

Hogtown HomeGrown

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Can you meet the Challenge?

If you can eat one locally-grown item at each meal, you can meet the Challenge.

If you eat out at a locally-owned restaurant and order locally-grown food, you can meet the Challenge.

If you can meet the Challenge at one meal, you know you can do three meals a day and then seven days a week.

So why not every week?

The 2013 Eat Local Challenge is a chance for you to jumpstart a new way of eating—a new way of buying your food—a new way of thinking about how you nourish yourself. Take this opportunity to clean out your refrigerator and cupboards and start anew!

If you'd like some company on your journey or ideas to help with this year's Challenge, join us for all the fun activities happening this month.

| | | |
|--------------------|---------------------|---------------------------------------|
| <i>Wed May 1</i> | <i>4-7pm</i> | <i>Kickoff at Union Street</i> |
| <i>Sat May 4</i> | <i>8:30-11:30am</i> | <i>Kitchen Corner at Haile</i> |
| <i>Sun May 5</i> | <i>2-5pm</i> | <i>First Sunday Cooking Class</i> |
| <i>Thur May 16</i> | <i>6-8pm</i> | <i>Shalini's Indian Cooking Class</i> |
| <i>Sat May 18</i> | <i>9am-12noon</i> | <i>EcoTour</i> |
| <i>Sat May 18</i> | <i>3pm</i> | <i>Gainesville Food Swap</i> |
| <i>Wed May 22</i> | <i>6-7pm</i> | <i>FourthWed Healthy Kitchen Demo</i> |
| <i>Fri May 24</i> | <i>6:30-8:30pm</i> | <i>Nana Pat's Mustard Class</i> |

Just call 352-374-8561 and I will be happy to help you register!

And don't forget the Community Celebration at the end of the month during the very first "Local Food" Art Walk in Downtown Gainesville!

Finish up your month of eating local with a little something sweet!



2013 Eat Local Challenge Community Celebration

Friday May 31st 7:00pm—10:00pm

Blue Oven Kitchens 1323 South Main Street

Local Flavors of Sweet Dreams Ice Cream

While supplies last

Door Prize Drawings Every 30 Minutes!

Must be present to win! Bring your Keep Track Chart with you to be eligible for extra prizes.

What's Fresh Right Now?

Local and Fresh— Blueberries

Full of vitamins, minerals and antioxidants, blueberries are a superfood that taste delicious. They grow all over North Central Florida and our blueberries are the first ripe blueberries in worldwide markets every year.

But it wasn't always that way—there was a die-off of all the local blueberry bushes about one hundred years ago. During the 1970s, efforts by researchers at the University of Florida developed new breeds for our area and now both rabbit-eye and high-bush varieties are a prolific crop for local farmers.

While you can get berries at local stores and farmers markets, you might want to take a fun trip out to pick blueberries with friends and family. An afternoon's effort can yield both smiling blue grins and pounds of berries. We freeze most of our bounty and make some into jams and toppings. Frozen berries are good in Blueberry Slushies but can also be used in pancakes and muffins while still frozen.

Frozen Blueberry Slushies

INGREDIENTS

4 cups fresh blueberries
4 cups milk

DIRECTIONS

Sort, wash and air dry blueberries. Place in a zip-top freezer bag and remove as much air as possible. Freeze at least 24 hours, until very hard.

For each serving place 1 cup of frozen blueberries in a mug and top with 1 cup of milk. Stir lightly as the milk freezes around the berries. Eat immediately.

VARIATIONS

Substitute orange juice or lemonade for the milk.

Beets

Blueberries

Bok Choy—pak choi, tatsoi

Broccoli

Cabbage—green, napa, savoy, red

Carrots—purple, orange, red, yellow

Cauliflower—white, purple

Celery

Chard

Citrus

Cucumbers—mini seedless

Fennel

Garlic—chives, gar-leeks

Greens—escarole, collards, mustards, turnip, spinach, kale, sorrel, dandelion

Herbs—cilantro, parsley, dill, rosemary, spearmint, oregano, thai lime, lemongrass, tulsi basil

