

Hogtown HomeGrown

Volume 12 Issue 7

July 2017

Inside this issue:

**Kitchen sisters—
creating
and learning** 1

**What's Fresh
Right Now?** 2

**Local and Fresh—
Italian Eggplant** 2

**Grilled
Eggplant** 2

**Eggplant Stuffed
with
Crab and Corn** 3

**Summer
Crockpot Stew** 3

**Eggplant
Rollatini** 3

**Eva and Allie's
Strawberry Lime
Popsicles** 4

Kitchen sisters—creating and learning

I rang the doorbell and, before I knew it, I was standing in the kitchen with a popsicle in my hand. Eva and Allie bubbled over with enthusiasm and couldn't wait to show off their original strawberry and lime creation. Even though they hadn't seen me since they were toddlers, we were kindred spirits—talking taste, texture, ingredients and methods.

Wait, let me begin again. It all started with a Facebook post. I am Facebook friends with many of the children our sons knew in school, scouts and church through the years. Earlier this year, one of these friends shared pictures online of a unique, colorful salad she created. Devin's Raw Cauliflower Salad was published in February 2017 and if you haven't tried it, you should make a batch the next time cauliflower is in season.

So when Devin said her daughters Eva, 12, and Allie, 10, had been making popsicles for the family, I knew I had to get their recipe! We set the date, and there I was, finger on the doorbell admiring the fig tree and three busy hives next to the driveway. I rang the bell and, once in the kitchen, quickly took my first, second and third bites of an incredible popsicle—pure strawberry flavor and a creamy texture with a light sweetness and tang of lime.

Eva and Allie take recipe creation seriously, with a scientific method and record-keeping that would make Julia Child proud. Balance was important. For example, they decided to add lime zest when the lime juice alone didn't have enough flavor to accent the strawberries. In each successive trial batch (they have younger brothers and a sister to eat the experiments) different liquids were used in different combinations to refine the perfect texture. As they worked, ingredients were measured and recorded. Allie says she always measures when she cooks, but Eva usually saves the measuring cups for baking.

Eva is the oldest of the family and learned to cook with her Mom and Grandma. The first thing she remembers making by herself was garlic bread, but now she makes "sweets, mostly" baking muffins and cupcakes. She almost made this vegetarian drool with her description of a homemade chocolate bark she topped with bacon. Maybe she'll share that recipe here in time for holiday gift-giving. Then again, maybe she'll save it for that famous restaurant or bakery she wants to work in someday.

Allie's first solo cooking was mixing up a big batch of white chocolate macadamia cookies, while Grandma was nearby telling her the amount of each ingredient. Now when she's not working on new popsicle recipes (Allie and Eva are working on a new one with coconut and lime) she cooks up both savory and sweet specialties, from french onion soup, spaghetti and pork tacos to cheesecake and muffins. Almost sounds like the beginnings of an eclectic menu for that restaurant she wants open in Italy. I'd eat there—how about you?

Eva and Allie are exceptional, but every child can have a chance to learn and create like this if they have an adult in their lives who will let them loose in the kitchen. I love working with our grands in the kitchen. Do you have a young cook in your life and kitchen?

What's Fresh Right Now?

Bananas—dwarf ice cream

Bitter melon

Corn

Cucumbers—slicers, kirby

Eggplants—purple/white/graffiti italian, purple/white/green asian, thai

Greens—collards, chard, okinawa spinach, amaranth

Herbs—garlic chives, turmeric, flat leaf parsley, cilantro, dill, basil, peppermint, spearmint

Melons—watermelon, cantaloupe

Moringa

Mushrooms—dried shiitakes

Okra—green

Onions—yellow, sweet, red, green scallions

Peas—white acre, black eye, creamer, zipper

Peppers—red/green/yellow/orange sweet bell, poblano, jalapeño, shishito, italian frying, red cherry, anaheim

Pineapple

Potatoes—yellow-flesh, red

Squash—white pattypan, yellow crookneck, green zucchini, acorn, butternut, spaghetti, blue hubbard, kabocha, delicata

Tomatoes—plum, beefsteak, cherry, grape, heirloom

Things we always will stop at a roadside stand for:

Mangoes from South Florida will always have me hitting the brakes! I like certain varieties, especially Kents and Hadens, but occasionally let the vendors give me an assortment so we can try them all. Ever get a mango that is tasty, but full of fiber? Puree the peeled fruit and strain out the fiber. Use the smooth fruit as an ice cream or smoothie base.

