

Hogtown HomeGrown

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Local food and a tote bag too!

The 2008 Eat Local Challenge ended with a kid-friendly Community Celebration at Westside Park on Saturday, May 31st. It was a hot afternoon, but everyone kept cool in the shade with a family kickball game, local snacks and lots of prizes. The month-long Challenge focused on eating all meals from locally grown food or from local vendors, such as locally-owned markets, restaurants, bakeries, coffee roasters or specialty shops.

Participants ate local the entire month of May, filled out Keep Track Charts, marking which meals were local, and turned them in for prizes. Each registered participant received a cotton tote bag courtesy of the Gainesville Area Chamber of Commerce and printed by ProGifts. *Any registered participant who has not yet received their tote bag should contact hogtownhomegrown@gmail.com.* Prize donors included Sweetwater Organic Roasters, Carla Van Arnam of Haile Village Bodywork, Indigo, The Flour Pot Bakery, Henderson and Daughter Plants and Produce, The Perfect Gift, AERSI and Hogtown HomeGrown.

Restaurants participated by marking local items on their menus or creating specials for the month of May from local foods. A big thank you to The Jones Eastside - they made sure to have a local special on their menu all through the month. Thanks also to Ward's Supermarket for placing signs throughout their store marking locally produced or grown items, which made shopping for the Challenge so much easier.

People completing the Challenge reported lower food bills, an increased consumption of fruits and vegetables and a greater awareness of everything they ate during the month. Fewer processed foods were purchased and consumed, saving money on total grocery bills and creating a healthier diet—one participant even reported losing two pounds. Less processed food also meant less trash—our amount of trash was cut in half!

Next year's 2009 Eat Local Challenge will again be held in May, with registration during the month of April. The Community Celebration will be Sunday, May 31, 2009 at Westside Park with more fun, games and prizes.

Sweet Summer Stew

INGREDIENTS

4 Tablespoons olive oil	1 clove of garlic, smashed and chopped
5 oriental eggplants, chopped	3 large tomatoes, chopped
1 large sweet onion, chopped	1 cubanelle pepper, seeded and sliced
1 zucchini, chopped	1/4 cup sugar
1/4 cup red wine vinegar	salt and freshly ground black pepper

DIRECTIONS

Heat large pan, add oil, then stir in vegetables. Cover and cook on medium heat, stirring occasionally. Add sugar and vinegar and simmer 10 minutes. Season to taste and serve.



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



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



**High Springs
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**Haile Village
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Haile Plantation
off Tower Road



**Alachua County
Farmers Market**
Saturdays 830-1pm
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www.441market.com

What's Fresh Right Now?

- Apples—Anna
- Beans—roma, green, lima, butter, fava
- Berries—blueberries, strawberries
- Broccoli
- Cabbage—green, savoy, red, chinese
- Carrot—bunches
- Corn—bi-color, silver queen, yellow
- Cucumbers—mini seedless, traditional, pickling, Euro-Asian
- Eggplant—white/purple Italian, oriental
- Fennel
- Greens—rainbow/red swiss chard, kale mustard, collards
- Herbs—parsley, basil, Thai basil, rosemary, thyme, oregano, lemongrass
- Lettuce—green leaf, bibb
- Melons—cantaloupe, watermelon, crenshaw
- Mushrooms—shitake
- Okra
- Onions—sweet, green scallions, leeks
- Peaches—mango peach
- Peas—black-eye, white-acre (shelled and in pods)
- Pecans—shelled and cracked
- Peppers—green/red/purple/golden sweet bell, cubanelles, jalapeno, poblano, Anaheim, tabasco, habanero, hot chile
- Pineapple
- Tomatillos
- Plums
- Potatoes—sweet, red skin, white
- Radishes—globe, daikon
- Squash—summer, crookneck, zucchini, golden zucchini, patty pan, spaghetti, acorn, butternut, kabooka
- Tomatoes—cluster, beefsteak, green, golden, orange, cherry, grape, plum

Local and Fresh— Tomatoes

The news has been scary again—this time tainted spinach has been replaced by tomatoes with salmonella, but not in my house. I have served a lot of tomatoes over the past month without fear, because not only did I buy local, but I know the farmers and could probably trace each tomato to its “mother” plant. So fear not—enjoy fresh, ripe red or luscious, silky green tomatoes today. Don't know what to do with green tomatoes except wait for them to ripen? How about Green Tomato Marmalade, or Green Salsa, with onions, peppers and tomatillos, or the ever-popular Fried Green Tomatoes? Or just put your green tomatoes on the counter and watch as they turn from green to yellow to orange to red—it's worth the wait!

