

Hogtown HomeGrown™

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This long goodbye starts with thanks

One of the last conversations I had with my Dad was in May 2008 when, after 18 months of publishing, Hogtown HomeGrown finally had enough advertisers to pay the monthly bill at Renaissance Printing. He taught me to write and he told me several times that my descriptions of food made him want to try things he had never tasted. He was proud to watch me build a business and he would have gotten a kick out of my success from the early days of branded coffee and t-shirts to public cooking demos and monthly television features.

Alas, it seems all good things must come to an end, so, for a variety of reasons, the final Hogtown HomeGrown will be published and distributed during May 2020.

With gratitude, I have been able to publish over thirteen years of free monthly newsletters because of support from local businesses. Strangers were willing to pay from \$25 per month in the early days to our current rate of “a dollar a day” to help promote both their businesses and local food. There were times, like 2013, I had a waiting list for advertising space. The list below shows which year our supporters started ads, with current advertisers in **bold**. There's even nostalgia—look at all the businesses that are just memories.

2007—**Haile Farmers Market**, Union Street Farmers Market, Tioga Monday Market, Sweetwater Organic Coffee Roasters, High Springs Farmers Market, Mosswood Farm Store, Creative Tile Solutions

2008—The Jones Eastside, Alachua County Farmers Market/441 Market, Carol Perrine, AERSI, Ward's Supermarket, Gentle Waters, Junselle's Turkish Gold, Grow Grubs

2009—Morning Meadow Preschool, **Northwest Seafood**, Boondox Tropicals, Bagel Bakery, Magnolia Farms, Glades Ridge Goat Dairy, Kumarie's Organic Garden, Dogwood Lane Farm, Owen's Farm, Henderson and Daughter Plants and Produce

2010—Sara's Seasoning Mix, Accent Designs, Dragon Rises College of Oriental Medicine, Thurston Garden Design

2011—WIC Program, Blue Highway Pizzeria, Joe's Place, Bluefield Estate Winery, Small Business Outsource, Thornebrook Farmers Market, Citizen's Co-op

2012—Tempo Bistro To Go, Bridget Kelly Band, Thrive Handcrafts, Stephen Schacter

2014—Linda Blondheim Artist

2015—Cymplify, Cymplify Fresh Café, Belinda Rountree, **Sunflower Health Foods**, Market Street, BakerBaker, Daily Green, **Willow Gardens**, 8LP, Ferenbacher's Artisan Sausages

2016—Root & Pecker

2017—High Springs Emporium

2018—Biogera, Sweetwater Branch Inn, Scissor Warrior, **East End Eatery**

2019—Saporito Oil Vinegar Spice, Aquilla Farm

What's Fresh Right Now?

Bananas

Beets—red, golden, long

Bok choy

Broccoli

Brussels sprouts

Cabbage—green head, napa, flathead, cone, savoy

Carrots—orange, yellow, rainbow

Cauliflower—white, cheddar, purple, romanesco

Citrus—oranges, grapefruit, lemons, tangerines, limequats

Garlic—chives

Ginger

Greens—collards, curly/tuscan/red/white russian kale, red/green mustards, spinach, escarole, summerfest, chard, rappini, endive, turnip, mizuna

Herbs—parsley, cilantro, curry leaf, thai basil, mint, thyme, tulsi, dill, kaffir lime, lemongrass

Honey—orange blossom, gallberry, wildflower, tupelo

Jicama

Kohlrabi

Lettuces—spring mix, mizuna, arugula, red/green leaf, romaine, frisée, butter

Moringa

Mushrooms—shiitake, white/blue/yellow oyster, lion's mane, trumpet, dried shiitake

Onions—green

Papaya—green, ripe

Pecans

Peppers—green/red/purple bell, jalapeno, datil, aji dulce, bird's eye

Pineapple

Potatoes—red/white

Radish—red/purple globe, daikon, watermelon, black

Rutabaga

Shoots and Sprouts

Squash—green zucchini, yellow crookneck/summer, spaghetti, butternut, acorn

Starfruit

Strawberries

Sugarsnap peas

Sweet Potatoes

Tomatoes—slicer, sun gold, red plum, green

Turmeric—orange/black

Local and Fresh— Pineapple

Yes, pineapples grow in North Central Florida and I have managed to grow one. I cut the top off a Boondox Tropical pineapple purchased at Haile Farmers Market, planted it and a couple of years later it produced a small fruit.

Until the disease known as “red wilt” destroyed crops all over the state in 1910, Florida was a major producer of pineapple. With a story similar to the history of bananas, planting a monoculture of one variety destroyed the entire pineapple industry.

Sweet and juicy at their best, a ripe pineapple can be determined by a yellowish color on the bottom and leaves that are easily pulled from the center. Refrigerate ripe pineapples or cut and serve immediately.

Baking or grilling can do wonders for a less-than-perfect fruit—serve hot or cold.

