

Hogtown HomeGrown

Volume 4 Issue 6

June 2009

Inside this issue:

Re: Forays into the Unknown 1

Local and Fresh— Roma Beans 2

Valli's Roma Beans 2

Stewed Pole Beans 2

Save the World— One Breakfast at a Time 3

Roasted Green Salsa 3

Refried Beans 3

Huevos Rancheros 3

Sweet and Sour Spring Vegetable Stew 4

Sweet and Sour Seafood Stew 4

Re: Forays into the Unknown

Just after Mother's Day, I got an email from a friend who really lived the 2009 Eat Local Challenge. Her enthusiasm for local foods made eating dinner an adventure for her whole family. Wait 'til you read this...

"We had a WONDERFUL weekend! We went to the farmers market Saturday after our weekly breakfast out – Bagels Unlimited. This is the second Saturday this month for us to go. It has been fun, experimenting with "mystery greens"! Our first week, we had salads made of swiss chard, manzilla (or something like that!), sunflower sprouts, and other greens that I can't recall anymore! This past weekend, we got different ones! More swiss chard, spinach chard, sorrel, fresh garlic. Plus we've bought our broccoli, tomatoes, onions, carrots and cauliflower at the farmers market. Oh yes, and we got roma beans there this week.

During Saturday afternoon, I made the Golden Cauliflower Soup from the May Hogtown HomeGrown. DELICIOUS! We had that and salad before we headed out to the Kanapaha Moonlight Stroll. We weren't terribly hungry, so I thought soup and salad would be a nice "not too heavy" meal. Later, I thought, "Oh we'll probably be hungry later this evening." But we weren't! I thought about it and realized it was probably the protein and the fat in the peanuts that kept us so satiated. It was really a great soup! Not too heavy, but still hearty!

On Sunday, Mother's Day, we made a big salad with kale, spinach chard and swiss chard, leaves from a garlic (It was nearly 5 feet tall, the bulb, stem and flower on top!), tomatoes, cucumbers and carrots, all from the market on Saturday. We made broccoli, eggplant, shrimp and chicken, all on the grill. We had my mom, my sister, her husband and two daughters over. We had peanut butter cheese cake and ice cream for dessert.

The soup recipe made quite a bit. I sent a mason jar of it home with my mom on Sunday, but didn't tell her what was in it except for the cauliflower. I spoke with her this evening on my way home from work, she had just finished heating it up and was having it for dinner. She really liked it, called it a "keeper recipe."

This evening I cooked the remaining swiss chard and kale, cooked the roma beans with the fresh garlic in olive oil, nuked a sweet potato, and served it all with some of the leftover salad and leftover shrimp. Those roma beans were really good! And we like the swiss chard cooked even better than raw. I splashed a little apple cider vinegar on it.

So, the gist of my email is to tell you thank you for the Eat Local Challenge! We are enjoying our journey—Forays into the Unknown of the Farmers Market!! Never would have tried these foods if not for the Eat Local Challenge!!!"

No, she's not a stay-at-home mom—she and her husband work full time, each commuting at least an hour each way. Yes, she does have kids—two teenagers. Her secret? She cooks in bulk on weekends for faster weekday meals.

Friends and families trying new ways of shopping and cooking together to create meals from local foods—that's why Hogtown HomeGrown exists!



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 2-6pm
 Downtown High Springs
 Corner Main St and 1st Ave
 farmersmarket.highsprings.com



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?

