

Hogtown HomeGrown

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The best Eat Local Challenge ever!

This year's Eat Local Challenge was the best ever—it just keeps getting better each year!

- May 2010 was the first ever “Eat Local Month” as proclaimed by Alachua County
- Articles by Aida Mallard in the Gainesville Voice starting the first day of registration
- The very first kickoff event was at Swallowtail Farm’s May Day Farm and Music Fest
- The largest individual participation, the most restaurants and the most businesses ever
- The biggest Community Celebration (double last year!) with info tables and food sampling - thanks to Jan Costa from Florida Fresh Beef, Russ Hall, RexRun Farm, Cypress Point Creamery, Gainesville Farm Fresh, Melrose Herb Farm, Florida Organic Growers, Wainwright Dairy, Swallowtail Farm CSA, Kurtz and Sons Dairy, Sweetwater Organic Coffee Roasters, Glades Ridge, Blue Oven Kitchens, and Citizen’s Co-op. Thanks to the UUFG Social Justice Council for their interest and support. The recipe for the salad served at the Hogtown HomeGrown table is below.
- The most door prizes ever—thanks to The Jones Eastside, Alternatives, Ward’s Super Market, Sisters, Harvest Thyme, Sweet Dreams Homemade Ice Cream, Carla Van Arnam, Jersey Creamery, and Sweetwater Organic Coffee Roasters.
- The most participating restaurants—Bagels Unlimited, Bistro 1245, Blue Highway Pizza (Micanopy and Tioga), Book Lover’s Café, Buddha Belly, Café C, Flour Pot Bakery, Harvest Thyme Café, Ivey’s Grill, Joe’s Place, The Jones Eastside (*they’ve been part of the Challenge since 2008*), Junction 30124, Leonardo’s 706, Leonardo’s Pizza by the Slice, The Lunchbox, Mildred’s Big City Food, The New Deal Café, Northwest Grille, Sisters, Sweet Dreams Homemade Ice Cream, Ti Amo!, The Top

Herbed Tomatillo Cucumber Salad

INGREDIENTS

1 cup tomatillo, thinly sliced	1 cup cucumber, peeled, thinly sliced
1 Tablespoon basil, finely chopped	1 Tablespoon olive oil
1 Tablespoon white balsamic vinegar	1/4 teaspoon each salt and sugar

DIRECTIONS

In a medium bowl, combine all ingredients and gently stir until basil is evenly distributed. Cover and let marinate in the refrigerator for at least 30 minutes before serving. Can be served chilled or at room temperature, making it perfect for picnics and potlucks.



Tioga

Monday Market

Mondays 4-7pm
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Wednesdays 4-7pm
Community Plaza
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High Springs

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Alachua County

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What's Fresh Right Now?

- Beans—green, roma
- Beets—red, striped
- Blueberries
- Bok Choy/Pak Choi—green, baby
- Cabbage—head, red, savoy, cone
- Carrots
- Chard
- Cucumbers—mini seedless, slicers, Kirby
- Eggplant—italian, asian
- Garlic—gar-leeks, chives
- Greens—chard, kale
- Herbs—basil, marjoram, lime leaf, parsley, chives, rosemary, lemongrass, tarragon, thyme, marjoram, spearmint
- Honey
- Kale
- Kohlrabi
- Lettuce—bibb, spring mix, green romaine,
- Melons—watermelon, cantaloupe, white flesh, gallia
- Onions—yellow, sweet, red, green/red scallions
- Peppers—green/red sweet bell, jalapeno, habanero, chocolate habanero, sweet banana, scotch bonnet
- Potatoes—sweet, red/white creamers
- Radish—daikon, breakfast, microgreens
- Rutabaga
- Shoots—pea, corn, sunflower
- Spinach—green
- Squash—summer, zucchini, round zucchini, koosa, bi-color summer and patty pan, white pattypan, spaghetti, acorn, butternut, delicata, marrow, yellow crookneck
- Sprouts—sunflower, mung, lentil, alfalfa
- Strawberries
- Sweet Potatoes
- Tomatoes—beefsteak, grape, cluster, green, heirloom, cherry, sungold

Local and Fresh—

Tomatillos

Yes, it looks like a small green tomato covered in a papery husk. Tomatillos aren't related to tomatoes, but are the key ingredients in salsa verde, or green sauce, used in Latin American cooking for about 3000 years. The flavor is tart and larger fruit can be bitter, which may be overcome by cooking or adding a pinch of sugar.

Tomatillo Fruit Salsa

INGREDIENTS

- 1 cup tomatillo, diced
- 1 cup cucumber, diced
- 1 cup honeydew, diced
- 1/2 cup kiwi, diced
- 1/2 cup green onion, finely sliced
- 2 Tablespoons serrano chiles, minced
- 2 Tablespoons lime juice
- 1/4 teaspoon salt

DIRECTIONS

In a large bowl, combine all ingredients and mix well. Refrigerate leftovers.

Tropical

Tomatillo Salad

INGREDIENTS

- 1 cup tomatillo, diced
- 1 cup cucumber, diced
- 1 cup jicama, diced
- 1 cup avocado, diced
- 1/2 cup green onion, finely sliced
- 2 Tablespoon lemon juice
- 1 Tablespoon lime juice
- 1 Tablespoon cilantro, chopped (optional)
- 1/2 teaspoon each sugar and salt

DIRECTIONS

In a large non-metallic bowl, combine all ingredients and mix well. Refrigerate leftovers. The avocado will discolor but is safe to eat.