Pineapple Sauce

INGREDIENTS

4 cups pineapple, fruit and core coarsely chopped
1/2 cup brown sugar, lightly packed
1 Tablespoon lemon juice

DIRECTIONS

Puree pineapple in blender.

Pour pureed pineapple into a deep saucepan. Stir in sugar and lemon juice.

Bring to a full boil. Stir well and lower heat to maintain a strong simmer. Cook until sauce is desired thickness, stirring occasionally.

Sauce is ready to eat or may be placed in prepared canning jars while hot and processed to store. Sauce may also be stored in the freezer.

SERVING SUGGESTIONS

Top baked sweet potatoes or winter squash. Use alone or mix with fresh or crystallized ginger for a healthy flavor boost.

Spoon over fruit salad, cake or ice cream for a fruit-forward and tasty dessert.

Mix with curry powder and slather on chicken or fish before baking.

Jeff's Pineapple Mahi Bake

INGREDIENTS

1 pineapple, peeled, cored and cut into 1/2 slices
1 pound Mahi fillets, cut into 1/2 inch slices
24 ounces Newman's Own Pineapple Salsa
5 oz. (or more) Queso Cheese, grated

DIRECTIONS

Preheat oven to 400 degrees. Oil an 8x8 baking pan with a lid or foil to cover.

Grill pineapple slices.

Layer ingredients in following order:

3/4 cup salsa

Half pineapple slices

Half mahi slices

3/4 cup salsa

Half the grated queso

Remaining pineapple slices

Remaining mahi slices

3/4 cup salsa

Cover and bake for 30 minutes

Remove cover and top with remaining Queso cheese. Return uncovered baking dish to oven and bake until cheese is melted and bubbling

Remove from oven. Let sit for five minutes before serving.

Cover and refrigerate leftovers.

Romanesco Orange Salad

INGREDIENTS

2 cups Romanesco, broken into florets
1 Tablespoon olive oil
1/2 cup toasted pecans, chopped
1/3 cup fresh orange juice
Flaky salt to taste

DIRECTIONS

Preheat oven to 400 degrees.

Toss Romanesco with olive oil. Place florets in one layer on baking sheet.

Bake 30-40 minutes, turning once, until lightly charred and still crunchy. Move florets from baking sheet to cutting board. Coarsely chop with large knife.

Place chopped florets in serving bowl with pecans and orange juice. Stir well. Add salt and stir again.

Serve immediately or at room temperature. Cover and refrigerate leftovers.

Simple Gratin Broccoli

INGREDIENTS

2 cups broccoli, steamed (good way to use leftovers)
2 ounces romano cheese, very finely shredded

DIRECTIONS

Preheat broiler.

Move oven rack to approximately 6 inches below flame.

Lightly oil a metal cookie sheet.

Cut each broccoli floret or stem in half so it has one flat side.

Place broccoli cut-side down on prepared cookie sheet. Arrange florets so that flowers are grouped together.

Cover florets with mounds of very finely shredded romano cheese.

Broil 8 minutes or until cheese is lightly browned and crunchy.

Remove from oven and slide florets apart on cookie sheet before cheese hardens.

Serve immediately. Eat it all since leftovers don't heat well.



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Tricks and Tips

Sweet Potato Pecan Loaf is not only vegan, but uses leftovers too!

Instead of butter, I used oil in this recipe.

There are non-dairy butter substitutes, but many contain varying amounts of water which can affect the final product.

This recipe replaces the eggs required to bind the ingredients with applesauce.

Leftovers can turn up in the strangest places. Leftover mashed sweet potatoes not only provides increased vitamins and minerals, but boosts the flavor, sweetness and moisture of this loaf.

Sweet Potato Pecan Loaf

INGREDIENTS

- 1/2 cup vegetable oil
- 1/2 cup honey
- 1/2 cup applesauce
- 1 cup sweet potato, pureed or mashed until smooth
- 2 cups whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 Tablespoons very hot water, divided
- 1 cup pecans, toasted and chopped finely

DIRECTIONS

- Preheat oven to 375. Lightly oil a loaf pan.
- In a large bowl beat together oil, honey, applesauce and sweet potato until completely combined—it takes 3-4 minutes by hand.
- In a separate bowl, mix together flour, baking soda and salt.
- Add half the flour mixture to wet ingredients and stir until just a few streaks of flour remain. Add half the very hot water and stir well.
- Add the remaining flour mixture and stir until a few streaks of flour remain.
- Add the remaining water and pecans. Stir until completely combined and pecans are evenly distributed.
- Smooth into prepared pan.
- Place pan in preheated oven, reduce heat to 325 and bake 50-60 minutes. Cooking time depends on size of pans. Loaf will be firm to touch and a toothpick tests clean.
- Remove from pan to cool on a wire rack.
- Wrap well and serve the next day for best results or freeze.
- Cover leftovers and eat within a week or freeze up to six months.