- Bok Choy (Pak Choi)
- Beans—green, roma, yellow, purple
- Beets—red
- Blueberries
- Broccoli—traditional
- Cabbage—head, savoy, chinese/napa, red
- Carrots
- Cucumbers—mini seedless, slicers, kirby
- Eggplant—purple/white Italian, oriental, thai
- Garlic—chives, elephant
- Greens—collards, kale, chard
- Herbs—basil, spearmint, peppermint, parsley, dill, lemongrass, oregano, cilantro, rosemary, lime leaf
- Honey—gallberry, palmetto, tupelo, orange blossom, wildflower
- Lettuce—spring mix, green leaf, romaine
- Melons—watermelon (seeded and seedless), cantaloupe
- Okra
- Onions—red/green spring onions, scallions, sweet
- Peas—sugar snap, snow
- Pecans—shelled
- Peppers—green/red sweet bell, sweet cherry, poblanos, cubanelle, hot—jalapenos, cayenne, chili
- Potatoes—red
- Radish—globe, daikon
- Roots—rutabaga, turnips
- Sprouts—sunflower
- Squash—summer, crookneck, pattypan, zucchini, round zucchini, golden zucchini, spaghetti, acorn, golden acorn, butternut
- Strawberries
- Sweet Potatoes
- Tomatoes—beefsteak, grape, cluster, heirloom, sun gold, cherry
- Tomatillos

Local and Fresh— Roma Beans

Pole beans, Italian beans, roma beans—all large green beans with edible flat pods and a meaty texture. These beans are good steamed, great as part of a marinated bean salad and wonderful when stewed Southern style. They pair well with tomatoes or potatoes—making memorable side dishes. Flavorings like garlic, onion and parsley enhance the flavor of the roma beans, but for an unusual twist, try a grating of nutmeg on plain cooked beans.

Valli's Roma Beans

INGREDIENTS

- 2 Tablespoons olive oil
- 4 cloves garlic, sliced
- 4 cups roma beans

DIRECTIONS

In a large covered saucepan over medium-high heat, heat oil, add garlic and cook for 2-3 minutes, until garlic is fragrant. Add beans, stir to coat with oil and garlic, cover and cook 5 minutes. Stir again, lower heat to simmer, cover and cook an additional 20 minutes, until beans are completely tender. Can be eaten immediately or at room temperature. Cover leftovers and store in refrigerator.

Stewed Pole Beans

INGREDIENTS

- 1 Tablespoon olive oil
- 1 onion, chopped
- 4 cups pole beans, snapped and snapped

DIRECTIONS

Over medium heat, saute onion in hot oil until translucent and stir in beans. Add 2 cups water, bring to a boil, lower heat, cover and simmer for 30 minutes. Add salt to taste, if desired. Serve hot. Refrigerate covered leftovers.

Roasted Green Salsa

INGREDIENTS

12 small tomatillos, husked
3 small poblano peppers
1-2 Tablespoons olive oil

1/2 sweet onion, peeled
1 head garlic (there will be leftovers)
1/4 cup cilantro, chopped (optional)

DIRECTIONS

Preheat oven to 400 degrees. Cover a baking sheet with foil or parchment. Use your hands to rub olive oil over tomatillos, onion and peppers before placing on baking sheet. Place garlic in a square of foil, drizzle with a little oil, wrap into a bundle and place on baking sheet. Bake for 30-45 minutes, until tomatillos burst and peppers are blistered. Garlic will feel soft. Cool until comfortable to handle. Coarsely chop tomatillos, onion and peppers together in a bowl. Add 2-3 cloves of garlic and mash with a fork into salsa mixture. Stir in cilantro. Serve at room temperature or chilled with Huevos Rancheros, grilled fish, black bean soup or steamed veggies and rice.

Refried Beans

INGREDIENTS

2 Tablespoons olive oil, divided
6 cloves garlic, smashed and chopped
2 Tablespoons chile powder
1 teaspoon each dried oregano and dill
1 teaspoon salt

1 onion, finely chopped
2 Tablespoon dried cumin
1 Tablespoon dried basil
4 cups cooked pinto beans
1/4 cup cream cheese (optional)

DIRECTIONS

Saute onion in 1 Tablespoon olive oil until very soft, but not browned. Add garlic and cook until soft. Add remaining olive oil, cumin, chile powder, basil, oregano and dill. Stir until spices are fragrant and blended well into the onions. Add beans with a little cooking water to the onion-spice mixture, mashing until smooth. Stir in salt. Beat in cream cheese until completely incorporated. Serve hot. Refrigerate covered leftovers.