Peaches are another reason to stop, especially if the vendor can tell you where they are from and what variety. While my heart may be in Georgia, I must admit that the tastiest peaches I have ever eaten were grown in South Carolina.

Both these roadside stand treasures need special care. Place unripe fruit on paper or cardboard in a cool dark room, making sure that they do not touch each other. Rotate and check daily.

Use fruit as it ripens, simply cutting out any "bad" spots—no need to throw out the whole fruit! Remember to put some by in the freezer or pantry for summer goodness year round.

Local and Fresh— Italian Eggplant

Eggplant is a very familiar sight at our summer farmers markets. The most impressive are the large smooth-skinned Italian eggplant, usually very shiny and a dark shade of purple.

Buying eggplant is a hands-on affair. Italian eggplant should be firm, with just a little give when pressed—not rock hard and definitely no soft spots! Store eggplant in the warmest part of your refrigerator in a cloth or paper bag since it does not like temperatures under 54 degrees.

Unless the recipe requires its removal, leave the peel on since it is filled with anti-oxidants. Eggplant is like a sponge, so a quick brush of oil will be quickly absorbed, but will be sufficient to prevent sticking to the grill.

Grilled Eggplant

INGREDIENTS

1 large Italian eggplant

1/2 cup olive oil

Salt and freshly ground pepper

DIRECTIONS

Preheat stovetop grill or outdoor grill.

Slice eggplant lengthwise into even 1/4 inch slices. Brush one side with olive oil.

Place eggplant oil-side down on grill. Brush top with oil.

Grill over medium heat until grill marks form. Use tongs to flip eggplant. Salt and pepper cooked side.

Flip twice more, moving eggplant to form crosshatch design if desired.

Eggplant is done when it will easily bend without breaking.

Serve hot.

Cover and refrigerate leftovers.

 <p>HAILE FARMERS MARKET Saturdays 830am - 12pm Haile Village Center www.hailefarmersmarket.com</p>	<p>Glades Ridge Goat Dairy Raw Milk and Cheese Hormone/Antibiotic Free Available Fresh or Frozen ACFM/441 Farmers Market Saturdays 8:30am - 1:00pm Union Street Farmers Market Wednesdays 4:00pm - 7:00pm Wholesome Food—Animal Consumption Only Lake Butler 386 266 7041 gladesridge.com</p>	<p>Henderson & Daughter Plants and Produce Booth #4 Alachua County Farmers' Market at 441 GORGEOUS CALADIUMS Many varieties to add beauty to your yard and/or container gardens. Please stop by to view our selection! <i>We look forward to seeing you!</i> www.facebook.com/henderson.and.daughter</p>	<p>Alachua County FARMERS' MARKET Alachua County Farmers Market Saturdays 830am—1pm 5920 NW 13th Street www.441market.com</p>
---	--	---	---

Eggplant Stuffed with Crab and Corn

INGREDIENTS

1 large Italian eggplant
2 ears corn, kernels cut off the cob
2 green onions, sliced
2 medium tomatoes, seeded and finely diced
1 cup oven-dried tomatoes, julienned
4 ounces sharp white cheddar, shredded
12-15 fresh basil leaves, torn into small pieces
8 ounces crab meat
1/4 teaspoon salt

DIRECTIONS

Cut eggplant in half vertically. Using a small knife, outline a 1/4 inch border on each half. Score flesh inside the border—be careful not to pierce the skin. Place eggplant cut side down in a heavy skillet over medium heat and cook 15 minutes or until flesh is softened. When cooled, use a large spoon to scoop out cooked eggplant. Chop into uniform small pieces.

Place empty eggplant shells in an ovenproof covered casserole.

Combine corn kernels, green onions, fresh and dried tomatoes, cheddar, basil and crab. Add cooled eggplant and salt to crab mixture and stir well to combine completely.

Stuff eggplant halves with mixture, packing it down firmly with spoon. Cover casserole and bake in preheated 375 degree oven for 45 minutes until stuffing is hot and cheese is bubbly.

