

Hogtown HomeGrown

Volume 4 Issue 7

July 2009

Inside this issue:

Great cheese starts with great grass	1
Artisan Grilled Cheese	1
Local and Fresh—Cucumbers	2
Shelley's Garlic Cucumber Soup	2
Cucumber Bites	2
Save the World—One Dinner at a Time	3
Earth and Sea Angel Hair Pasta	3
Juicy Peach Cake for a Crowd	3
Whole Wheat Blueberry Buckle	4

Great cheese starts with great grass

I spent part of my childhood in Wisconsin, home of the “cheeseheads” and ever since, I have loved cheese—from chevre to ripe brie, cream cheese to aged cheddar. What excites my taste buds the most is handmade cheese from grass-fed milk. The flavor of the milk varies through the year, depending upon what the animals are eating. Cheeses made from grass-fed milk can hint of florals in the spring and aged oak in the fall, with each type of cheese creating its own flavor from the cultures used and the acidity achieved.

We recently toured Sweet Grass Dairy, in Thomasville, Georgia. As we stood in the milking shed—a testament to reduce, reuse, recycle—the owner Jessica told the story of the farm and her family. Beginning with a conventionally-raised herd of dairy cows, her dad attended a grass-fed cattle conference and became a zealous convert. He reduced the size of the herd and tried to graze them on their South Georgia pasture, but they were so used to being fed grain, the cows didn’t know how to graze. Long story short, from 1100 Holsteins, they ended up with a herd of 500 Jersey cows producing superior milk.

But that’s not the whole story—Jessica’s mom, allergic to cow’s milk, hand-milked eleven grass-fed goats and began crafting artisan cheeses, both fresh and aged. Not only did she succeed, she became serious about it and, in turn, taught Jessica’s husband, Jeremy, the art of cheese making.

Jeremy is now the cheese maker and he and Jessica own the dairy. Mom and Dad live 25 miles away with their herd of grass-fed cows, providing milk for not only the cheese making business, but milk bottlers too. The original eleven goats, augmented by some prize-winners from North Central Florida, now number 120 in the milking herd and there are 50 kids, ages 3-6 months, waiting to grow up to do their part for artisan cheese making.

Sweet Grass Dairy cheeses have won awards and can be found in fine restaurants and retail stores. Where can you get it? At the Union Street Farmers Market in downtown Gainesville on the first Wednesday of every month from 4:00-7:00pm. Get there early for some of the best cheese you have ever put in your mouth!

Artisan Grilled Cheese

INGREDIENTS

2 slices Carrot Onion Bread from Flour Pot Bakery or Rosemary Bread from Upper Crust
2 ounces Thomasville Tomme or any aged cheese from Sweet Grass Dairy, very thinly sliced
2 teaspoons unsalted butter, softened

DIRECTIONS

Heat heavy skillet over medium heat. Place cheese on bread, cover with second slice and butter the outside of the sandwich. Cook until golden, flip and then weigh down sandwich with another skillet while cooking remaining side. Serve hot with mustard for dipping.

The bread and cheese suggestions are from a recent lunch experience. I highly recommend trying these combinations with soup or salad. Want a sweet sandwich? Try rustic whole wheat with chevre and jam. It’s great grilled, but also fun to find in a brown bag lunch!



**Tioga
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



**Haile Village
Farmers Market**
Saturdays 830-12pm
Haile Plantation
off Tower Road



As fresh as you can get!
**Alachua County
Farmers Market**
Saturdays 830-1pm
5920 NW 13th Street
www.441market.com

What's Fresh Right Now?

- Apples
- Beans—green, roma, yellow, purple
- Blueberries
- Cabbage—head
- Corn—yellow, white
- Cucumbers—mini seedless, slicers, kirby
- Eggplant—purple/white italian, oriental, thai, green goddess
- Garlic—chives, elephant
- Greens—collards
- Herbs—basil, spearmint, peppermint, dill, lemongrass, oregano, cilantro, rosemary, lime leaf, sage, tarragon
- Honey—gallberry, palmetto, tupelo, orange blossom, wildflower
- Leeks
- Melons—watermelon, red and yellow (seeded and seed-less), cantaloupe
- Okra
- Onions—red/green spring onions, scallions, sweet, red, yellow
- Pears
- Peas—white acre
- Pecans—shelled
- Peppers—green/red sweet bell, sweet cherry, poblanos, cubanelle, hot—jalapenos, cayenne, chili, italian
- Potatoes—red, white
- Radish—daikon
- Sprouts—sunflower
- Squash—summer, crookneck, pattypan, zucchini, round zucchini, golden zucchini, spaghetti, acorn, delicate, golden acorn, butternut
- Sweet Potatoes
- Tomatoes—beefsteak, grape, cluster, heirloom, sun gold, cherry, plum

Now's the time to think about drying tomatoes, freezing corn and putting food by so we can enjoy the summer harvest later in sauces, soups and stews!