Save the World—One Dinner at a Time!

Stuffed Arepas

AREPAS INGREDIENTS

2 cups pre-cooked cornmeal (found in Latin markets—do not use regular cornmeal or masa harina)
1 teaspoon salt
2 1/2 cups lukewarm water

DIRECTIONS

Mix salt into cornmeal. Slowly pour cornmeal mixture into water, whisking continually until completely incorporated. Let stand for 5-10 minutes.

Heat heavy pan or griddle over medium-high heat. For full size arepas, use 1/2 cup of the dough and form a patty with your hands—about 4-5 inches across and 1/2 inch thick. Place on griddle and cook until lightly browned on each side. Place on baking sheet and bake in oven for 30 minutes. Smaller arepas can be made with 1/4 cup of dough—cooking times remain the same.

Serve immediately or cover with a clean towel to keep warm.

STUFFING SUGGESTIONS

Carnivore—grilled meat or fish, fresh basil, Green Salsa or Tomatillo Chutney, crumbling cheese

Vegetarian—roasted beet slices, fresh basil, Green Salsa or Tomatillo Chutney, crumbling cheese

Vegan—roasted beet and zucchini slices, fresh basil, Green Salsa or Tomatillo Chutney, nuts

PRESENTATION SUGGESTIONS

Make the arepas and prepare the stuffing ingredients. Use a knife or tines of a fork to open arepa, just like a biscuit or English muffin. Either assemble Stuffed Arepas and serve ready-to-eat on a platter OR display the stuffing ingredients and allow diners to stuff their own arepas.

Green Salsa

INGREDIENTS

2 cups tomatillos, quartered	2 large cloves garlic, halved
1 Tablespoon olive oil	1/8 teaspoon salt
4 tomatillos, quartered	1/2 cup green onions
2 Tablespoons lime juice	1 Tablespoon hot pepper, chopped
1/2 teaspoon sugar	1/4 teaspoon salt

DIRECTIONS

Preheat oven to 375 degrees. Combine 2 cups quartered tomatillos, garlic cloves, oil and salt—stir to coat ingredients with oil. Roast on a cookie sheet for 20 minutes, remove from pan and let cool.

In a food processor, combine cooled tomatillos and garlic with remaining ingredients and pulse to desired chunkiness.

Serve with Stuffed Arepas or in place of red salsa in recipes and as a condiment. Store in a covered container in the refrigerator for up to one week.

NOTE: I prefer the flavor of Serrano chiles and I like to add a little cilantro just before serving.

Tricks and Tips

After taste-testing both the white and yellow arepas, we preferred the taste of the white pre-cooked cornmeal named PAN.

Variations

For each cup of prepared dough, mix in 1/4 cup of the following—shredded sharp cheddar OR shredded mozzarella OR minced herbs (spicy bush basil is especially good!)

Tricks and Tips

To cilantro or not to cilantro? That is the foundation of discord in many kitchens, including mine. When I cook with cilantro in our house, it means I am cooking for myself. No one else will eat it anymore. But I only have myself to blame—my family liked cilantro until I got carried away and chopped an entire bunch into a pot of black bean soup—I thought it was great!



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Hogtown HomeGrown

Local and Seasonal Recipes, Menus and More

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Tricks and Tips

Chutney is a traditional accompaniment to curry and a common staple in Indian snacks and meals. A sweet and sour mixture, chutney can be every texture from smooth to chunky and any flavor from apple to garlic. Chutney can also vary from sweet and mild, to fiery and spice-infused. Make your own from something seasonal instead of picking up that jar of ready-made Major Grey's the next time you want chutney.

Tomatillo Chutney

INGREDIENTS

3 cups tomatillos

1/3 cup sweet onion, diced

2 cups sugar

1 Tablespoon fresh ginger, minced

1 cup water

1/3 cup raisins

1 cup apple cider vinegar

1/4 teaspoon red pepper flakes

DIRECTIONS

To prepare tomatillos, remove husk covering and any remaining stem. There will be a lightly sticky feeling to the tomatillos—this is normal. Soft spots or discoloration are not normal, but can be cut out and discarded in most cases. Wash well under running water. Cut tomatillos into quarters.

Combine tomatillos and water in a deep saucepan, bring to a boil, lower heat, cover and simmer 15 minutes. Add onion and raisins, stir to combine, cover and cook 30 minutes, until onion is tender.

Add remaining ingredients, bring to a boil, reduce heat to low and simmer uncovered. Stir occasionally until mixture is thick and turns darker—about 2 hours. Remove from heat, spoon into jars, cover and refrigerate for up to three weeks. Makes approximately 2 cups.

If you want to make a triple batch of chutney to put up in jars, start with a very deep pot, since the mixture bubbles as it thickens.

Be sure jars and mixture are hot when filling them. Submerge filled jars in a deep boiling water bath that covers the top of each jar. Process for 15 minutes, then cool to room temperature before storing in a dark place.

Serve chutney with Stuffed Arepas, fish or veggies, or as a condiment with curry.