

# Hogtown HomeGrown

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## User's Manual

Hogtown HomeGrown was created more than eight years ago to help everyone make the best use of the local and seasonal produce found fresh at our farmers markets. Each month's issue provides a list of that seasonal produce, information about one specific item and recipes using both seasonal and featured items. While both the monthly free newsletter and website are focused toward the home cook, there are ways for professional cooks, farmers and grocers to take advantage of this resource.

## HOME COOKS

- Learn what's in season at the farmers market each month
- Discover or rediscover a new veggie, fruit or herb each month
- Try recipes and learn new cooking methods from newsletter and website
- Search the website for recipes using specific produce items

## PROFESSIONAL COOKS

- Learn what's in season to create new recipes and specials menus
- Serve the feature item of each issue in a monthly special
- Try new recipes as specials or alternatives for diners with restricted diets
- Serve at least one local item to become an Eat Local Challenge restaurant

## FARMERS

- Offer newsletter to customers to provide recipes for your products
- Provide the editor with information to promote new or unusual crops
- Make a display of all your products needed to complete a featured recipe
- Provide copies of website recipes (with logo) to help sell specific crops

## GROCERS

- Create a display with all the products needed for each issue's recipes
- Provide copies of recipes (with logo) for specific crops
- Use recipes to create samples for customers to try new or unusual crops
- Hire Hogtown HomeGrown to do a monthly demo of each issue's recipes

# What's Fresh Right Now?

## Beets

**Bok choy**—tatsoi, red/green pac choi

## Broccoli

**Cabbage**—green, napa/chinese

**Carrots**—orange/purple/yellow/red

## Cauliflower

## Chayote

**Citrus**—pink/red/white grapefruit, oranges, tangerines, tangelo, sour orange, meyer lemon, calamondin, kumquat, juices

**Cucumbers**—mini seedless

## Fennel

**Garlic**—chives

**Greens**—collards, mustards, arugula, chard, mizuna, asian stir-fry mix, escarole

**Herbs**—cilantro, parsley, dill, rosemary, chervil, basil, chives

## Honey

**Kale**—red russian, tuscan

**Kohlrabi**—green/purple

**Lettuce**—salad mix, red/green romaine and leaf lettuce, crispy frill, bibb, buttercrunch

**Onions**—white, green

**Peppers**—red/green/orange/yellow sweet, jalapeno, poblano

**Potatoes**—small white

**Radish**—globe, daikon, easter egg, french breakfast

## Shoots, Sprouts and Microgreens

## Sunchokes

## Sweet Potatoes

**Tomatoes**—grape, plum, beefsteak, green

**Turnips**—white, purple-topped, golden

## Yuca (cassava)

# Local and Fresh— Meyer Lemons

We only have one bearing fruit tree in our yard—a Meyer lemon. This wonderfully fragrant citrus is a cross between a standard lemon and orange. The resulting fruit is a low acid lemon, with dark yellow to orange flesh, few seeds and floral-scented juice and zest.

Look for fruit with smooth skins and a clean stem-end. Store lemons in cool room temperatures or in the refrigerator. Both the zest and juice may be frozen with very good results, although thawed lemon zest is best suited for cooked, rather than raw uses.

# Meyer Lemon Infused Olive Oil

## INGREDIENTS

1 organic Meyer lemon  
1 cup olive oil

## DIRECTIONS

Wash and dry lemon thoroughly.

Use a vegetable peeler to remove the yellow peel with as little white pith as possible.

Pour olive oil into a glass microwavable container. Submerge strips of lemon peel in olive oil and heat in the microwave until warm. Allow peel to marinate for 24 hours at room temperature.

Remove and discard peel. Pour oil into a glass jar with a tight-fitting lid. If using within a week, store at room temperature, otherwise store in the refrigerator.