Local and Fresh— Cucumbers

Sliced in salads, pureed in soups, grated in sauces, cucumbers provide lots of juicy, crunchy taste. Locally-grown varieties include seedless minis or larger hydroponic, and traditional slicers. Kirby, a dense-fleshed cucumber, has fewer seeds and less water, making it perfect for pickles—sweet or sour. I'm going to try to make Granny's Sweet Pickles with peppercorns this year—crispy, sweet and peppery!

Shelley's Garlic Cucumber Soup

INGREDIENTS

- 4 cups cucumbers, peeled, seeded and chopped
- 2-4 cloves garlic, chopped
- 2 cups vegetable or no-chicken broth
- 1 pint sour cream (low-fat is fine)
- 1 Tablespoon white vinegar
- freshly-ground black pepper to taste

DIRECTIONS

Puree cucumbers and garlic with broth. Stir in sour cream and vinegar. Add pepper to taste. Chill before serving. Store covered in refrigerator up to one week.

Cucumber Bites

INGREDIENTS

- 1 large slicing cucumber
- 1 cup chevre
- 2 tablespoons fresh herbs, minced

DIRECTIONS

Peel cucumber and slice lengthwise. Use a spoon to remove all seeds. Mix chevre with minced herbs. Stuff hollow cucumber with cheese mixture. Put halves together, cover and refrigerate until serving. Cut into 1/2 inch slices and serve chilled. Refrigerate leftovers.

Earth and Sea Angel Hair Pasta

INGREDIENTS

2 Tablespoons olive oil	1 clove elephant garlic, chopped
½ pound thin asparagus, chopped	½ pound sugar snap peas, halved
½ pound Portobello mushrooms, sliced	12 artichoke hearts, quartered
½ pound shrimp, peeled and halved	½ pound bay scallops
½ cup chopped flat-leaf parsley	1 pound whole wheat angel hair pasta, cooked
2 Tablespoons unsalted butter	4 ounces soft chevre

DIRECTIONS

Cook the pasta in boiling water until al dente. Reserve 1 cup of hot pasta water, drain, but do not rinse pasta and set aside.

Add olive oil to hot pasta pot. Stir in garlic. Turn off the heat and let it sit while you prepare the remaining ingredients.

When everything is ready, turn the heat under the pot to medium high and when the garlic starts to sizzle, add all the veggies, stirring first to coat with oil and then occasionally to cook evenly. After 3-5 minutes, while the asparagus is still a little too crunchy, add the seafood and let sauté for a couple of minutes.

Pour the pasta into the pot with the veggies, add the butter and stir using tongs. Add chevre in chunks and toss to coat pasta—use a little reserved pasta water to make everything creamy. Cook another 3 minutes, then take off the heat, so the seafood is still tender.

Serve hot topped with more bits of chevre and freshly-ground black pepper. Cover and refrigerate leftovers.

Tricks and Tips

July 1st is the start of the Bay Scallop season in Florida. Scallops may only be harvested in designated areas, but even so, an FWC study shows a decline in populations. Harvest season lasts until September 10th.

Try using bay scallops to make ceviche—they taste even sweeter when combined with lime juice and hot peppers.

Juicy Peach Cake for a Crowd

INGREDIENTS

2 Tablespoons butter	1/4 cup brown sugar, packed
2 1/2 cups whole wheat flour	1 Tablespoon baking powder
1/4 teaspoon salt	1/2 teaspoon baking soda
1/4 cup butter, softened	1/2 cup granulated sugar
1/2 cup brown sugar, packed	2 eggs
1 1/2 cups drinkable yogurt	2 Tablespoons honey
1 teaspoon vanilla extract	4 cups peaches, peeled and sliced

DIRECTIONS

Preheat oven to 350 degrees. Melt 2 Tablespoons of butter in 10 X 14 inch pan, then mix in 1/4 cup brown sugar. Bake until bubbly, 5-7 minutes, remove pan from oven and distribute peaches evenly over bottom of pan. Return to oven until batter is ready.

