

Hogtown HomeGrown

Volume 6 Issue 6

June 2011

Inside this issue:

The Dessert Issue 1

Dessert Salads 1

What's Fresh
Right Now? 2

Local and Fresh—
Apples 2

Baked
Apples 2

Blueberry
Lemon Crisp 3

Peach Bake with
Pecan Crust 3

Date Honey
Walnut Bars 4

The Dessert Issue

I used to be one of those people who didn't eat dessert. After eating huge portions for dinner, when dessert was offered, I would pass because I was already stuffed. But then, at about 10 o'clock every night I would find myself with my head in the cabinets or the freezer looking for something to satisfy my nagging sweet tooth.

Granny never had such problems with dessert. After both lunch and dinner she would recite the list of available meal-ending pleasures—some homemade, some store bought—all sweet, delicious and enticing to a chubby young girl. And I could have two if I picked something that could be topped by ice cream—cakes, cobblers and cookies all fit into that category. Most often I would have a piece of pound cake (Granny had several recipes) and some lemon custard ice cream—sheer heaven!

But then the chubby young girl joined Weight Watchers and desserts were deemed unnecessary calories. Remember, the famous diet saying “nothing tastes as good as thin feels”? RUBBISH!!! While I agree that desserts full of fat and sugar are still special occasion indulgences, not all of our meal-ending pleasure needs to be banished. The word we all need to remember is moderation—thanks Mom!

Work desserts into your menu. Now I am not telling you to gorge on processed, chemically-laden packaged desserts. What I am saying is we all need a little sweetness in our day, so plan dessert and balance your eating for the day accordingly. If you know there's a fruit cobbler in your future, cut back on sugar and bread during the day.

Start with seasonal fruits—serve as is, cut up in a Dessert Salad, or baked into something decadent. Use whole wheat flour and nuts for increased nutrients. If you plan desserts into your menu, they can provide valuable dietary needs in a fun package.

Now that I'm a Granny, I have made my peace with the end of my meal. Most of my desserts these days are based on seasonal fruit, and yes, I still eat ice cream.

Dessert Salad

INGREDIENTS

Handful of leafy greens—spinach, boston or bibb lettuce

1/2 –1 cup fruit—berries, peaches, apples, melon, or grapes

2 Tablespoons nuts—pecans, walnuts, or cashews (toasted nuts are even better!)

2 Tablespoons dried fruit—raisins, dried cranberries, chopped dates or apricots

1-2 teaspoons seeds (optional)

1-2 Tablespoons dressing—poppy seed, raspberry vinaigrette or Honey-Lime Dressing

DIRECTIONS

Layer ingredients as desired and top with dressing.

Serve immediately, preferably at the end of a meal. Serves 1-2.

Honey-Lime Dressing—mix equal parts of raw local honey and fresh lime juice.



**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

Women, Infants & Children

**Farmer's Market
Nutrition Program**
Use FMNP coupons to purchase
fresh fruits and vegetables
at these eligible markets:

Tioga
Downtown Gainesville
High Springs
ACFM/441
Haile Village
Newberry
Short Stop

www.wic.ufl.edu
WIC is an Equal Opportunity Provider



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



**Alachua County
Farmers Market**
Saturdays 830-1pm
5920 NW 13th Street
www.441market.com

What's Fresh Right Now?

- Apples
- Beans—green, flat roma, yellow wax
- Beets
- Blueberries
- Bok Choy—baby
- Cabbage—green, savoy, red
- Carrots
- Citrus—juices, oranges, grapefruit
- Corn—white, bi-colored
- Cucumbers—mini seedless, slicers
- Eggplant—small/large italian, thai, small/large oriental
- Garlic—bulb, chives
- Greens—chard, callaloo
- Herbs—rosemary, thyme, cilantro, basil, parsley, oregano, sage, lime leaf
- Honey—orange blossom, wildflower, gallberry, tupelo
- Kohlrabi
- Leeks
- Lettuce—leafy green, romaine, bibb
- Melon—cantaloupe, watermelon
- Microgreens—arugula, fenugreek, radish
- Mushrooms—shiitake, oyster
- Onions—green scallions, dry yellow
- Peas—black-eye/pink-eye (shelled)
- Peppers—green/red/orange/purple/yellow sweet bell, numerous sweet varieties and some hot
- Potatoes—red, sweet, white
- Radish—microgreens, red globe, white (daikon), french breakfast
- Rutabaga
- Shoots—pea, sunflower
- Sprouts—alfalfa, clover, quinoa, wheat, sunflower, garbanzo, mung bean, french lentil, green lentil, radish
- Squash—yellow/green zucchini, crook-neck, marrow, koosa, delicata, acorn, butternut
- Tomatoes—red beefsteak, grape, red/yellow cherry, sungold, plum
- Tomatillos—green, pineapple

Local and Fresh—

Apples

Apples in Florida? Apples in June? Yes to both. Just a handful of varieties can be grown in warmer climates and two of them, Anna and Golden Dorsett, are at their peak during the early summer.