Remove lid and allow top to crisp for additional 10 minutes. Let sit for 5 minutes before serving. Serve hot with lemon wedges. Cover and refrigerate leftovers.

Summer Crockpot Stew

INGREDIENTS

3-4 cups eggplant, cut into 1 inch pieces
2 dozen small roma or large cherry tomatoes, cut in half
1 cup oven-dried tomatoes
2-3 small zucchini, cut in 1/2 inch slices
1 onion, quartered and thinly sliced
3 cloves of garlic, smashed
1 cup fresh basil leaves
1 cup dry lentils
4 cups water

DIRECTIONS

Combine all ingredients in crockpot. Start on high and then cook on low for 8 hours or until veggies are soft and lentils are cooked through.

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

Eggplant Rollatini

INGREDIENTS

2 batches Grilled Eggplant
4 cups marinara or favorite tomato sauce
2 cups whole milk ricotta
1/2 cup fresh herbs*, finely chopped
1 cup coarsely grated parmesan cheese

DIRECTIONS

Preheat oven to 400 degrees. Spread 1 cup marinara in ovenproof dish.

Mix ricotta with chopped herbs.

Place 1/4 cup of ricotta mixture on narrow end of eggplant slice and roll toward wider end. Place each roll seam-side down in sauce.

Cover rolls with remaining marinara and sprinkle grated cheese over the top.

Bake 20-30 minutes until sauce is bubbly.

Remove from oven and let sit 5 minutes before serving.

Cover and refrigerate leftovers.

*Try a mixture of parsley and basil.



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

Hand-crafted artisan sausages and cured pork products.



Available each Saturday at
Haile Farmers Market, 830am to Noon.

www.hogtownhomegrown.com

352 374-8561

Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

Copyright © 2017 Stefanie Samara Hamblen

PERSONALIZED COOKING CLASSES

Taught by Hogtown HomeGrown's
Stefanie Samara Hamblen

Individual or Group lessons

Dinner and Birthday Party classes

Family Classes with children

352 374 8561

hogtownhomegrown@gmail.com

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

Stephen Schachter, A.P.

Acupuncture Physician
Board Certified 1982

Qi Gong and Tai Chi
Instructor

4140 NW 27th Lane, #D
352.375.7557

www.stephenschachter.com

Check out Forage Farm,
a local nonprofit



Healthy Food,
Land and Community
www.foragefarm.org



CUSTOM EVENT FLORAL DESIGN
*Beautiful succulents and arrangements
for everyday, holidays,
special events and weddings*
Haile Farmers Market
Saturdays 8:30am-12:00pm
www.willowgardens.co

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

Tricks and Tips

Until I met Eva and Allie, I preferred creamsicles and fudge-sicles to popsicles. The popsicles of my childhood were always rock hard and my favorites had a creamier, softer texture. But these popsicles are different! By using coconut milk and honey, Eva and Allie create a creaminess with a scientific basis. Adding honey or any type of real sugar to frozen desserts reduces the size and amount of ice crystals in the finished product. Smaller and fewer ice crystals create a smooth and creamy texture. The recipe says the honey is optional, but for best results be sure to use either honey or another real sweetener.

Eva and Allie's Strawberry Lime Popsicles

INGREDIENTS

2 cups strawberries
1/2 cup coconut milk
1/2 teaspoon lime juice
1/4 teaspoon lime zest
1/4 cup water
1/4 cup honey (optional)

DIRECTIONS

Place the strawberries and coconut milk in blender. Process on low until it forms a chunky paste.

Add remaining ingredients to strawberry mixture in blender.

Blend on low for one minute and high for an additional minute.

Pour into popsicle molds.

Freeze until solid.

Makes six small popsicles.

Serve directly from freezer. If storing for a long period, place popsicle molds in zip-top freezer bags to prevent ice crystals from forming.

VARIATIONS (from the editor)

Substitute whole milk or regular, unsweetened yogurt for coconut milk. Greek yogurt doesn't work as well because it makes the mixture too thick to blend properly.

Maple syrup may be used in place of honey. While it will create the same texture as honey, the popsicles won't be as sweet.