Mix flour, baking powder, salt and soda, and set aside. Cream together 1/4 cup butter, 1/2 cup granulated sugar and 1/2 cup brown sugar. Add eggs one at a time and beat well. Mix together yogurt, honey and vanilla. In two parts, add dry ingredients to creamed mixture, alternating with yogurt mixture. Mix until completely blended, scraping sides of bowl.

Spread batter over peaches and bake for 30 minutes. Serve warm or cold.

Tricks and Tips

Drinkable yogurt is locally available, but if you don't have any, don't let that stop you from making this cake. Thin 1 1/4 cups of regular yogurt with 1/4 cup of water OR use 1 1/2 cups of buttermilk. If you have only regular milk, add 2 teaspoons of lemon juice to it to achieve the acidity needed for the cake to rise.

Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More
Copyright © 2009 Stefanie Samara Hamblen

www.hogtownhomegrown.com

352 374-8561

hogtownhomegrown@gmail.com



www.aersi.com
352.376.8399



GOURMET INGREDIENT MIX

—and a new product—

Gluten-Free

GOURMET BREAD MIX

www.junselle.com

352-316-5489



Organic Community Supported Agriculture

FALL SHARES AVAILABLE

Taking Reservations Now

Farm-picked bags delivered to —

Gainesville and Ocala

Mondays—Meet up with driver

Raw Goat Milk & Raw Chevre and Feta

Call 386-364-6450 or visit our website

www.MagnoliaFarms.org

Mosswood Farm Store

Earth-Friendly Essentials for
Country Living and Urban Survival

Open Daily except Monday
Sunday Farmers Market 1-5pm

703 Cholokka Boulevard

Just off 441 in Micanopy

352-466-5002

Serving Organic Coffee & Pastries



GAINESVILLE, FLORIDA

Fanatics Of Freshness

Open Mon-Sat 10:00am-6:30pm

Millhopper (352) 371-155

Tioga Town Center (352) 333-3298

www.northwestseafood.com



Ward's Supermarket

We Make it Easy to Eat Local— Since 1951

local and organic produce, bulk foods
fresh barbecue everyday, dairy, bread, cheese
meat and fish, chocolate, flowers, coffee, wine

Open Mon-Sat 8am-8pm

Sun 9am-7pm

515 NW 23rd Avenue 352 372-1741

LOCAL >> ORGANIC >> AWESOME * * * 401 NE 23RD AVE // 352.373.6777

the Jones

NOW

OPEN

NIGHTS

serving dinner, beer, and wine
friday through monday // 5PM-10PM

STILL OPEN 8AM-3PM EVERY DAMN DAY.

Glades Ridge Goat Dairy

Purebred Nubian Dairy Goats
Raw Milk and Cheese

Fresh or Frozen

Hormone and Antibiotic Free

Wholesome Food—Pet Consumption Only

Lake Butler 386 266 7041

Tricks and Tips

The method for mixing this particular buckle recipe is unusual, but it works! Try making it at least once with the traditional streusel topping—**Streusel Topping**
Mix together 1/2 cup sugar, 1/2 cup flour and 1/2 teaspoon cinnamon (optional). Blend in 1/4 cup soft butter until a sandy consistency is achieved. Sprinkle topping on unbaked buckle and bake as directed.

Whole Wheat Blueberry Buckle

INGREDIENTS

2 cups whole wheat flour
1/4 teaspoon salt
1/4 cup brown sugar
1/4 cup very soft butter
1/4 cup yogurt
1/4 teaspoon lemon extract

2 cups blueberries

DIRECTIONS

Preheat oven to 350 degrees.

Prepare an eight inch square or round layer cake pan by greasing and flouring.

Mix together flour, baking powder, salt, lemon zest and both sugars, set aside.

Beat together egg, yogurt, milk and extracts.

Make sure blueberries are dry and toss them with flour to coat.

Mix the butter into the combined dry ingredients, until thoroughly blended.

Add wet ingredients and mix until no dry spots remain. You may need a little more milk to make a thick batter.

Carefully fold coated blueberries into batter until well-distributed throughout.

Push into prepared pan and lightly smooth top.

Bake 30 minutes, until a toothpick tests clean.

Cool in pans for at least 30 minutes before cutting. Serve warm or cold.

Store at room temperature in a sealed container.

2 teaspoons baking powder

1 lemon, zested

1/2 cup granulated sugar

1 egg

3/4 cup milk (maybe a little more)

1/2 teaspoon vanilla extract

2 tablespoons flour