Look for fruit with firm flesh and smooth skins without bruises or cuts. Apples can be eaten out of hand, chopped into salads, grated into slaws or cooked into baked goodies.

We like them stuffed and baked, with or without ice cream! Try one for breakfast!

Baked Apples

INGREDIENTS

- apples
- raisins, dried cranberries or other dried fruit
- walnuts or pecans, finely chopped
- honey or maple syrup
- cinnamon
- water or pure juice (apple or cranberry)

DIRECTIONS

Preheat oven to 350 degrees.

Pull out apple stem. Use an apple corer to remove seeds and core without breaking through the bottom of the apple. (Some people also like to remove a circular strip of peel from the top of the apple to prevent the apple skin from splitting, but I skip that step.)

Arrange apples in a roasting pan or other deep baking dish. Stuff with fruit and nuts, drizzle with honey and sprinkle with cinnamon. Pour 1/2 inch of water or juice into bottom of baking dish. Cover with pan lid or foil, sealing as tightly as possible.

Bake in preheated oven about 45 minutes, until apples are fork tender. Baste with juices and serve hot, warm or cold.

Cover and refrigerate leftovers.

Blueberry Lemon Crisp

INGREDIENTS

6 cups fresh blueberries
2 Tablespoons cornstarch
1/8 teaspoon kosher salt
1/3 cup honey
3/4 cup oatmeal
1/8 teaspoon salt
1 lemon, zested and juiced, divided
1/2 cup raw sugar
3 Tablespoons melted butter
3/4 cup all purpose flour
1/2 teaspoon baking powder
Ice cream for topping (optional)

DIRECTIONS

Preheat oven to 350 degrees. Lightly butter a large oven-proof baking dish. Stem and wash blueberries. Pat dry. Toss with lemon zest, cornstarch, sugar and kosher salt. When thoroughly coated, pour into prepared baking dish. Stir lemon juice and honey into melted butter and set aside. Combine flour, oatmeal, baking powder and salt. Stir wet ingredients into flour mixture until completely combined. Spoon batter evenly on top of blueberries. Leave a few open spaces for the berries to peek through. Bake 35-45 minutes, until blueberries are bubbly and topping is cooked through. Cool slightly before serving. Store covered leftovers at room temperature up to 48 hours.

Peach Bake with Pecan Crust

INGREDIENTS

1/2 cup pecans
1/2 cup raw sugar
1/8 teaspoon salt
1/2 cup milk
1/4 cup raw sugar
1/2 cup flour
1/4 teaspoon baking powder
3 Tablespoons cold butter, cut into pieces
3-4 peaches, thinly sliced
Ice cream for topping (optional)

DIRECTIONS

Preheat oven to 350 degrees. Lightly butter an 8 x 8 pan. In a food processor, pulse pecans until coarsely chopped. Add flour, 1/2 cup sugar, baking powder and salt. Pulse to blend. Add butter and process until incorporated. While processor is running, slowly add milk. When completely combined, remove from processor and spoon into prepared pan. Smooth batter evenly in pan. Top with sliced peaches. Sprinkle with 1/4 cup sugar. Bake until firm to the touch and edges are browned—about 30 minutes. Serve warm. Store covered leftovers at room temperature up to 48 hours.

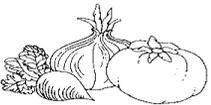
Tricks and Tips

Storing leftover baked fruit desserts can be tricky. The crust can get soggy if covered while warm or if stored in the refrigerator. Always allow a crisp to cool completely before covering it. Store the covered crisp at room temperature (air-conditioner temperature) up to 48 hours after it is baked. Individual servings can be reheated in a microwave.

Tricks and Tips

Any sliced fruit can be substituted for peaches—especially nectarines, plums or apricots. Slices should be about 1/4 - 1/2 inch wide so that the fruit will cook. When placed on the batter, do not allow slices to overlap. It bakes best if some of the batter peeks through the fruit.