Honey

Kale—tuscan, red russian, curly green

Kohlrabi

Leeks

Lettuce—arugula, buttercrunch, mix, red/green romaine, red/green leaf

Microgreens—assorted

Mushrooms—shiitake

Onions—green/red scallions, yellow

Peas—sugar snaps, shoots

Peppers—various sweet and hot

Potatoes—red, sweet

Radish—globe, daikon, black, french breakfast

Shoots—pea, sunflower, corn, mix

Sprouts

Squash—yellow, zucchini

Strawberries

Tomatoes—red beefsteak, grape, green, cherokee purple, green zebra, sun gold

Turnips



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Wednesdays 4-7pm

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Cauliflower Steaks

INGREDIENTS

1 large heavy cauliflower (see Tricks and Tips for cutting instructions)
1 cup water
2 Tablespoons olive oil, divided
1 large sweet onion, sliced into thin half-rings
salt and pepper to taste
a pinch of nutmeg
Optional mix-ins for the puree—herbs, nutritional yeast, tamari, milk, cream or butter

DIRECTIONS

Preheat oven to 350 degrees. Cut cauliflower as directed. Set steaks aside.

Combine remaining cauliflower with water in a lidded saucepan, bring to a boil, reduce heat to simmer and cook until very tender. Take out three cups of cauliflower and all the liquid (save the remaining cauliflower for another recipe.) Puree cauliflower and cooking liquid. Add salt, pepper and nutmeg just to enhance. Place in a saucepan on low heat until time to serve.

Heat 1 Tablespoon oil in an large oven-proof skillet. Stir in onions, reduce heat and cook until browned, about 45 minutes, stirring occasionally. Remove from pan and set aside.

Add remaining oil to the pan. Wait until it is hot before placing the cauliflower steaks in the pan. Sear over medium high heat for 5 minutes per side, until browned in spots. Place pan in oven and bake 20-30 minutes, until the stem is tender and easily pierced with a fork.

Serve hot steaks on a puddle of puree and place caramelized onion on top.

Lemon Smashed Potatoes

INGREDIENTS

3 pounds small red-skinned potatoes, washed well and trimmed, but not peeled)
2 lemons, zested and juiced
1 Tablespoon olive oil or butter (optional)
salt to taste

DIRECTIONS

Boil potatoes until fork tender. Drain well and place back into pot.

Using a potato masher, smash the potatoes a few times just to break them up. Add the lemon zest and, if using, the olive oil or butter, and smash until the zest is distributed.

Using a large spoon, mix in half the lemon juice and a pinch of salt. Taste and adjust with juice and salt as desired.

Keep warm over low heat, stirring occasionally, or serve at room temperature.

LEFTOVER RECIPE Spread cold potatoes on a oiled or buttered cookie sheet. Heat in a 400 degree oven until the edges are browned and the center is hot. Serve immediately.

Tricks and Tips

Cutting up a head of cauliflower is easy if you have a big sharp knife, a sharp paring knife, and a cutting board that won't move. Place the cutting board on a damp towel to keep it from sliding while you are using it. Take the cauliflower and turn it stem side up. Pull away all the leaves and discard or compost. Cut the stem so that it is flush with the florets and trim away any tough looking bits. Turn the cauliflower over and find the center. Use your big knife to cut straight through the center of both the florets and the stem. Hold each half stem side down and slice off a one inch thick "steak" from the center. Roughly chop the remaining cauliflower florets and stems.

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Tricks and Tips

I have been making a savory spoonbread with corn and cheese for years. To sweeten up this Southern specialty, instead of savory additions, I added local honey and blueberries to create a dish that can be served for breakfast or dessert. Try it with some lemon zest or a dusting of nutmeg. For dessert, serve it with a scoop of vanilla ice cream.

Blueberry Spoonbread

INGREDIENTS

- 2 cups fresh blueberries, divided
- 1 1/2 cups milk (don't use non-fat milk—it won't be the same)
- pinch salt
- 1/2 cup fine stone-ground cornmeal
- 1 Tablespoon butter, plus enough to generously butter the pie plate
- 1/4 cup honey
- 3 eggs, separated

DIRECTIONS

Preheat oven to 350 degrees. Butter a deep dish pie plate. Cover the bottom of the pan with 1 1/2 cups berries. Set aside.

In a heavy saucepan, bring the milk to a light boil. Slowly whisk in salt and cornmeal. Reduce heat and cook, stirring continuously, until a thick paste forms. Stir in butter and honey.

Place egg yolks in a large bowl. Stir in a small amount of the cornmeal mixture to temper the eggs, then mix in the rest and whisk until smooth. Beat egg whites to stiff peaks. Fold egg whites into cornmeal mixture until no large white streaks remain.

Pour over blueberries and top with remaining berries. Bake until edges are browned and center is set. It will sink as it cools, but let it cool 5-10 minutes before serving.