Golden Shepherd's Summer Salad

INGREDIENTS

- 1 large seedless cucumber, chopped
- 3 medium tomatoes, chopped
- 1/4 cup sweet onion, chopped finely
- 4 ounces feta cheese, crumbled
- 1/2 cup Junselle's Turkish Gold
- 1/4 cup vinaigrette dressing (try Newman's)
- 1 teaspoon fresh lemon juice
- salt and fresh ground pepper to taste
- 1/2 cup parsley, finely chopped

DIRECTIONS

Combine all ingredients except parsley. Season to taste. Serve immediately or cover and refrigerate up to one day. Sprinkle with chopped parsley before serving.
Variation—instead of vinaigrette dressing use 2 tablespoons of olive oil and increase lemon juice to 2 Tablespoons.

Grouper with Caramelized Leeks and Brandy

INGREDIENTS

1/2 pound grouper cheeks per serving
1 teaspoon butter per serving
1 Tablespoon brandy per serving (optional)

2 baby leeks or 1 small leek per serving
1 teaspoon olive oil per serving
1 orange cut into wedges

DIRECTIONS

Melt butter with olive oil in large heavy skillet. Add sliced leeks, stir to coat with melted butter and oil. Push them together into a compact, one-level pile and let cook on low for 20-30 minutes—stir once if you feel you must. After 20 minutes stir and if they are browned and soft, stir again to scatter all over the pan and add the grouper cheeks. Don't leave the stove for anything at this point. The minute the fish turns opaque, flip it over. Continue vigilant checking and flipping until all pieces are done. Add the brandy and let bubble for a minute. Serve immediately with orange wedges—the orange juice brings out the sweetness of the leeks, making everything more delicious! Variation—use 2 inch chunks of a firm-flesh fish, such as grouper, or fresh scallops in season.

Tricks and Tips

The trick to delectable grouper cheeks is tender care in the pan (set the heat on medium-high, not hot) and serving them as soon as they are cooked. They can be as tender as scallops!

Pan Roasted Corn Trio

INGREDIENTS

1 tablespoon butter
5 ears of corn, cut off the cob
1 clove elephant garlic
12 okra pods, 3-4 inches long, chopped

1 tablespoon olive oil
1/2 cup onion, finely chopped
3 inches of cubanelle pepper, minced
2 large plum tomatoes, seeded, diced

DIRECTIONS

Melt butter with olive oil in heavy saucepan over medium heat. Add corn and sauté, stirring occasionally, for 15 minutes. Add onion and cook another 3 minutes, then stir in garlic, pepper and okra. The pan bottom will start to get brown, but just keep stirring more often—the heat and browning is making the veggies sweet and tender. Let cook until okra is just tender, then stir in tomatoes. Continue to cook until everything is tender, about 3-5 minutes. Take off the heat and serve immediately or pour into a lidded casserole and bake covered for 30 minutes.

Tricks and Tips

Not an okra fan? The okra in this dish is dry and tender—no slime. Try it—you may be surprised!

Roasted Butternut Squash with Orange

INGREDIENTS

2 butternut squash, halved and seeded
1/4 cup brown sugar

1 Tablespoon butter (optional)
1 orange, juiced

DIRECTIONS

Place squash halves cut-side down in roasting pan and add enough water to reach 1 inch in the pan. Roast at 350 degrees for 45 minutes and check for doneness by poking—if your finger makes a dent it is ready. Flip over, dot with butter and brown sugar, then squeeze orange juice over the squash and bake another 15 minutes. Serve hot or warm.

Tricks and Tips

Roast extra squash. The next time you grill, place the halves flesh-side down until grill marks form and then squeeze juice over them before serving.

Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More
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Tricks and Tips

This recipe is from the Kurtz Family who enjoy their smoothies with a variety of seasonal fruit. The yogurt gives the drink a rich, slightly tangy taste. If using eggs, be sure they are very fresh and crack them into a separate dish to check them, before dropping them into the blender.

Fruit Smoothie

INGREDIENTS

2 cups fruit

Sweeteners to taste (i.e., honey, maple syrup)

2 Tablespoons flax seed oil (optional)

1 cup Drinkable Yogurt

DIRECTIONS

In a blender, puree fruit, spices, sweeteners and optional ingredients. Add drinkable yogurt and milk and blend thoroughly. Drink immediately if using raw eggs, but egg-less smoothie can be refrigerated up to 24 hours, although the bright fruit colors tend to fade.

Here are some tasty combinations—

Peaches, vanilla, honey

Strawberries, orange zest, honey

Ripe banana, vanilla, no sweetener

Banana, peanut butter, honey

Flavorings or spices (i.e., vanilla, nutmeg)

2 Tablespoons wheat germ (optional)

1-2 safe raw eggs (optional)

2 cups milk

Banana, cinnamon, maple syrup

Blueberries, nutmeg, brown sugar

Applesauce, vanilla, maple syrup

Peaches, orange juice and zest, honey

You can also try adding 1/4 cups of nuts for even more protein or dried fruit for extra vitamins.