JOE'S PLACE
STEAKS BURGERS SALAD BAR
Proudly Features:
Locally grown fruit and veggies
Jose's Tempeh
Deep Roots Meat
www.joesplacegainesville.com
352 377 1365 5109 NW 39th Ave

DOGWOOD LANE FARM
Homegrown Vegetables
Eggs, Goat's Milk and Cheeses

Call for Pre-orders
Rusty & Mary Ludlam 386 209-1246
rmludlam97@windstream.net

BLUE HIGHWAY
a pizzeria
Pizza, Calzones, Sensational Salads,
Gourmet Sandwiches, Beer & Wine
204 N.E. US Highway 441
Micanopy (352) 466-0062
Tioga Town Center
Tioga (352) 505-6833
www.bluehighwaypizza.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

Dragon Rises College of Oriental Medicine



352-371-2833
dragonrises.edu

Ancestral Wisdom
... Powerful Modern Healing
Experience it for yourself
in our low-cost clinic.



THURSTON GARDEN DESIGN

at LION OAKS FARM

**LANDSCAPE
INSTALLATION and MAINTENANCE**
FRUIT TREES, PERENNIALS
and NATIVE PLANTS
FREE CONSULTATION 386 462 9641
20114 NW 78TH AVE ALACHUA
tom@gardenplants.com

Glades Ridge Goat Dairy

Raw Milk and Cheese
Hormone and Antibiotic Free
Available Fresh or Frozen
Alachua County (441)Farmers Market
Saturdays 8:30am - 1pm
Wholesome Food—Pet Consumption Only
Lake Butler 386 266 7041

Thanks to all the
sponsors for this year's
Eat Local Challenge

- Kumarie's Organic Garden
- Harvest Thyme Café
- Sweet Dreams Ice Cream
- Joe's Place
- Northwest Seafood
- Books, Inc. Café
- Leonardo's 706
- Sweetwater Coffee
- AERSI
- Mosswood Farm Store
- Ward's Supermarket
- Dorn's Wine Warehouse

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



www.aersi.com
352.376.8399

Mosswood Farm Store

Open Seven Days a Week
Serving Organic Coffee & Pastries
Sunday Farmers Market
12-4pm
703 Cholokka Boulevard
Just off 441 in Micanopy
352-466-5002
Earth-Friendly Essentials for
Country Living and Urban Survival

Henderson & Daughter Citrus

Available in June
at Booth #4 in ACFM/441 Market
Caladiums:
six gorgeous varieties
Green Boiled Peanuts:
cajun, regular
Weather Permitting
plantsandproduce@gmail.com

BAGEL BAKERY



Breakfast All Day
Bagels—Muffins—Croissants
Coffee Roasted Locally (by us!)
Espresso Drinks and Fair Trade Coffee
Quick Lunch Specials
Bagel, Wrap and Focaccia Sandwiches
TWO LOCATIONS
Locally Owned and Managed
Next to Millhopper Publix 384-9110
SW 34th Street near Crispers 376-5665

ACCENT DESIGNS

**LANDSCAPE DESIGN
COMPLETE INSTALLATION
IRRIGATION SYSTEMS**
352 328-1369

The Jones

Open every day
8:00am-10:00pm
Serving Love in Every Bite
Every Day and Every Night!
410 NE 23RD AVE 373-6777

Tricks and Tips

These bars are great for dessert and as gifts, since they pack really well. After making them for many Christmases, I tweaked the original recipe from Goldbeck's *American Wholefoods Cuisine*. More flour created a sturdier cookie base and then I added the hint of orange. Play with your recipes—be an artist in your kitchen.

Date Honey Walnut Bars

INGREDIENTS

- 3 eggs
- 1/2 cup honey
- zest of one orange
- 1/2 teaspoon orange blossom water (optional)
- 1/2 teaspoon vanilla extract
- 2 cups pitted dates, chopped
- 1 cup walnuts, chopped
- 1/2 cup whole wheat flour
- 1/2 teaspoon baking powder

DIRECTIONS

Preheat oven to 325 degrees. Lightly oil an 8 x 8 pan.

Beat eggs with honey, zest, orange blossom water and vanilla extract. Stir in dates and walnuts, mixing until completely combined with egg mixture. In a separate bowl, combine flour and baking powder. Stir into wet ingredients and mix until no traces of dry flour remain.

Pour into prepared pan and bake 20-30 minutes until center is firm to the touch.

Cool before cutting. Serve at room temperature. Store covered or wrap and freeze.