using the back of a spoon or fork. Top with remaining flour mixture to form a crumb topping. The crumbs will not completely cover the figs, but will form a lacy cover for the tops of the bars.

Bake 25-30 minutes, until very lightly browned. Cool completely before cutting.

Makes 24 bar cookies.