Huevos Rancheros

INGREDIENTS

butter or oil for pan
1 cup of Refried Beans
1/4 cup salsa

2 eggs
1/4 cup cheese, shredded
tortilla chips

DIRECTIONS

Cook eggs as desired—I prefer mine fried, over-easy. Sprinkle cheese on individual servings of Refried Beans, then place eggs on top. Serve salsa on the side or on top of the eggs. Serve immediately with tortilla chips. If the cheese doesn't melt enough, zap it in the microwave. Optional Toppings—sour cream, cilantro, scallions, black olives, tomato

Grownups Only **Roasted Green** **Salsa**

Add 2 tablespoons tequila and juice of one lemon or lime to the chopped veggies and stir to combine. Continue with recipe. Tastes great with tortilla chips!

Tricks and Tips

This is not the fastest recipe, but they are so good. Try the cream cheese! It smooths out the spices. No time? Spice up plain canned beans—just mash them with some spices or salsa as you heat them.

Tricks and Tips

Breakfast for a crowd—make salsa and refried beans, grate cheeses (Monterey Jack and Cheddar), put out toppings and chips—then let everyone make a plate and cook their own eggs.

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
Summer CSA Shares for Sale
Immediately Available—8 weeks \$200
Farm-picked bags delivered to —
Tioga Farmers Market Mondays 4-7pm
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.

"Plants grow better in the boondox"

Boondox Tropicals

Freshly cut herbs, okra, peppers,
eggplant and tomatoes
LOCALLY ADAPTED PLANT STARTS
Look for us at the Farmers Markets!
Tioga—Monday
Union Street/Downtown—Wednesday
High Springs—Thursday
Alachua County/441—Saturday
ERIC 352 472-6930 Newberry, FL

Sweet and Sour Seafood Stew

After the stew has simmered for 10 minutes, add a pound of seafood. Combine fish fillets, like grouper, and cleaned, peeled shrimp. Cover the seafood with the veggie mixture, and cook until fillets break apart easily and shrimp are opaque. Stir to break up and distribute seafood. Add a handful of chopped parsley before serving.

Sweet and Sour Spring Vegetable Stew

INGREDIENTS

1 cup dried tomatoes soaked in 2 cups warm water OR 1 cup red wine and 1 cup warm water	
1 Tablespoon olive oil	1/2 sweet onion, chopped
1/2 teaspoon fennel seeds	4 cups cabbage, chopped
2 bulbs fennel, sliced	4-6 small to medium tomatoes, whole
3 allspice berries	1/2 teaspoon Hungarian Paprika
1/4 teaspoon cinnamon	2 roasted beets, chopped
salt, sugar and red wine vinegar to taste	sour cream or yogurt (optional)

DIRECTIONS

Heat oil and stir in onions and fennel seeds. Cook over medium heat until onions are translucent. Add cabbage and stir until wilted, then mix in fresh fennel and tomatoes. Cook covered until tomatoes burst, then add spices, beets and rehydrated tomatoes with their juices. Bring to a boil, making sure to completely smash the fresh tomatoes with the back of your spoon.

Now it's time to do some work. Is there enough broth?—are the contents of the pan covered at least 3/4 of the way? - if not add a little water, up to a cup. Now taste a sample—try to include veggies and broth. The taste should be deep and earthy, a little sweet yet slightly tangy from the tomatoes and wine. A little salt will help bring out the flavors, but about 1/4 teaspoon sugar (or honey) to bring out more natural sweetness. If you find it too sweet—sometimes the tomatoes aren't very tangy—add a few dashes of red wine vinegar.

Let the whole dish simmer covered for 20-30 minutes. Serve hot or at room temperature with dark rye or pumpernickel bread and a dollop of sour cream or thick yogurt. Store covered in the refrigerator.