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**Grapefruit:** red, white, pink

**Tangerine:** satsuma, chineses honey, dancy

**Speciality:** orlando tangelo, meiuwa kumquats

**Acid:** sour orange, calamondin, meyer lemon

\*weather permitting

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**Alachua County**

**Farmers Market**

**Saturdays 830am—1pm**

5920 NW 13th Street

[www.441market.com](http://www.441market.com)

# Lemon and Parsley Brown Rice Pilaf

## INGREDIENTS

1 Tablespoon Meyer Lemon Infused Olive Oil or plain olive oil  
2 cups long-grain brown rice  
4 cups hot water  
zest of one lemon, preferably a Meyer Lemon  
1 cup flat-leaf parsley, finely chopped  
1/2 teaspoon Kosher salt  
freshly ground black pepper to taste  
1 Tablespoon Meyer Lemon Infused Olive Oil or plain olive oil  
1 Tablespoon each hot water and lemon juice

## DIRECTIONS

In a 2 quart saucepan with a tight-fitting lid, heat oil and stir in rice for 1 minute. Add hot water, bring to a boil, reduce heat, cover and simmer for 40 minutes.

Uncover rice and tilt pan to be sure all the water is absorbed. Remove from heat, cover pot with a thin towel and place cover on top. Let sit for 10-15 minutes.

Preheat oven to 350 degrees.

Use a fork to fluff the rice and mix in lemon zest, parsley, salt and pepper.

Place hot water and oil in the bottom a a heat-proof lidded casserole. Spoon rice into casserole on top of liquids. Cover and bake in preheated oven for 30 minutes.

Serve hot. Cover and refrigerate leftovers.

# Grilled Lobster Tails

## INGREDIENTS

1 lobster tail per person (3-4 ounces each)  
salt and freshly ground pepper to taste  
1-2 teaspoons Meyer Lemon Infused Olive Oil or plain olive oil per tail, plus oil for dipping

## DIRECTIONS

Preheat stovetop or outdoor grill until it smokes.

Use sturdy scissors to cut through the center of the thin shell under the tail. Spread it just enough to open the shell slightly, but not break the meat.

Season lightly with salt and pepper. Brush the entire underside of each tail and all exposed meat with oil. Set seasoned-side down on grill. Cook without moving lobster for 15-18 minutes, or until meat is opaque.

Serve hot with oil for dipping. Cover and refrigerate leftovers.

**Tricks and Tips**  
Tasty pilafs are the perfect last-minute dinner and are easily made from leftover rice or other grains. Bite-sized cooked vegetables and proteins, or enhancements like nuts or cheese, can turn a simple side dish into a main dish. Try some of these combinations:

Lemon, Parsley, Walnuts and Feta

Lemon, Parsley and Roasted Zucchini

Lemon, 1/2 cup Fresh Sage and Roasted Winter Squash

**Tricks and Tips**  
Lobster shells not only keep the meat moist while grilling, they act as a natural indicator of doneness. The shells redden from the grill-side up, as the meat within cooks. When the shell is red about halfway up, the meat should be cooked about halfway. Keep an eye on them so they don't overcook!

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## Tricks and Tips

Cooking grains or beans to serve in cold salads can be tricky, but ultimately just requires a little extra attention. Cooked too little and they can be crunchy and inedible. Cooked too long, the mushy texture makes the salad lumpy and heavy. For best results, taste-test often while cooking. As soon as the grain or bean is tender, remove from heat and rinse with cool water. If not using immediately, cover and refrigerate. Chilling will allow it to firm up and ensure it will not soak up too much dressing and make the salad soggy.

## Lemon Lentil Salad

### INGREDIENTS

Zest and juice of 1 Meyer lemon  
1 Tablespoon Dijon mustard  
1 cup chopped fresh herbs (parsley, dill, chervil or a combination)  
1/3 cup Meyer Lemon Infused Olive Oil  
salt and freshly ground pepper to taste  
3 cups brown or green cooked lentils  
1 cup finely chopped cucumber  
1 large tomato, seeded and finely chopped  
1 sweet pepper, cored and diced  
1/2 cup red onion or green onions, finely chopped  
6 ounces feta, chopped or crumbled

### DIRECTIONS

In a large mixing bowl, combine lemon zest and juice, mustard, and chopped fresh herbs. Mix thoroughly.

Use a large fork or whisk to beat in infused olive oil a little at a time. Taste and adjust seasoning to taste.

Add cooked lentils and chopped vegetables, stirring gently to combine without smashing lentils.

Just before serving, stir again to distribute dressing. Add feta at the last minute, mixing lightly to keep feta in distinct chunks.

Serve at room temperature or chilled.

Cover and refrigerate leftovers.